



# **PARK RULES & SAFETY TIPS**

## Be a friend of the parks. Help ensure a safe, enjoyable experience for yourself and others.

















#### **General Rules**

Read and obey the posted hours for parks. Drive and park only in designated paved areas. Off-road driving is prohibited.

Alcoholic beverages are not permitted except in designated facilities such as golf clubhouses.

Please obey existing laws by keeping your pet on a leash and picking up waste. Report violations to Metro Animal services at 502/363-6609.

Fishing is limited to licensed patrons. Gaspowered boats are not allowed; trolling motors are allowed in approved areas only.

No hunting, trapping, or removal of natural resources such as rocks, plants and flowers.

To reserve picnic pavilions, athletic fields and other facilities, call 502/456-8171.

Charcoal cooking grills are available for use in some parks; you may provide your own. Please properly extinguish charcoal and fire. Do not place hot coals in trash receptacles.

Please take your trash with you or deposit it in trash receptacles.

Horses are permitted only on designated bridle paths or polo fields.

Helmets are required for cyclists, skaters and non-motorized scooter users under age 18. The Louisville Extreme Park requires helmets for all users.

Mountain biking is permitted only on designated trails.

Vending, advertising or commercial photography requires a permit from Metro Parks.

Report graffiti and maintenance concerns to MetroCall at 311 or 502/574-5000.

If you see criminal activity in progress, call Metro Police at 502/574-7111. For emergencies, call 911.

Do you have questions? Call **502/456-8100** or email **parks@louisvilleky.gov** 

#### **Bicycling and Skating Tips**

Wear properly fitted safety equipment that is appropriate to your sport, including helmets and pads. A helmet, worn correctly, can reduce the risk of serious head injury by as much as 88 percent!

These activities are more hazardous at night. If you must be out at night, stay in lighted areas and wear reflective clothing and/or safety lights.

Bicyclists: When on park roads, obey all traffic laws. "Take the lane" when necessary for your safety, but allow automobiles to pass at other times.

#### **Driving Tips**

Please obey posted speed limits and watch carefully for all park users, especially children, pedestrians, bicyclists and in-line skaters.

Keep your vehicle on designated, paved surfaces.

Don't block walking paths or trails with your vehicle.

Please remember that bicyclists have equal rights and responsibilities on all roads. They are legally required to use roadways.

## **Living Things Tips**

Know your surroundings and be observant. Use a continual sweeping glance when visiting unfamiliar areas.

Wear an effective insect repellant, especially near dawn or dusk. The best repellants contain DEET (N,N-diethyl-m-toluamide). For adults, use 30% DEET; for children, use 10% or less.

If you're stung, pull out the stinger, being careful not to squeeze the poison sac, and apply ice. If your reaction to the bite is severe, seek medical assistance.

Check for ticks after time outdoors. If you find one, gently pull it out with tweezers, being sure to get the head. It is wise to then follow-up with your doctor.

Avoid likely snake habitats, such as brush piles, debris mounds, logjams and root systems. Keep your hands and feet where you can see them at all times. If you see a snake, leave it alone and slowly back away.

Learn to identify and avoid poison ivy and other poisonous plants.

### **Playground Tips**

Please supervise the children you are responsible for while they are on park playgrounds.

Playgrounds are checked regularly, but damage can happen between inspections. Report any damage, chipped paint or hazardous equipment to MetroCall at 311 or 502/574-5000.

Children should not wear clothing with hoods or exposed drawstrings while using playgrounds.

#### **Sledding Tips**

Sledding is permitted only on designated hills when the "Sledding Hill Open" sign is displayed.

Only use devices designed for sledding.

Dress in layers, so you can remove one layer without risking frostbite. Several thin layers are warmer than one bulky layer.

Make sure you have good visibility during your descent – don't face backwards, and make sure hats and scarves don't obscure your vision.

Don't drink alcohol before sledding; it impairs your ability to use good judgment and causes your body to lose heat more rapidly.

Don't stand too close to fire barrels; they are hot and can catch clothing on fire.

Make sure you're with someone who knows your name and can contact your family in an emergency.

#### **Trail Tips**

Plan ahead and know trail lengths so you can finish using the trail before dark.

Staying on marked trails minimizes the chance that you will get lost, prevents soil erosion, and protects undergrowth.

Bring water and snacks, if necessary.

If possible, carry a cell phone for emergencies.

On multi-use trails, remember that slower traffic has the right-of-way, downhill traffic yields to uphill traffic, and you should stay as far to the right side of the trail as is comfortable.