

# Lightfoot's TREAD Pledge



## Travel only on trails

- Keep your feet, bikes, and ATVs on the trails.
- Ask your parents before crossing streams and rivers.
- Don't ride or walk up stream—you could hurt the plants and animals that live there.
- Use maps and signs to help you stay on the trail.
- Walk or ride slowly through puddles and mud on the trail—not around.
- When you are on a bike or an ATV if you can't go over an object, turn back.
- Keep control of your bike, motorcycle and ATV.

## Respect animals, plants and people

- Don't chase, scare, feed or try to pet Lightfoot's animal friends.
- Don't run over plants.
- Don't carve tree bark or draw graffiti on trees and rocks.
- Watch out for other people on the trails.
- Keep the noise down, especially in camp.
- Don't shine your flashlight into other camps.
- Don't ride or run through other camps.

## Every time you go outdoors, think safety, bring a friend and be prepared

- Always tell an adult where you are going and when you will be back.
- A grown-up should be with you when riding ATVs or dirt bikes and when traveling in the backcountry.
- By staying on trails you are less likely to get lost and much easier to find. *If you think you are lost, stay where you are.*
- Don't wander off at night.
- Bring a map, check the weather, and find out about wildlife to be aware of in your area.
- Remember to pack the seven essential items: water, food, first aid kit, raincoat or poncho, flashlight, sunscreen and a whistle.
- Bring the proper clothes including good shoes and a jacket—wear a helmet and other protective gear when you ride.

## Always leave the outdoors better than you found it

- Don't litter or leave food or trash behind.
- Pick up trash left by others—as long as it is safe.
- Don't pick plants, flowers, or take rocks.
- Lend a hand, plant trees and other plants with your local ranger.
- Clean up after your pets.
- Convince others to keep the land and water clean.
- Hunt and fish for only what you need.

## Discover how fun the outdoors can be when you Tread Lightly!

- Keep your parents and the rangers happy—follow all the rules.
- Remember the great outdoors is home to Lightfoot and his friends—treat it with care.
- You will have more fun if you take care of the outdoors.
- Make the right choice—if you do something wrong others might follow and make more damage.