



100 Black Men of Greater Cleveland, Inc.

Rules for Nature Walk

Appropriate clothing to wear for protection and comfort

Wear comfortable solid-sole shoes, like sneakers or hiking boots. No sandals or open-toe shoes. Wear appropriately loose fitting clothing for hiking and walking. No sagging pants. Bring a cap, sunglasses and sunscreen. You may bring a cell phone to take pictures, but turn off ringer and set them to vibrate to stay actively engaged and focused on directions.

Understand that we are just visiting

The trees, birds, beetles, and flowers, and all the other things living in our forests, rivers, beaches and fields have their home there. Always be a perfect guest when visiting with them: be friendly, be kind, and be polite.

Choose where you walk thoughtfully

Some land is privately owned and you may not have permission to walk there. Other areas which do welcome visitors, such as parks and nature reserves, may still have some areas where you cannot walk – perhaps a protected area around a pond where rare newts are raising their families. Always look out for signs and notices that have been placed out by rangers telling you about any special places where you cannot visit. Think about your safety too, especially when visiting an area that is new to you. Check a map, Goggle Earth, and see if your area has a website before you visit: find out if there are any cliff edges to avoid, or open areas of water to watch out for, and check the times of any tides.

Leave no trace of your visit

Make no damage, leave no litter.

Be a respectful observer

Watch and listen, but don't do anything that might harm the wildlife or prevent them from living their lives uninterrupted. No yelling, screaming, running, or leaving your adult chaperone at any time.

Gather with great care

Only handle plants and animals that you know to be safe. Some plants and animals are poisonous, can cause skin irritations, or bite! If in doubt, only look with your eyes.

Forage with respect

Whether you are collecting items for your nature table, your journal, or to eat. Don't pick food from anyone's private land without permission. Only pick plants that you know are safe to eat. Don't take all



the fruits, berries, flowers or leaves from a plant – leave enough so that the plant can still grow and so the birds, insects, and other animals also have plenty to eat.

Ask your mentor questions.

Have Fun!!!!!!!!!!!!!!