



**AMERICAN RIVER
PARKWAY FOUNDATION**
*Preserving the legacy through
community stewardship*

Thank you for volunteering
on the American River Parkway

Be Safe!

In Case of Emergency, call 9-1-1

County Rangers Dispatch: (916) 875-6672

This number is staffed seven days a week. Please call if you encounter hazards on the Parkway, or to report unlawful activity. The Rangers may locate you more quickly than other services in an emergency.

Remember to Follow These Safety Instructions:

- ★ Supervise children closely.
- ★ Be aware of unsteady footing, especially near the water's edge.
- ★ Bring water! Drink plenty of liquid, take breaks, and learn the signs of dehydration and heat exhaustion.
- ★ Follow the rules of the bike trail and watch out for other users of the Parkway.
- ★ If you see an active campsite, do not enter it or attempt to remove the occupant's belongings.
- ★ For your safety, do not confront persons engaging in any unlawful activity; instead, report your concern to the Rangers Dispatch at 875-6672.
- ★ Do not attempt to remove anything that may cause injury or presents a biohazard (ie: needle); report it immediately to the Rangers for safe removal.
- ★ Learn to identify and avoid poison oak.
- ★ Never attempt to handle or approach snakes or other wildlife.
- ★ Wear a hat, long pants, sturdy shoes and bring a long-sleeve shirt.
- ★ Wear sunscreen and mosquito repellent.

American River Parkway Foundation

(916) 486-2773

www.ARPF.org



Use Good Judgment for a Fun and *Safe* Volunteer Experience!