



Walk

Safety and Etiquette Protocols

Safety is no accident. For your part, walkers are expected to participate in a safe, responsible, and respectful manner. For The Prouty's part, you can expect to be well supported by seasoned EMT's provided by the Upper Valley Wilderness Response Team at each of the full SAGs to provide medical assistance. Additionally, bike-mounted safety patrols will patrol both the wooded and residential walks and are equipped to render first aid or to call for further medical assistance.

Emergency: In the event of a true emergency, call 911. While on route, if you have any questions, concerns or can no longer continue, shuttle vans are on standby to assist participants as needed, please contact the Prouty Incident Command Center at (603) 646 – 1593.

Please wear your Prouty bib! In an emergency, your contact information is associated with your bib number and will be accessed by Prouty personal as needed.

Sidewalks: Residential walkers are expected to utilize sidewalks when available. When sidewalks are not available, please remember to walk on the left side of the roadway (unless directed otherwise) facing oncoming automobile traffic.

Crosswalks: Look both ways before crossing any street and obey all posted traffic signs. Be predictable by making use of all designated crosswalks and crossing lights whenever they are available.

3 P.M. Route Assistance Ends: Participants are free to start on their own being mindful that SAG support ends at 3:00pm; and you will need to return to the Prouty venue by 4:00pm. Timed checkpoints will be in effect to help return late-day walkers, please plan accordingly.

SAG Closing Times: Please pay particular attention to the closing times of each SAG stop on your designated route and plan your trip accordingly. This is especially important to those walkers who are combining multiple routes together.

Inclement Weather Planning & Lightning Safety: When lightning roars, get indoors – don't wait, as lightning often strikes in advance of rain. When a participant is not in close proximity to a shelter, they should seek shelter in an area business, sturdy building, or home.



TIPS:

Be Visible: Wear bright colored clothing, even during the daytime.

Sunscreen: Bring plenty of sunscreen for you and family members.

Water Bottles: Remember to bring your own water bottle and stay hydrated throughout the day utilizing the many water stops available to you.

Insect Repellent: Wooded walkers should plan on bringing insect repellent and as a precaution, remember to check for ticks at the end of the day.