

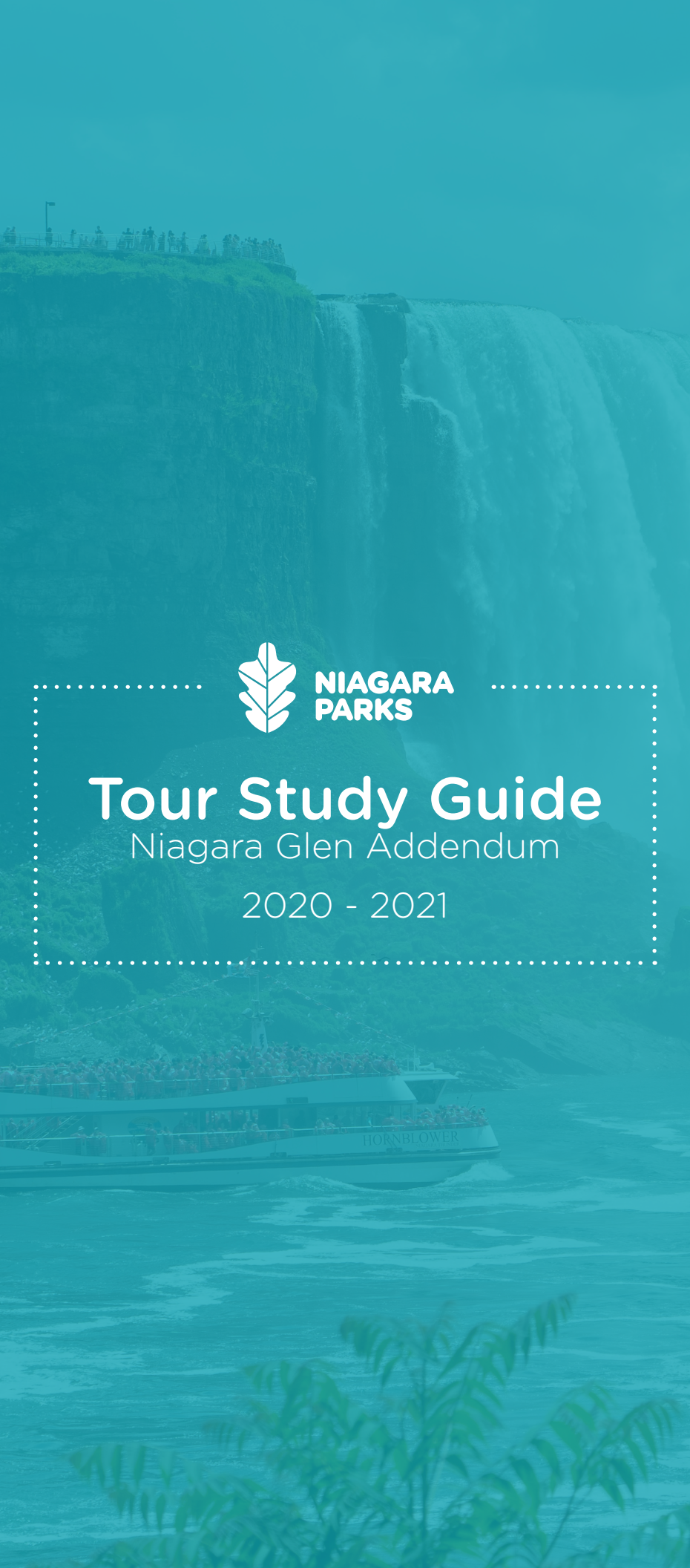


**NIAGARA
PARKS**

Tour Study Guide

Niagara Glen Addendum

2020 - 2021



NIAGARA GLEN

NATURAL HISTORY

While the majority of the sedimentary rock in the Niagara Gorge formed in the late Silurian period approximately 415 to 440 million years ago, Niagara Falls formed at the end of the last age approximately 10,000 years ago. The large boulders that are common in the Niagara Glen are relics of the rapid erosion that occurred (and still occurs) along the Niagara River. The fossils found in the Niagara Glen show a diverse collection of marine life indicating that the rocks in this area formed in an ancient sea.

• NATIVE PLANT SPECIES & CHARACTERISTICS • OF CAROLINIAN FOREST ZONE

The Niagara Glen is home to a unique forest type in Canada called the Carolinian Forest. This type of forest is characterized by a greater diversity of plants, especially broad-leaved trees associated with warmer climates.

Other notable plants include:

- The white trillium (*Trillium grandiflorum*), Ontario's provincial plant
- The tulip tree (*Liriodendron tulipifera*), the symbol of Carolinian Canada and the largest tree found in the Niagara Glen

Mosses and ferns are some of the delicate and unique species found in the Niagara Glen that grow on boulders and cliff walls as well as out of the ground. Absolutely no plants, even common ones, are to be picked from their habitat. Visitors are reminded to only take pictures.



LOST AND FOUND

Lost items of significant value are to be handed over to the Niagara Parks police. Items of less significant value can be left at the Niagara Glen Nature Centre

NATURE EXCHANGE ETHICAL TRADING SYSTEM

The Nature Exchange Ethical Trading System operates out of the Niagara Glen Nature Centre and facilitates the exchange of natural items (i.e., rocks, fossils, photographs of plants and animals, etc.) for points and prizes. In accordance with Niagara Parks' Leave No Trace principle, photographs, drawings, stories,



descriptions and other non-damaging collecting methods are accepted and highly encouraged. The system is an entirely points-based program; trade items are not for sale. Cultural artifacts (i.e. anything handmade) are not accepted.



TRAIL RATING CLASSIFICATION SYSTEM

TRAIL RATING CLASSIFICATION

All Niagara Glen trails are classified as “Moderate” with the exception of the Whirlpool Trail, which is considered “Difficult.” Hikers are always encouraged to wear proper footwear and bring water.

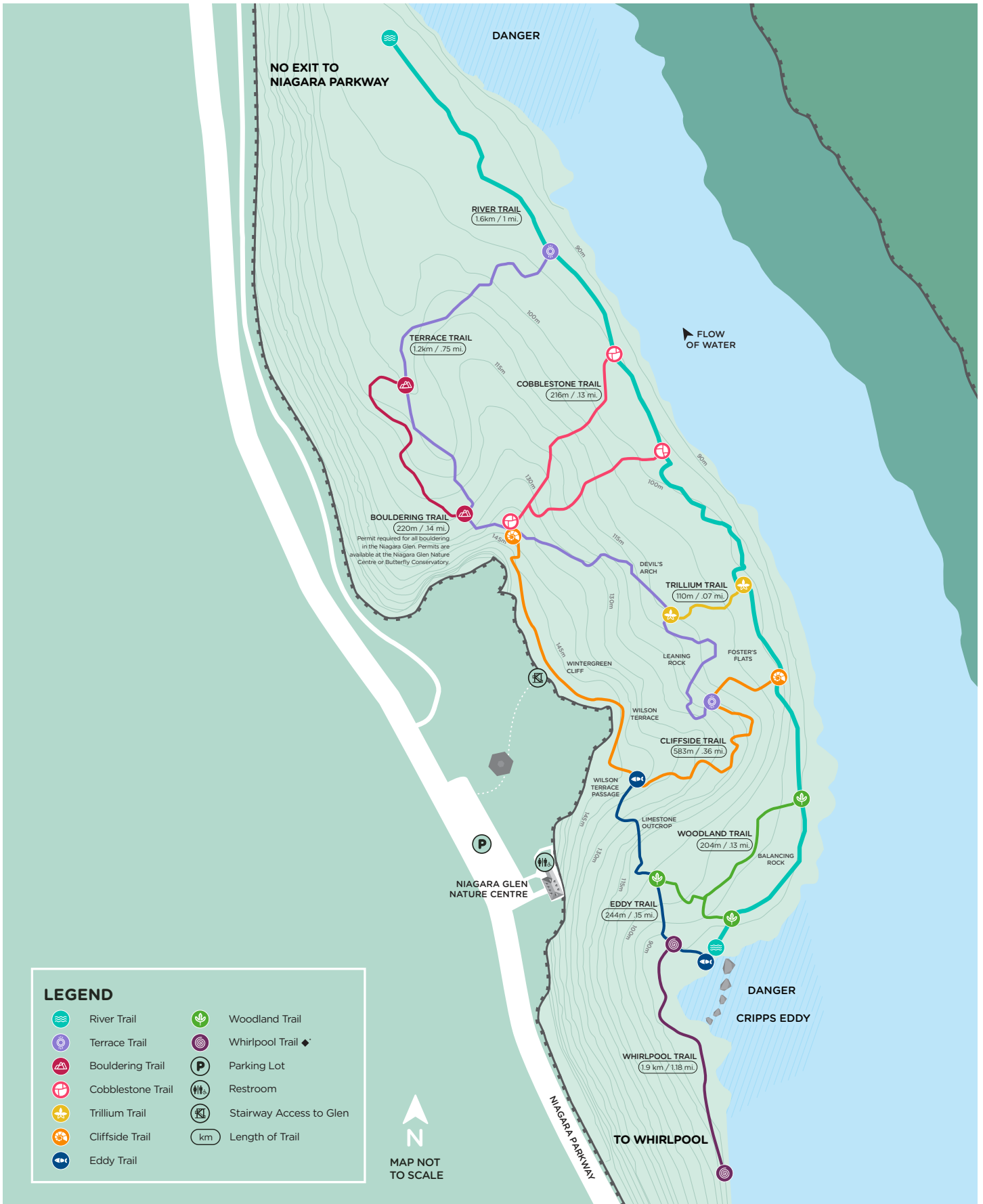
MODERATE	DIFFICULT
 <p>Suitable for most hikers with basic trail experience; infrequent obstacles; gently rolling with short, steep sections.</p>	 <p>Experienced hikers; unpaved trails; many steep sections that may continue for long periods; obstacles common.</p>

In October 2017, Niagara Parks implemented a new trail classification and marking system for trails within the Niagara Gorge. The system is an adaptation of the trail classification system used by Parks Canada and designed to improve hikers’ ability to navigate the winding trails through the Carolinian Forest that line the rocky Niagara Gorge. Each trail is assigned a symbol and level of difficulty.

- All trails, with the exception of the Whirlpool Trail, are classified as “Moderate.” These trails are suitable for most hikers with basic trail experience and have infrequent obstacles and gently rolling conditions with some short, steep sections.
- The Whirlpool Trail is classified with a black diamond to warn hikers of its elevated level of difficulty. The trail is suitable for experienced hikers and has uneven or non-established surfaces with many steep sections and obstacles.
- Some trail sections include steep cliffs, rough trails, slippery rocks, loose rocks overhead and fast running water. Winter conditions may produce additional hazards, including icy patches and those caused or obscured by snowfall. Pets must be on a leash at all times.
- Cycling and swimming in the Niagara Gorge are strictly prohibited.
- Niagara Parks encourages all hikers to respect nature areas by not littering, staying on the marked trail and carrying out anything carried in. Hike at your own risk, take only photographs and leave only footprints!

NEW TRAIL MAPPING AND BLAZES

Niagara Parks has improved the physical trail markers within the Niagara Glen, nearly doubling the amount, as well as upgrading to new highly visible, reflective plastic markers.



TOUR ROUTE AND STAY ON MARKED TRAILS ONLY

Tour routes and stops are to remain on marked, sanctioned trails only. Unsanctioned trails have not been approved by Niagara Parks and can lead to significant ecological and safety challenges.

Why is important to stay on marked trails?

1. Soil compaction: The compaction of soils prevents the establishment of vegetation and can lead to further soil erosion.
2. Reduce spread of invasive species: Many invasive species have been known to be spread by humans, whether it is seeds from an affected area stuck on clothes or within muddy boots or through the transportation of infested items such as firewood. Staying on marked trails will limit the spread of invasive species into the sensitive areas of the Niagara Gorge.
3. Creation of unsanctioned, unsafe trails: Unsanctioned trails are not maintained or inspected, (remove comma) which can result in unsafe conditions for trail users or increase their chances of getting lost. Once established, unsanctioned trails are very difficult to remediate. Going off of marked trails also makes it extremely difficult for locating and implementing emergency rescues.
4. Prevent unwanted access into sensitive natural areas: Sanctioned, marked trails have been laid out to provide access to unique natural areas while avoiding highly sensitive ecological areas.
5. Increase forest fragmentation: In some instances, trails can act as a barrier to wildlife movement. Limiting the quantity and width of trails assists in the management of these natural areas.
6. Poison ivy: While Niagara Parks takes steps to remove poison ivy along sanctioned marked trails, poison ivy is very common throughout the Niagara Gorge.

LEAVE NO TRACE

PRINCIPLES:

1. Plan ahead and prepare
2. Travel on durable surfaces
3. Dispose of waste properly
4. Leave what you find
5. Respect wildlife
6. Be considerate of others

1. PLAN AHEAD AND PREPARE

- Know the regulations and special concerns for the area you'll visit
- Be prepared for extreme weather, hazards and possible emergencies
- Schedule your trip to avoid times of heavy use
- Visit in small groups; split larger parties into groups of 4-6
- Use a map and compass to eliminate the use of rocks, cairns, flagging or marking paint

2. TRAVEL ON DURABLE SURFACES

- Durable surfaces include established trails, rock, gravel, dry grasses, snow
- In popular areas, concentrate use on existing trails
- Focus activity in areas where vegetation is absent
- Walk single file in the middle of the trail, even when wet or muddy, to avoid widening
- Avoid places where impacts are just beginning

3. DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out; inspect your rest areas for trash or spilled foods and pack out all trash, leftover food and litter
- Pack out toilet paper and hygiene products

4. LEAVE WHAT YOU FIND

- Preserve the past; examine but do not touch cultural and historic structures and artifacts
- Leave rocks, plants and other natural objects as you found them
- Avoid introducing or transporting non-native species
- Do not build structures, furniture or dig trenches

5. RESPECT WILDLIFE

- Observe wildlife from a distance; do not follow or approach them
- Never feed animals; feeding wildlife damages their health, alters natural behaviours, and exposes them to predators and other dangers
- Protect wildlife and your food by storing rations and trash securely
- Control pets at all times or leave them at home
- Avoid wildlife during sensitive times: mating, nesting, raising young or winter

6. BE CONSIDERATE OF OTHERS

- Respect other visitors and protect the quality of the experience
- Be courteous; yield to other hikers on the trail
- Take breaks and stop away from trails and other hikers
- Let natural sounds prevail; avoid loud voices and noises

PERMITTED/REGULATED USES

- Activities such as hiking, birding and photography are welcome and permitted in the Niagara Glen
- Bouldering, the climbing of the boulders without ropes, is a regulated activity that requires a bouldering permit issued by Niagara Parks
- Bouldering permits must be kept on your person at all times and can be purchased from the Niagara Glen Nature Centre or Butterfly Conservatory
- Offering guided hikes is also a regulated activity within the Niagara Glen that requires a Tour Guide Permit and the completion of the Niagara Glen Specific Guide Test; permits and associated testing is to be completed at the Rapidsview Licence Office
- Fishing is permitted along the Niagara River only with a valid fishing licence issued by the province of Ontario; extreme caution is advised due to fast flows and regular water fluctuations

APPLICABLE LEGISLATION

The Niagara Gorge, along with the plants and animals within it, are protected by a number of provincial and federal laws and regulations. Some of these laws include:

NIAGARA PARKS ACT:

- Provides Niagara Parks with the jurisdiction to govern and manage the areas within its boundaries, not limited to the natural and cultural heritage of the Niagara River corridor.

ONTARIO FISH AND WILDLIFE CONSERVATION ACT:

- Governs the management and possession of wildlife, including hunting and fishing licencing.

ONTARIO ENDANGERED SPECIES ACT AND CANADA SPECIES AT RISK ACT:

- Sets protections for species at risk of extinction and their associated habitats. Species at risk are listed as extirpated, endangered, threatened and of special concern.

ONTARIO INVASIVE SPECIES ACT:

- Governs the possession and spread of invasive species, deemed harmful to the province's environment and economy.

MIGRATORY BIRD CONVENTION ACT:

- Provides protections for the majority of Canada's migratory bird species. The convention includes Canada, the United States and Mexico.

FISHERIES ACT:

- Provides federal jurisdiction over the proper management and control of the fisheries, the conservation and protection of fish and their habitat and prevention of pollution.

NOT PERMITTED

NIAGARA PARKS ACT - REGULATION 829

Under the Niagara Parks Act – Regulation 829, the following conduct within Niagara Parks property is required:

No person shall, within the Parks,

- a. Remove or damage any plant, shrub or flower;
- b. Climb, remove or damage any tree or fence;
- c. Climb, remove or damage any bench, seat, monument or sign;
- d. Climb, deface or damage any bridge, wall or similar structure;
- e. Deface or damage any building; or
- f. Deface or damage any other property of Niagara Parks.
- g. Throw or dump, or cause to be thrown or dumped, any material or litter within the Parks;
- h. Permit a horse, dog or other animal to be at large in the Parks;
- i. Ride a horse, within the Parks, except with the permission of an officer;
- j. Swim or bathe except in a swimming area;
- k. Possess an air gun, firearm, gas-operated or spring-operated gun, archery equipment or catapult; or
- l. Fire or discharge any torpedo, rocket or other fireworks, without the permission of an officer.
- m. Except with the permission and under the supervision of an officer, no person shall build or light a fire within the Parks in places other than in fireplaces provided by Niagara Parks, or in portable stoves or barbecues used in picnic or parking areas designated by Niagara Parks.
- n. Go on foot or otherwise upon the grass, lawn or turf in the Parks where a sign of prohibition is posted.
- o. Use abusive or insulting language, or conduct himself or herself in the Parks in a manner that unnecessarily interferes with the use and enjoyment of the Parks by other persons;
- p. Throw stones or other missiles;
- q. Solicit patronage to or for any person, business, rooming house, restaurant or hotel;
- r. Beg, solicit or invite subscriptions or contributions;
- s. Sell or offer for sale any article, thing or service unless authorized in writing by Niagara Parks;
- t. Offer to any person or place on or in any vehicle, any piece of literature, brochure, handbill, advertisement or other written material;
- u. Loiter anywhere from midnight to sunrise;
- v. Park a vehicle except in an area designated by Niagara Parks for parking;
- w. Park a vehicle in a parking space designated for use by the disabled, unless the vehicle is marked for use by the disabled;
- x. Park a vehicle in a parking area designated by Niagara Parks during hours other than those posted in the designated area;
- y. Park a vehicle between midnight and 6 a.m. in a place other than a campsite designated by Niagara Parks;
- z. Hunt, trap or molest any bird or animal;
- aa. Damage or destroy any notice posted;

- ab. Where an officer believes on reasonable and probable grounds that a person has contravened the Act, the officer may remove the person from the Parks and Niagara Parks may cancel any permits of the person pertaining to the Parks in which the contravention occurred.
- ac. Where a permit is cancelled, the permittee is not entitled to reimbursement of fee, toll or admission charge.
- ad. No person who has been removed from the Parks shall within the following 72-hour period enter or attempt to enter the Parks from which that person was removed without permission of Niagara Parks.
- ae. Except at a boat launching ramp provided by Niagara Parks, no person shall place or permit to be placed any powerboat, rowboat, sailboat, canoe, punt, iceboat, raft, hydroplane or watercraft of any kind upon any portion of the talus or foreshore of the Niagara River that is under the jurisdiction of Niagara Parks.
- af. No person shall guide visitors through the Parks for compensation without a guide licence from Niagara Parks.
- ag. No person shall operate or permit the operation of a Class 1 or Class 2 sightseeing vehicle within the Parks unless its operator holds a guide licence issued by Niagara Parks.
- ah. A guide licence may be issued upon completion by the applicant in a satisfactory manner of a sightseeing information examination set by Niagara Parks, and upon filing proof that within the two years immediately preceding the application the applicant has not been convicted of any offence punishable by imprisonment for two years or more, and has not previously contravened any of the provisions of any regulation made under the Act

• SPECIES AT RISK CONSIDERATIONS

Many native species found in the Niagara Gorge are in trouble due habitat loss, invasive species, disease and climate change. For example, the Niagara Gorge historically supported over 600 plant species, but today, fewer than 400 species remain. Since the Niagara River corridor is often the northern limit for many southern species and the southern limit for many northern species, this area has become a biodiversity hotspot. Unfortunately, it also has one of the highest concentrations of species at risk in Ontario. As stewards of these magnificent lands, Niagara Parks is committed to working with our partners to protect and conserve these species facing the threat of extinction.

SPECIES AT RISK DESIGNATIONS

EXTINCT: any species that no longer exists anywhere on the planet.

EXTIRPATED: any native species that no longer exists in the wild in Ontario but exists elsewhere.

ENDANGERED: any native species facing extinction or extirpation in Ontario.

THREATENED: any native species that is at risk of becoming endangered in Ontario.

SPECIAL CONCERN: any native species that is sensitive to human activities or natural events.

SPECIES AT RISK DESIGNATIONS

- The northern dusky salamander is only found in the Niagara Gorge in Ontario. This endangered species inhabits a few locations throughout the gorge and is highly sensitive to changes in water quality within its habitat.
- The snapping turtle is a species of special concern. This once common species is the largest freshwater turtle in Canada and spends most of its life in water. As with most reptiles and amphibians in Ontario, this species is under constant threat from habitat loss, predation, poaching and roadkill.
- Deerberry is a threatened shrub species in the blueberry family. There is a very small deerberry population in the Niagara Gorge, so efforts have been made to mitigate the impacts of trail users on its habitat. The only other population in Ontario is near Kingston.
- Red mulberry (*Morus rubra*) is a rare native tree that is on the endangered species list. The Niagara Gorge had 21 known trees and is one of only 10 sites in Ontario where the tree is reported. Very few pure red mulberry trees exist as they often hybridize with white mulberry, which is native to China, and often used as an ornamental shrub in North America.

EXTINCT AND EXTIRPATED SPECIES

- The last timber rattlesnake in the Niagara Gorge was seen in 1941. They are now a species deemed extirpated in Ontario. Unfortunately, all species of rattlesnakes are often killed deliberately by people for fear of getting bit. The only native wild rattlesnake species remaining in Ontario is the eastern massasauga rattlesnake. Its status is threatened.
- American ginseng has been extirpated from the Niagara Glen, but there are wild populations in other locations in Ontario. This species is at risk because of illegal harvesting for its roots which are said to have medicinal properties.

• INVASIVE SPECIES CONSIDERATIONS • (PREVENT THE SPREAD OF INVASIVE SPECIES)

Niagara Parks actively controls the spread of non-native, exotic and invasive species in an effort to protect more sensitive native species of plants, and their respective communities. Invasive species have the ability to disrupt food webs, degrade habitat and introduce parasites and disease, which can lead to species at risk.

The greatest culprits are common buckthorn (*Rhamnus cathartica*), glossy buckthorn (*Frangula alnus*), tree-of-heaven (*Ailanthus altissima*), Manitoba maple (*Acer negundo*), Norway maple (*Acer platanoides*), garlic mustard (*Alliaria petiolata*) and European common reed (*Phragmites australis*).

You can help stop the spread of invasive species by:

- Cleaning your gear and pets
- Buy local and non-invasive
- Avoid transporting wood
- Reporting sightings
- Managing invasive species you find on your property
- Disposing of invading species properly
- Knowing and following the rules for invasive species

PROVINCIAL RULES

In Ontario, the Invasive Species Act outlines rules to prevent and control the spread of invasive species. It is illegal to import, possess, deposit, release, transport, breed/grow, buy, sell, lease or trade prohibited invasive species. If by chance you catch a prohibited invasive fish, invertebrate or plant species while fishing, you must immediately destroy it so that it cannot reproduce or grow.

WILDLIFE CONSIDERATIONS

The Niagara Gorge is home to a wide range of plants and animals. It is everyone's responsibility to avoid human-wildlife conflicts. Some wildlife considerations include:

- Respect and safely admire wildlife; never approach a wild animal, their den or their young.
- Take only photographs, leave only footprints.
- Do not feed or bait wildlife and dispose of all food items at picnic/cooking areas designated bins. Wild animals do not require human intervention to get food, even if they look malnourished. Feeding can lead to numerous behavioral and physical impacts, which typically results in negative results for the animal. Impacts of feeding include:
 - Poor nutrition
 - Spread disease
 - Unnatural behaviour (loss of fear to humans)
 - Pollution
 - Overcrowding
 - Delayed or absent migration
 - Increased hybridization
- Do not handle wildlife; handling of wildlife can be harmful to both humans and the animals themselves. Many wild animals also carry parasites that can be transferred to humans.
- Do not remove wildlife; even if wildlife appears to be abandoned, do not remove it from its habitat. If an animal appears to be in distress or injured, report it to the local humane society.
- In the rare event of being approached by a coyote:
 - Pick up small children and pets
 - Never run or turn your back
 - Wave your arms above your head
 - Be BIG and LOUD! Yell "go away!"
 - Slowly back away
 - Use hazing techniques such as popping an umbrella, throwing an object or shaking your keys
- Never allow your pets to chase, harass or corner a wild animal. Dogs must be on a leash at all times within Niagara Parks property.
- Watch your step and where you place your hands; some animals, such as salamanders, live under rocks, logs and within the leaf litter so avoid stepping on rocks and fallen logs, and stay on marked trails. Other animals can be found hiding or nesting in crevices of rocks, trees and in burrows.

WILDLIFE SPECIES PRESENT

- Numerous animal species call the Niagara River corridor home. While white-tailed deer are now a common site, it is not unusual to also see coyotes, red fox, minks, beavers, grey squirrels, chipmunks, skunks, racoons and other rodent species. Rare to most of Canada, Virginia opossum are also quite common in Niagara Parks.
- Due to the large populations of gull species that overwinter in the Niagara Gorge, the gorge has been designated as an Internationally Important Bird Area. In addition to the 19 species of gulls that have been identified in the Niagara Gorge, other common species include red-tailed hawks, peregrine falcons, turkey vultures, blue jays, as well as Canada geese and numerous duck species.
- The Niagara River corridor is also home to several amphibians and reptiles, including frogs, toads, salamanders, snakes and turtles. Unfortunately, many of these species are sensitive to changes in their habitats, putting them at risk of extinction.
- Depending on the season, a wide variety of frog and toad species can be heard along the Niagara River. These species include the spring peeper, western chorus frog, northern leopard frog, green frog, bullfrog and the American toad. American toads can be easily identified by their dry, warty skin. While toads are typically found on land, frogs require wet areas for survival.
- Allegheny mountain dusky salamander, northern dusky salamander and northern red-backed salamanders have all been found in the Niagara Gorge. Salamanders are fascinating lizard-like creatures which have moist skin, like frogs, making them reliant on habitats in or near water, or under some protection such as rocks and logs. Depending on the species, some salamander species are fully aquatic throughout life, some are semi-aquatic, and some are entirely terrestrial as adults. What makes the salamander so unique is that they are capable of regenerating lost limbs, as well as other body parts.
- Snakes are quite common in the Niagara Gorge, but fortunately none of them are poisonous...well at least not anymore. Some of the species commonly seen here are the eastern gartersnake, eastern milksnake and the northern watersnake.

OTHER HAZARDS: HEAT STRESS, TICKS, POISON IVY

HEAT STRESS

Heat related illnesses can occur when a person is exposed to any combination of body heat generated while working, including air temperature, humidity, air movement, radiation from the sun or hot surfaces/sources and required clothing. The body cools itself through evaporation of sweat on the skin. High humidity affects the body's ability to cool itself. When the body is unable to cool the skin due to excessive heat, serious health issues may occur, including:

- **HEAT RASH:** tiny red rash causing a pricking, itching sensation
- **HEAT CRAMPS:** sharp muscle pains
- **HEAT EXHAUSTION:** a result of excessive heat and dehydration.
 - Symptoms include paleness, dizziness, nausea, vomiting, fainting, (remove comma) and a moderately increased temperature
 - Rest, water, cool compresses/ice packs and a cool environment may help alleviate symptoms
- **HEAT STROKE:** the body cannot cool itself and body temperature rises to critical levels
 - Symptoms include confusion, irrational behaviour, loss of consciousness, convulsions, hot dry skin and abnormally high body temperature
 - Call 9-1-1 and get medical attention immediately

SIGNS AND SYMPTOMS OF HEAT STRESS:

- Dizziness
- Headache
- Weakness
- Rapid heartbeat
- Nausea/cramps
- Chest pain
- Laboured breathing
- Diarrhea

Immediate medical attention is required if the following symptoms are presented:

- An elevated temperature
- Confusion or loss of consciousness
- Dry, flushed skin (no longer sweating)

HEAT STRESS PREVENTION:

- Drink enough water that you never become thirsty; approximately one cup every 15 to 20 minutes while performing moderate to heavy work in the heat
- Electrolytes are important in muscle function. Although the average North American diet usually contains enough salt for most work conditions, working in hot environments can cause salt deficiencies. To replace the salt lost by sweating, eat salty foods; salt tablets are not recommended. Consult a medical professional if you are taking medication or have health concerns
- Take breaks in cooler/shaded rest areas
- Wear appropriate clothing for the task and environment (use sunscreen)
- Avoid alcohol, caffeine and carbonated drinks
- Take extra breaks in extreme temperatures
- Learn to recognize signs and symptoms of heat stress

FACTORS AFFECTING YOUR HEAT TOLERANCE:

- Age: sweat glands may work less efficiently as you get older
- Physical condition and health: general health and physical fitness can affect your ability to tolerate heat
- Prescription medications: some medications can interfere with your ability to perspire, they may also affect your skin's ability to tolerate sunlight (if unsure, ask your doctor or pharmacist about any medication you are taking)

SUN EXPOSURE:

- Remember that Exposure to UV rays can occur on cloudy, foggy and hazy days, not just sunny days
- UV rays are strongest between 11 a.m. and 4 p.m.; limit time in the sun during these hours if possible and use sunscreen
- Choose sunscreen with a SPF of 15 or more
- Apply sunscreen at least 30 minutes before going outside paying special attention to ears, face, scalp, neck, shoulders and back; reapply as per manufacturer's directions
- Look for shaded areas for outdoor activities or rest breaks
- Wear sunglasses to protect your eyes from UV rays
- Wear a wide brim hat with a back flap to cover the back of your neck
- Outdoor workers should know the locations of sunscreen dispensers and use as required

NOTE: Insect repellent containing DEET may reduce the effectiveness of sunscreen. To reduce this, apply sunscreen 30 minutes before applying insect repellent.

••• TICKS AND LYME DISEASE

Ticks are small, dark, hard bugs with pinchers that attach themselves to clothing and can wander for several hours before they bite and begin to feed. The bite of a tick is painless and a person may be unaware that they have been bitten. Ticks feed on the blood of their host (person or animal) by inserting their pinchers into the skin.

HEALTH HAZARDS FROM TICKS

Lyme disease is an infection caused by bacteria called *Borrelia burgdorferi*. In Ontario, only bites by blacklegged ticks (formerly called deer ticks) can spread the disease. Not all blacklegged ticks are infected with the bacteria. A tick must be attached to feed for at least 24 hours in order to transmit Lyme disease. The early signs and symptoms may include fever, headache, muscle and joint pains, fatigue, swollen glands and an expanding skin rash. These symptoms usually occur within one to two weeks but can occur as soon as three days or as long as months, (remove comma) after an infected tick bite. Seek medical attention if you notice these symptoms or feel unwell after a tick bite. Most cases of Lyme disease can be treated successfully with antibiotics.

HOW TO PROTECT YOURSELF

- Wear light-coloured clothing to help find ticks more easily
- Wear long sleeve shirts and long pants
- Wear a hat if contact with overhead vegetation cannot be avoided
- Wear closed footwear and socks and tuck your pants in your socks
- Use an insect repellent, or bug spray, containing DEET or Icaridin on clothes and exposed skin
- Immediately after outdoor activity, do a total body inspection for ticks paying close attention to areas such as your scalp, ankles, armpits, groin, naval and behind your ears and knees; use a mirror to check the back of your body or have someone else check for you
- Shower soon after being outdoors to wash off a tick that may not yet be attached
- Put your clothes in the dryer at high heat for one hour to kill any remaining ticks

TICK REMOVAL

- Protect your hands with gloves, cloth or tissue
- If the tick is attached to you, use fine-tipped tweezers or a tick removal tool to grasp the tick as close to your skin as possible; do not use your fingers
- Pull the tick straight out, gently but firmly making sure to remove the entire tick (including the head); do not squeeze the tick and avoid crushing its body
- After removing the tick, place it in a secure container, such as a screw-top bottle used for medication and submit it to public health for testing; thoroughly clean the bite site with rubbing alcohol and/or soap and water

POISON IVY

While Niagara Parks makes every effort to keep poison ivy away from our trails, it is very common within our natural areas. Know what it looks like!

- Poison ivy is a straggling or climbing woody vine that's well known for its ability to cause an itchy rash. Poison ivy can be found in every province except Newfoundland and is found extensively throughout the Niagara Gorge.
- Typically identified by its leaves of three, poison ivy can be found as a small plant on the ground, vine climbing up trees and rocks, or even as a woody shrub. Please use caution and remain on trails!
- All parts of the poison ivy plant, including the roots, contain the poisonous resin urushiol. Contact with any broken part of the plant may cause a reaction.
- Most people develop symptoms 24 to 48 hours after contact. The extent of a reaction depends on the person's sensitivity and the amount of sap in contact with their skin. The inflamed areas often develop blisters, which leads to intense itchiness.
- While pets may not react to contact with poison ivy, their fur does pick up the poisonous resins (oils) that can be transferred to humans.
- If poison ivy is burned and the smoke is inhaled, the rash will appear on the lining of the lungs, causing extreme pain and possibly fatal breathing problems. If poison ivy is eaten, the digestive tract, airway, kidneys, or other organs can be damaged.
- If you come in contact with poison ivy, immediately wash area with soap and cold water. Cold water should be used, because hot water tends to open the pores, increasing the chances of the resin being deeply absorbed into your skin.
- If a reaction does develop, see your doctor for treatment. Skin irritation (itching, red inflammation, blisters and, in severe cases, oozing sores) resulting from exposure to poison ivy normally disappears in 7 to 15 days.
- Any clothing worn while working in or near poison ivy should be carefully removed, washed in hot, soapy water, and hung outside to dry for several days. Remember to wear gloves while handling objects that may be contaminated. Do not wash clothing suspected of having sap on it with other laundry, to avoid any further contamination.

EMERGENCY CONTACT

- In case of emergency, call 9-1-1.