

BEN'S SAFETY TIPS!

1. Drink plenty of water on a hot day.
2. Always stay with a parent/group leader when hiking a trail.
3. Know all the rules of the park before entering.
4. Always wear the correct clothing for the weather.
5. Always wear a helmet when riding a bike.
6. Help others feel safe by keeping all pets on a leash.

Preparation tip:

Know what to do ahead of time
in case you get lost in the wilderness visit:

www.gpsar.org/hugatree.html