



# Guidelines for a safe and pleasant walk



- Patients must be able to follow simple directions and prompts
- Take a walkie talkie with you. Families please take your cell phone with you. In the event of an emergency call 1-512-754-3899.



- Spray on mosquito spray (This will also help manage chiggers and ticks)
- Snake guards are available and encouraged to wear
- Upon return from the trail, we encourage visual checks for ticks and chiggers.
- **Never** leave the trail; this will prevent disturbing nests and wildlife. Do not allow patients to dig or place hands or feet in interesting holes.
- Snakes by nature are not aggressive, but if you startle them they will bite. In the event of a snake bite contact the CNC or Nursing supervisor and give your location.



- **NO** food of any kind is allowed on the trail
- Wildlife should be left alone, even butterflies.
- There are pictures of what Poison Ivy looks like in the Kiosk at the beginning of the trail. **Do not** let patients touch poison ivy.



- Wear sturdy shoes. The terrain on the trail changes, therefore there are roots to step over and rocks to walk on.
- There may be mud or slippery areas along the trail during and after inclement weather.

