

Enjoying the Outdoors

Consider the following tips as you venture out into nature. Thinking ahead and being prepared are the best ways to stay safe as help may not always be nearby.

Hiking and Camping

- Check the weather forecast before heading outdoors for a hike. It is not safe to hike when thunderstorms or heavy snowfall is expected.
- Carry drinking water. Don't drink from streams, springs, or lakes without first properly treating the water.
- Observe wildfire from a safe distance. Don't try and get too close to wild animals.
- Stay on the trail - if you leave it, you may get lost.
- Be aware of tiny deer ticks that carry Lyme disease and know which symptoms to watch out for. When in a potentially infested area, apply insect repellent, wear light-coloured, long sleeved-shirts, pants and socks.
- To help prevent food poisoning keep cold foods cold and hot foods hot. Do not store perishable foods in a hot car.
- Clean all surfaces and utensils that come into contact with raw meat or meat juices before re-using them.
- Wash hands frequently when preparing food, and before serving and eating.
- Keep kids away from grills and lighter fluid, and keep grills away from anything that can burn.
- Do not build a fire near tree trunks, fallen trees, or over hanging branches.
- When extinguishing a campfire, let it die down, then break up the coals or logs, spread the pieces, soak them with water, then cover the area with dirt or sand.

Cycling

- It is important to wear a protective helmet while cycling, in-line skating, skateboarding and using scooters.
- Cycle near the curb, single file, in the same direction as traffic.
- Keep to safe, less-travelled routes.
- Don't do stunts - they can lead to serious injury.
- Be alert to hazards such as holes and rocks that can cause you to lose control.
- Make yourself visible. Wear bright clothing during the day, wear a reflective vest or use reflective tape on clothes at night.
- Never ride at dusk without a headlight and red taillight/large reflector in the back.
- Know traffic laws and signals.
- Make sure your bike is well maintained.

