

TRACK CHAIR QUICK REFERENCE

If you are injured: DIAL 9-1-1 IMMEDIATELY

Then call the Park Office at 651-299-3000 for assistance.

Additionally, call the park office if:

- the battery on the unit runs out
- the chair malfunctions or gets damaged
- you become stuck on the trail

Keep awareness of where you are at in the park and try to communicate as much of your location as possible, so assistance can more easily find you.

Tips For Safe Usage:

- Always tilt the chair when operating on a slope; use the up arrow when going uphill, the down arrow when going downhill.
- If you tilt the chair too far forward, the footrest might scrape the ground, so be cautious on particularly uneven or steep terrain.
- Go slowly over obstacles and uneven surfaces; take special caution for smaller obstacles such as roots, branches, and ruts.
- Take obstacles such as roots or water bars at an angle, rather than straight on.
- It is normal for the chair to rock back and forth when going over obstacles; it can feel unnerving, but it is not going to tip over on you.
- If you have any questions while on the trails (about directions, operating the track chair, things you've seen, or anything else), call the office and we will help as best we can!

Park info:

Frontenac State Park
29223 Co. 28 Blvd., Frontenac, MN 55026
Park Office: 651-299-3000
If no answer at the park, call
651-242-1979