

SHARE, BE AWARE, BE SAFE

Safety & Etiquette notes for:

Runners, Walkers, Riders, Strollers & Outside Movers of all Types to SAFELY share paths, trails, sidewalks & roads

Share Safely:

- Stay to the far edge of the path/trail to allow 6 ft. distance for those on the other side of the path or trail. (Please don't run right down the middle...)

Passing:

- **Pass** with a 6 ft. distance. **Announce passing** as needed.
- If you run/walk/bike two abreast (with 6ft. Distance), and someone is approaching from the other direction:
- **Drop back into a single file formation** (w/6ft. distance), to allow those on the other side to safely pass with *their* 6ft distance!
- Yes, you may have to move around a bit! **SHARING** 😊

Running/Walking in the street*

- **ALWAYS** run/walk in the street **AGAINST** traffic
- Wear bright colored clothing
- Choose streets with little to no traffic (vs. those busy &/or with many parked cars that may obstruct driver's vision)
- Try to make eye contact with drivers, to ensure they're really seeing you

Biking in the street**

- **ALWAYS** ride in the street **WITH** traffic, ~3 Ft. from the curb
- **ALWAYS** wear a helmet
- Cars passing bikes should allow ~3 FT. clearance
- Follow local "Rules of the Road"

Keep the Path Clear

- If you need to stop or pause on a path/sidewalk/trail- move your body, your bike, your stroller &/or your dog OFF the path so that others may pass by safely.

Communicate

- **Announce passing**, and do so ahead of time: "passing on your left," "on your right," etc.
- If you see someone who may need help, ask "Are you ok?" practicing "always better safe than sorry!"

Be Aware

- **Look around** you (ahead, behind, etc.) so you can anticipate obstacles, the need to move aside, pass safely, etc. "Heads up, phones down"
- If you wear headphones, make sure they are **adjusted so you can hear** people announcing passing, cars, danger, etc.
- If you need to spit, cough or "honk your nose," do so into **your own handkerchief** (please not into the air we all share...)

Dogs

- **ALWAYS** keep dogs on a leash
- **ALWAYS keep a short leash on dogs when others are passing**, so your dog/dog leash does not trip pedestrians, lunge at or jump on them!
- Going to a busy path or area with narrow trails? Consider leaving your dog at home so as not to impede others.

Sources:

[*www.nsc.org/home-safety/safety-topics/](http://www.nsc.org/home-safety/safety-topics/) ** www.cyberdriveillinois.com