



**AMERICAN
RIVER**
PARKWAY FOUNDATION

Volunteer River Clean Up

Safety Instructions

First, THANK YOU for volunteering your time to help keep the American River Parkway safe, enjoyable and healthy. To ensure you have the best experience, please follow these Safety Instructions:

IN CASE OF EMERGENCY, CALL 9-1-1!

COUNTY PARKS RANGER DISPATCH: (916) 875-7275

For non-emergencies, or reporting unlawful activity (do not confront persons engaging in unlawful activity).

- ★ **What to wear:** sturdy/comfortable closed-toe shoes, hat, long pants, long-sleeves, gloves, sunscreen, & bug spray.
- ★ **What to bring:** Water! Take breaks & learn the signs of heat exhaustion.
- ★ **Watch for:**
 - Wildlife – Do not handle snakes or other wildlife!
 - Poison Oak – Learn to ID or partner with someone who knows!
 - Biohazards – Do not attempt to remove needles or other biohazards without proper equipment. Report this to Ranger Dispatch/ARPF.
 - Cyclists – Follow the rules of the Bike Trail. Do not block trail, walk to the left
 - Campsites – Do not enter or remove anything from an active campsite, or a campsite that appears to be active but unoccupied. Do clean abandoned campsites, carefully.
 - Children – Please supervise closely.
 - Unsteady footing

**BE SAFE, HAVE FUN
& THANK YOU FOR
VOLUNTEERING!**



American River Parkway Foundation

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