

Water Safety Tips

GENERAL SAFETY ADVICE

Always wear a personal floatation device

Be prepared for changing weather

Keep spare clothing in a sealed bag Bring adequate food and water. Water is not available at most access sites.

Don't overload your canoe limitations

Know your abilities and physical

Leave a trip plan with friends/family

RIVER COURTESY

clean up litter

Always be courteous

All other dikes and shorelines are

privately owned and should not be

accessed unless in an emergency

Respect the rights of anglers and hunters

Alert the bus operator

Lower the rack by squeezing the center

Bikes on Transit

Load bicycle in the available spot closest to the bus, and secure front tire with support

Board the bus and pay fare.

be removing your bicycle. Unload your bicycle. If no other bicycles remain, stow the rack against the bus in the upright position.

When exiting, alert the bus driver that you'll





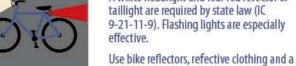
- Cars and bicycles share the lane.
- O Many bike routes have signs showing the direction and distance to destinations (e.g. the Loop, the lakefront).
- Bike routes are usually on streets that aren't wide enough for bike lanes but are good streets for biking.

Multi-use Trails



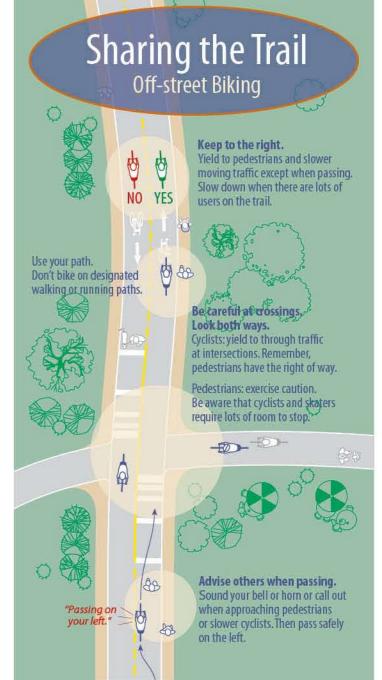
O Paved paths separated from the road for bicyclists, walkers, runners, and in-line skaters (such as the Lakefront Trail).

taillight are required by state law (IC



Never use earphones because you won't be able to hear what's going on around Using earphones is not only dangerous,

- Always wear a bicycle helmet to reduce the risk of permanent injury or death from a crash.
- To make sure your helmet fits correctly, put it on and use the "eyes,ears,mouth" test. Eyes: When you look up, you should see the front rim. If not, your helmet won't protect your forehead. Ears: The side straps should come to a "V" just below each ear. Mouth: When you open your mouth wide, you should feel the helmet push down on your head. If your helmet doesn't pass the test, adjust its buckles.



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