



**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**

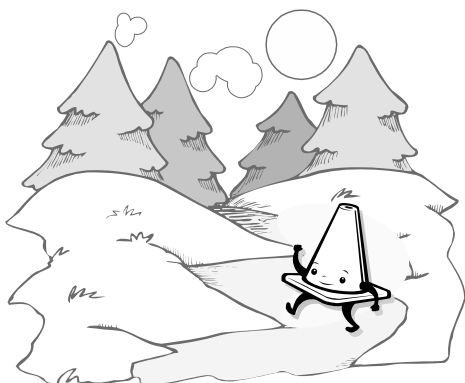
**County Rangers Dispatch: (916) 875-6672**

*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](http://www.ARPF.org)



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