



BUTTERFIELD MULTI-USE TRAILS, Inc.

General Information, Rules, and Disclaimers for Outings

All Outings Leaders are members of BMUT and volunteers unless otherwise noted in the event listing or flyer.

LEADERS may exclude individuals from participation if they believe they may not be physically qualified, adequately clothed or properly equipped. Non-BMUT members are welcomed to join outings unless otherwise stated in the write-up or website posting. All participants agree to abide by the volunteer Leader's rules which will vary somewhat depending on the type of Outing, Event or Volunteer Activity. Participants should **CALL** or **E-MAIL THE LEADER** or **CONTACT PERSON AHEAD TO SIGN-UP**.

WHAT TO BRING

Many Outings specify items to be carried by EACH participant. Do not attend Outings without the specified items unless you have first discussed it with the volunteer leader. There are often activity specific requirements beyond those we have listed below.

- Sturdy, comfortable closed shoes or boots
- Sunscreen/sunglasses/hat or head cover
- Gloves for hiking and light trail clean-ups
- Layered clothing with jacket or windbreaker
- Walking sticks or polls for walking/hiking
- Adequate water for each person/participant
- Snacks or energy bars of your selection
- Any medications for your personal needs

Note that for BMUT Trail Clean-ups, the Trails Committee will usually provide, snacks, safety vests and bottled water.

LIABILITY WAIVER

In order to participate on one of the Butterfield Multi-Use Trails, Inc Outings, Events or Volunteer Activities you will sometimes need to sign the liability waiver.

Note: If the participant is a minor, the minor's guardian must sign on the minor's behalf.

TRAIL SAFETY TIPS

It is your responsibility to exercise caution and to ensure your own safety while using trails. This includes knowing the limits of your own abilities, wearing a helmet when bicycling and following the rules specific to the trail you are on.

Avoid conflicts between different types of trail users. By design, most Regional Trails accommodate a variety of trail users. While this is generally one of the many benefits of Regional Trails, it also can lead to occasional conflicts among trail users. Everyone should take responsibility to ensure trail safety by following a few simple trail etiquette guidelines.

- Travel in groups of two or more. Two or more people can assist each other in the event of an accident or emergency.
- Keep your speed down. Pass with care, and yield when appropriate. Approach each bend as if someone were around the corner.
- Be prepared for weather. Conditions and temperatures can change rapidly. Dress accordingly; carry adequate water and sun protection.
- Stay on approved trails. Going off trail can damage park resources, accelerate erosion, and threaten other park users and wildlife. Respect the property of the land owners adjacent to trail boundaries and the vegetation that grows there.
- Always carry water. Needs vary with the type of outing. One to Two quarts per person per two hour hike is recommended.
- Dogs must be under control at all times. They must be leashed on paved, multi-use trails, in parking lots, and in developed areas. Loose dogs can be hazardous to bicyclists runners, and equestrians. Please dispose of your dog's waste by placing it in a garbage can.
- Obey all trail-use rules posted at trailheads. You are responsible for knowing and following park rules and regulations.
- Do not litter. Carry all trash with you, if you bring it in, you should bring it out. If you see litter along the way, take a moment to pick it up as well, you will be leaving the trail a nicer place than you found it.
- Do not drink or contaminate water sources – Wash 100 feet away from any water source. Never drink from streams without properly filtering water.
- Use provided toilet facilities – If you are unable to find a facility, dig a hole six inches deep at least 200 feet from any open water.
- Do not make fires. Use picnic areas and grills if provided.
- Respect park and trail resources. Remember that all park resources – fossils, plants, animals, artifacts, and rocks should remain as you find them.
- Each person is entitled to the same sense of discovery you experience when traveling our County's Regional Trails. Do not harass wild animals or remove plants from the trail area. This is some creature's home and you are the visitor.

Motor Vehicles: No motorized vehicles are allowed on trails (wheelchairs are accepted).