



**AUTISM
CANADA**



SARA
SEARCH
AND RESCUE
FOR AUTISM

Visual Supports and Stories

HIKING SAFETY



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My name is

What is your name?



I am going to

Where are you going?



I am going with

Who is going?



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While there I can go on walks in nature, sometimes called hikes.



On a hike I may see some interesting plants, animals, rocks, and water.



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Before I go on a walk, I need to:

- Let someone know I am going for a walk
- Pack a bag with water and food
- Check the weather and dress for the weather
- Put on sunscreen
- Put on bug spray
- Use the washroom
- _____
- _____
- _____
- _____

HIKING SAFETY

There are a lot of rules that everyone has to follow in a national park to be safe.



1. I need to stay with the group. That means I need to:

- Hold my parent's hand
- Stay where my family or friends can see me
- _____
- _____



2. I need to stay on the trail.



3. I can look with my eyes, smell with my nose, and listen with my ears.
I cannot take any objects with me.



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4. I must put my garbage back in my backpack or a garbage can if there is one.



5. I may see other people on the trail. I need to share the trail by moving to the side so they can pass or by quickly passing them if I am faster.



Following these rules make me, others, and the plants and animals safe.



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Tips for Adults and Caregivers

Safety is your responsibility. There are always hazards associated with outdoor recreation. Even short trips from the town can have serious consequences. Minimize your risk by planning ahead.

- Check the weather forecast, current trail conditions, plan your visit and review warnings and closures or visit a Parks Canada visitor centre.
- Be prepared for emergencies and changes in weather. Mountain weather changes quickly and it can snow any month of the year. Dress in layers, bring extra food and warm clothing.
- Study descriptions and maps before heading out. Always choose a trail suitable for the least experienced member in your group.
- Bring your own water. Surface water may be contaminated and unsafe for drinking.
- Carry a first aid kit and bear spray.
- Tell a reliable person where you are going, when you will be back, and who to call if you do not return

- Ticks carrying Lyme disease may be present in the park. It is important to check yourself and your pet after hiking.
- Avoid wearing earbuds or headphones. Be alert at all times.
- In case of EMERGENCY, call 911. Cell phone coverage is not reliable throughout the national park.

Show courtesy to fellow trail users!

- Leave what you find —it is the law. Natural and cultural resources such as rocks, fossils, artifacts, horns, antlers, wildflowers and nests are protected by law and must be left undisturbed for others to discover and enjoy
- Dispose of human waste at least 100 m from any water source. Bury solid human waste in a hole 15 cm deep. Pack out your toilet paper.
- To prevent damage to vegetation, stay on the trail and avoid shortcuts
- These trails are used by a variety of outdoor enthusiasts. Be sure to yield to others.
- Leave no trace. Pack out everything you pack in.

Provided by Parks Canada website

How do I use Visual Supports & Stories?

Visual Supports and stories are meant to prepare your child for a given situation. Thus, they should be reviewed prior to participating in the situation. We recommend reading the story once through without stopping with your child. Then, read it again and stop and point out a few important points. Do this numerous times and in different contexts prior to entering the situation written in the visual support story. You can ask them simple questions about the story (e.g., where should we put our garbage?)

Reading a story will help to prepare them but you still need to teach the skill embedded in the visual support story directly and create a lot of opportunities to practice. For example, when reviewing how to act around wildlife, practice in a park or your backyard after you read the visual support story. You can also highlight the importance of throwing away garbage in a labeled garbage can in your home before entering a national park. Don't forget to praise and reward your child for practicing the new skills they are learning!