

# How to Start an Inclusive Hike

Here's a step-by-step guide to help you plan an inclusive hike:

## Step 1: Engage Stakeholders

- Inform and involve classmates, teachers, friends, family, neighbors, and other community members.
- Reach out to your local Special Olympics program or organizations working with people with ID to raise awareness about inclusion.

## Step 2: Plan the Hike

- Select a location that is safe and accessible for all participants.
- Make sure the trail is suitable for varying fitness levels and abilities.
- Plan activities like warm-up exercises, team-building games, and nature exploration.
- Prepare logistics, including transportation, refreshments, first aid, photography, and a plan for wet weather.

## Step 3: Promote Inclusive Leadership

- Encourage students with and without ID to take part in organizing the hike whenever possible.
- Provide opportunities to allow all students to meaningfully contribute towards planning and executing of the activity.
- This may involve mentors and parents of students with ID, making sure simple words are used during meetings and documents, factoring in extra time for students with ID to respond to questions and breaking down task to manageable, easy to understand steps.

## Step 4: Promote the Activity

- Raise awareness of the hike in local schools and communities.
- Use flyers, social media posts, local newspapers, and engage in peer discussions to promote the hike and educate on the benefits of inclusive activities.

## Step 5: Celebrate, Reflect and Share

- Host a celebration after the hike to recognize the efforts of all hikers and reinforce the message of inclusion.
- Gather feedback from everyone involved and reflect on the successes and areas that need improvement.
- Share stories and experiences from the hike to inspire others and promote inclusion.

## Step 6: Sustain the Effort

- Plan future inclusive activity and activities to create a lasting impact and further build a culture of inclusion.