Being out in Nature is Good for You; spending time in nature can:
• Make children more focused
• Enhance children’s emotional and social development
• Improve school performance
• Enhance creativity, problem-solving ability, self-esteem and self-control
• Improve cognitive ability
• Reduce stress
• Improve health, help avoid obesity

Hiking Safety for the Entire Family
• Discuss hiking safely every time the family goes on a hike to be certain all members know what to do especially in an emergency.
• Leave details about where the family will be hiking and when you are expected to be back with family, friends or neighbors.
• Consider having your child wear a whistle to use in emergency situations only.
• For more information on how to plan and hike safely, go to www.hikesafe.com
• For the 10 Essentials of Hiking: https://americanhiking.org/resources/10essentials/
• What’s in Your Knapsack? Know what to pack: http://www.ctmq.org/hiking-safety/

For their own safety, when hiking with children they should be taught to:
• Always be within close reach and sight of guardians
• Read Trail Blazes and other Trail markings
• Do not walk off the trail to avoid getting lost and avoid doing damage to plants growing near by.
• Keep an eye on the trail, always considering the path ahead so as not to trip over a tree root or rock that may cause serious injury.
• Avoid playing in or near dense cover
• Refrain from squealing or making other animal-like noises while hiking or playing.
• Be warned not to approach animals, especially baby animals. Never pet, feed, pose for a photo with a wild animal, even if the animal appears tame.
• Do not touch or eat plants/berries unless an adult knows whether it is safe.
• Wear bright colors so they can be seen by adults.


Report park damage to the Colchester Public Works Department.
Report damage to the Colchester StoryWalk® Trail to the Cragin Memorial Library.