

## Today's Slow and Say Hello Quiz

*The quiz is a tool to engage people who come for the outdoors, not to get pre-conceived notions from strangers; rather, be educated about real trail issues.*

*This document in Word form can be modified to fit your purposes. In these quizzes, the highlighted answers would of course need to be removed for the public version.*

## Today's Slow and Say Hello Quiz

*This quiz below is a short version and is site-specific. For example, references to hunting season don't apply in all areas, and endangered species or animals are also site-specific.*

### Site-Specific Quiz with Answers

1. Who has the right of way on a trail or fire road – horses, hikers or bikes?  
Default is Horses, then hikers, then bikes. HOWEVER – It's safest when those on the trail determine what is safe at that time and at that place on the trail based on site lines, trail width, number of other trail users, etc.
2. Why are ear buds unsafe?  
Disconnects the users from their surroundings and other people.
3. Are e-bikes allowed on these roads and trails?  
e-bikes rules are a local decision. Usually, if allowed, only pedal assist can be used.
4. What is the speed limit for bikes and e-bikes?  
Again, a local decision. Common is 15 mph max and 5 mph when passing.
5. What are some visible signs that a horse is nervous or alarmed?  
Ears pinned back, pinned back, swishing tail, eyes big with white visible, tight body muscles.
6. What can you do to calm down a nervous or alarmed horse?  
Talking is the best way. If on a bike, stop and get off. Do NOT Hide !
7. Who owns this park?  
Local Agency. Could be Forest Service, County Park, Water District, etc.
8. What was this area before it became a State Park?  
Many Parks were donated by philanthropists. Consult local history.
9. When you come across a puddle that runs completely across the trail, should you walk/ride through it or around it?  
Through it – Going around it widens the trail
10. How can you visit a trail and not have an impact on the animals and plants that live there?
  - You cannot but here's how to be respectful:
  - Leave No trace
  - Understand you are not alone – acknowledge other visitors
  - Don't tune out – if you must wear ear buds try to wear only one
  - Respect the speed limits
  - Be mindful of the animals whose home you are visiting
11. Can you name 2 flowers or plants that are native to this area?
12. Which of the following animals are endangered? Deer, spotted owl, egrets, badgers, red legged frog?  
Spotted owl, Red-legged frog

## Today's Slow and Say Hello Quiz

### Basic & Precautionary Questions

- 1) When approaching other trail users name at least two things you should do?

Slow & Say Hello

- 2) What is the safe speed for passing others on a trail or fire road?

Depends on the users and the terrain. No set number. Recommend when passing the passer should never pass faster than the speed of the slower user

- 3) How can you visit a trail and not have an impact on the animals and plants that live there?

We **cannot** but here's how to be respectful:

- Leave No trace
- Understand you are not alone – acknowledge other visitors
- Don't tune out – if you must wear ear buds try to wear only one
- Respect the speed limits
- Be mindful of the animals whose home you are visiting

- 4) What are some visible signs that a horse is on alert and may shy or spook?

Ears pinned, eyes show white around iris, tail swishing, body tense, head held high, backing up...

- 5) Who yields to whom according to the Yield Triangle sign? Is this always safe?

Bike yields to everyone, Hiker yields to horse – No this is NOT always safe.

- 6) What **IS** always safe?

Active communication - When passing, interact with each other to establish what is safe at that place and at that time.

- 7) What factors are most likely to create conflicts among users on trails?

- Speed, especially combined with poor sight lines
- Not being aware of the safety needs of other users.

- 8) How can you identify predator or prey by the shape of an animal's skull??

Eyes forward is predator, eyes on the side is prey

- 9) Which are horses?

Prey

- 10) Which are dogs?

Predator

## Today's Slow and Say Hello Quiz

11) Medically speaking, what occurs when a horse spooks?

Amygdala hijack – The horse's brain reverts to its flight instinct, preventing normal thinking.

12) Does this (Amygdala Hijack) happen with humans?

Yes – For example, a person on a sidewalk hears very loud tires screeching toward them – the person dives into adjacent sticker bushes to get away. No rational thinking, just reaction.

13) Do mountain bikes appear as predators or prey to horses?

Predator – Anything the horse cannot identify is assumed to be predator

14) How can you help to calm a nervous horse and rider that you encounter on a trail?

Talk. If on a bike stop and get off. Engage the rider

15) Horses are prey animals who have a well-developed flight instinct. How might a horse react to something that it perceives as a predator?

It can spook. Thinking stops, it runs away.

16) Which of the following might a horse perceive as a predator?

- Fast approaching bicycle?
- A person taking a rest on a knoll above the trail?
- A new sign on the trail?
- A cyclist repairing a flat tire on the side of the trail?
- A nearby bird suddenly taking flight?
- A hiker wearing a back pack?
- All of the above

17) What can hikers and cyclists do so that horses recognize that they are not predators?

Talk, that identifies you as a person, not a predator.

18) Who should yield to who on the trails? Hikers, bikers or horseback riders?

Can't tell ahead of time, it depends upon the situation

*Today's Slow and Say Hello Quiz*

**Hiker, Biker, Horse & Trail Sharing Questions**

- 1) What issues do earbuds create?

Disconnects the users from their surroundings and other people.

- 2) What can a bell on a mountain bike do?

- 3) When you approach a horse and rider on the trail, on which side should you pass?

Ask the rider.

- 4) What is the speed limit on public lands?

- 5) When you are riding a mountain bike downhill and are approaching a hiker or equestrian should you ...

- Continue at the speed you were traveling.
- Shout a warning while passing.
- Slow down even more, ring your bell and verbally warn others of your presence.

- 6) When you see a horse approaching on the trail, should you pull over to the side of the trail or should you get completely off the trail and get out of sight behind a tree or bush?

Never "hide", that may spook the horse. Talk to the horse rider to determine what is safe.

- 7) When a horseback rider is approaching a blind curve, on what side of the trail should he be riding on?

Whichever side is safer, usually the outside to maximize your sightline. If there might be someone approaching, call out to try to get them to respond.

- 8) If a cyclist is approaching from behind and yells out, "On your right," what should you do?

Ask them to slow or wait, if safe turn to face them, and give instructions for a safe encounter.

- 9) When approaching a dog being walked off leash on the trail, what should a horseback rider or cyclist do?

- Slow and say hello
- Stop to give the dog owner the opportunity to leash his/her dog

## Today's Slow and Say Hello Quiz

### Dog Questions

- 1) Are dogs allowed on the trails, and if so, under what circumstance?

Varies by jurisdiction. Leashes required in some areas, however all areas require that dogs must not create a nuisance for other trail users.

- 1) Do these regulations apply to service dogs?

Service dogs are allowed, but must be under direct control

- 2) What are some of the consequences of having your dog off leash?

Frightening or disturbing wildlife – frightening other visitors – damaging habitat, Rattlesnake bite.

- 3) What is the best thing to do before taking your dog for a hike in one of the Parks?

Check on-line to see if your dog is allowed at all and, if so, on or off leash.

- 4) Which of the following plant or animal species might be negatively impacted by off-leash dogs?

- Coyote, deer, birds, fish, flowers, grasses, bushes, rodents, insects, reptiles?
- All of them

- 5) How might they be negatively impacted?

Dogs are predators. Wildlife will be disrupted, plants can be damaged

- 6) Why is it advisable to always keep your dog on a leash during:

- Deer rutting season?

As the peak of the rut approaches, there is an increase in bucks chasing does. They can also chase your dogs and spear them with their large antlers.

- Coyote pupping season?

Coyotes mate in mid to late Winter and are ready to give birth by Spring and teach their pups how to hunt in the early summer. During this time coyote parents are more protective of their denning areas and more active in hunting food – including cats and dogs.

Today's Slow and Say Hello Quiz

**Resource Management, Plant and Wildlife Questions**

- 1) How can you visit a trail and not have an impact on the animals and plants that live there?
  - You **cannot** but here's how to be respectful:
  - Leave No trace
  - Understand you are not alone – acknowledge other visitors
  - Don't tune out – if you must wear ear buds try to wear only one
  - Respect the speed limits
  - Be mindful of the animals whose home you are visiting
- 2) After passing through a ranch gate, should you leave it open or closed?  
Leave it the way you found it.
- 3) When you encounter a puddle completely across the trail, what should you do? Go around the puddle or through it?  
Through it – Going around it widens the trail
- 4) When you see a shorter route between the trail you are on and your desired destination should you take the short cut or stay on the trail?  
Don't cut switchbacks. This creates an erosion pathway.
- 5) After a heavy rain how many days should you wait before using the trails? 2-3 days
- 6) Can you name 2 plants that you pass on your hikes/rides that are native to this area?
- 7) Is poison oak native or non-native? Native
- 8) Can you name 2 benefits of poison oak?  
Important to the eco-system. Provides home, shelter and food for small animals, insects, birds and, even, turtles. Provides food for deer. Encourages people to stay on the trail.
- 9) Can you name 2 plants that you pass on your hikes/rides that are not native to the area?  
Scotch Broom, Common Thistle, Knapweed, Poison Hemlock (*California example*)
- 10) Most of our Parks have programs in place to remove non-native plants, especially those that are invasive. Why?  
Non-native plants often disrupt the ecosystem and crowd out native plants. Native animals rely on native plants.

*Today's Slow and Say Hello Quiz*

11) Which of the following wild-life species are threatened or endangered?

- Deer
- Coyote
- Bob cat
- Spotted owl
- Badger
- Red-legged frog
- Coho salmon
- River otters
- Mission blue butterfly
- Rabbits

12) Which animal is the most alarming and scary to a horse?

- Deer
- Coyote
- Wild Turkey?

Male Wild Turkey suddenly spreading its tail feathers and/or wings