Executive Summary (1600 character limit, approx. 250 words or less)

"The Outdoor Wellness (OW) programs mission is to provide programming designed to push boundaries, increase knowledge, and develop skills for responsible participation in outdoor activities. We strive to develop deeper relationships and create a fun and safe environment for students to expand their recreational opportunities in the outdoors. The OW staff are a team of students who work to create, organize, promote, and implement OW trips and programs for the student body at UWB. We realize there are barriers in the outdoors which are associated with lack of experience, needs for expensive gear, transportation requirements and an absence of community to participate with. The OW Program seeks to break these barriers for students. OW also oversees the Outdoor Gear Shop ("Nest"), which provides students with free outdoor gear rental and general question answering about trips and services from the OW staff.

Through intentionally facilitating experiences to focus on community, OW uses the outdoors to create a space where students find a collection of high-impact benefits including stress reduction and physical activity, engagement in meaningful socio-cultural conversations, leadership and team development practices and tenacity in prevailing against adversity. These impacts are reflected in assessment, participation, and a collection of student-shared experiences. The OW program has the rare opportunity to spend an extensive amount of quality time engaging with students on our trips. In addition to the time spent with student participants, the OW program trains student leaders to acquire the skillsets needed to facilitate wilderness experiences that enhance transferable skills and build confidence.

Need for Program (1600 character limit, approx. 250 words or less)

"OW provides students with health and wellness opportunities; as documented in the Journal of Outdoor Recreation, Education and Leadership (Andre et al., Benefits of Campus Outdoor Recreation Programs: A Review of the Literature 2017) “for students benefits include increased academic success, smoother transitions to college, better mental and physical health, lower levels of stress and anxiety, better and more numerous social connections, better intra- and interpersonal skills, increased environmental sensitivity, and better connectedness to nature and to place.” From past and current programming, the student population has shown staggering support and desire to gain the benefits that the OW program provides.

In 2021-2022, the OW saw roughly 3,500 student contact hours with the UWB population. We calculate student contact hours as a measure of participation that students have with our program by tracking the amount of time a student spends on our trips (this number does not include any of our on-campus events or gear shop hours). Last year (2021-2022), the OW
programs were still offering minimal in-person trips and programs due to ongoing health and safety measures. However, the trips and programs that were offered, 70% filled during registration and our waitlist resulted in over 4,500 missed student contact hours that UWB students were looking for that we were not able to provide. With that said, the OW program have been able to offer all in-person programs and trips for the current academic year and program registration is continues to fill and we have continued to have waitlists.

Beyond the trips and programs, OW has been able to provide 405 equipment rentals that included 302 separate items from the Nest Outdoor Gear Shop in 2021-2022, some of which students rented multiple time thus reducing the need to purchase their own gear. Within each of these statistics, OW is breaking barriers for students in the very exclusive outdoor recreation industry."

**Is this a new request? No**

**What on your request is new or has changed?**

"The biggest change to our request is an increase request for student staff wages. In 2022 we added a student coordinator to our team and next year we plan to streamline our staffing structure to be able to better support more student staff while still providing top quality outdoor and risk management training.

This structural shift includes adding tiers for our OW student staff to progress through leadership positions to give them obtainable goals and structures to support growth. These tiers include a trip leader apprentice, trip leader and instructor. Trip leader apprentices can shadow experienced trip leaders, trip leaders execute the majority of our programming and instructors are able to provide area specific opportunities for further engagement. The OW coordinator will gain administrative skills while providing programmatic and staff support to ensure students who choose to gain employment with OW are set up to be successful and safe facilitators of outdoor excursions.

In 2021-2022 70% of trips filled during registration and our waitlist resulted in over 4,500 missed student contact hours that UWB students were looking for that we were not able to provide. By adding in additional staffing and improving our staffing structure we hope to reduce the number of missed contact hours and provide additional programming for the students at UW Bothell. "
Strategic Plan (1000 character limit, approx. 150 words or less)

"Historically Outdoor Recreation has been geared towards people who have social and economic privileges. The OW program works tirelessly to dismantle barriers for the students at UW Bothell. Funding would be used to develop more educational and skill-building opportunities for students and student leaders through outdoor recreation. The OW program goal is to create safe and engaging outdoor programs to further the equity and outdoor learning of our participants while providing a community for students. Funding will allow us to continue to support our students and push to change industry narratives.

The goal for next year is to increase the number of students staff so we can work to engage some of the missed student contact hours. There is a demand for outdoor programming, but we need more staff to be able to execute additional programs and reach more students on campus."

Assessment (1600 character limit, approx. 250 words or less)

"In 2021-2022, the OW saw roughly 3,500 student contact hours with the UWB population. Beyond the trips and programs, OW has been able to provide 405 equipment rentals that included 302 separate items from the Nest Outdoor Gear Shop in 2021-2022, some of which students rented multiple time thus reducing the need to purchase their own gear.

It is important to note that while our total number of participants may appear lower than previous years, OW spends a significant amount of time engaging each participant in the benefits we are able to provide. These benefits include: Health and Wellness benefits; stress-relief, exercise, mental health improvement, increased cognitive functioning, creativity - Community Building; relationship and trust development, communication, development as citizens, cooperation – Leadership; team-dynamics/management, leadership theory, planning and preparedness, conflict resolution, time management, decision making – Resiliency Building; overcoming adversity, perspective development, mental toughness, community dependency, grit, determination. Additional post-program assessment shows students are finding community when attending our programs and gaining access to outdoor opportunities they might not have tried before."

Salary Positions

"Student/Hourly: Outdoor Wellness Leader Gear Shop Hourly Salary
The hourly payment for the Outdoors Wellness Leader (OWLs) represents their hourly compensation to plan, market and organize logistics for Outdoor Wellness Trips and
On-Campus Events. This includes submitting a number of different proposals and requests to the Program Manager, designing and planning itineraries, reaching out to vendors/organizations, meetings with collaborators and much more. OWLs operate on a schedule for this hourly rate. This funding lines also pays for the complete operations of the Outdoor Gear shop and pays staff to maintain, clean, repair, check-out, and inventory equipment. The Outdoor Gear Shop is open on a weekly schedule for student use.

Student/Hourly: Outdoor Wellness Coordinator Hourly Salary
The hourly payment for the Outdoors Wellness Coordinator represents their hourly compensation to plan, market and organize logistics for Outdoor Wellness Trips and On-Campus Events while supporting in the growth of the Outdoor Wellness leaders and program. This includes supporting the program manager in registration, participant communication, on campus partnerships, professional development workshops for student staff and other tasks as assigned. The program manager also oversees all marketing and advertising for the OW program.

Stipend Fixed Fee Payment – Trip Leading
This line represents fixed, per-trip payment for OWLs leading off-campus trips they have organized. This fund is used ONLY for off-campus field time.

Training Fixed Fee Salary
The OWL September field training is dedicated to the 5 field training days the OWLs will spend off campus as a part of their OWL training. This differs from the hourly training time as they will be off campus and on a non-regular schedule."

Programming/Events

"Line 9 – OW Programming and Events
Programming each academic year is strongly influenced by the interests, talents, and skills of our student staff. While the number of programs in a specific focus area may vary, we do try to maintain a diverse program plan with an emphasis on education, exploration, wellness and community. We scaffold our quarters and academic year to allow for students to progress and become more comfortable with trips that have “high perceived risk”. This allows our participants the opportunity to develop over time and to be met at different levels of challenge. Programming funds are spent only on program-related costs including recreation passes, permits, park entrance fees, campsite reservations, contracted guiding, payment of guest speakers, non-equipment related trip and event supplies, facilitation, and trip leading resources, etc."
Facilities & Equipment Rentals/Set-Up/Purchases

"Line 11 – Nest Gear Shop
This line supports the equipment in the Outdoor Gear Shop (NEST) from an inventory and operations standpoint. The equipment in the Nest is available both to rent for the UWB student population and to support our Outdoor Wellness Trips. Because of the volume of use this equipment sees, it is essential to have funding to repair and replace equipment that we have in our inventory. This funding supports the estimated $45,000 of equipment that we house in the Nest and make available to students. In the 8th year of the program, we recognize impending life cycles of much of our outdoor gear with heavy use. While we are requesting less than we have in years past, this amount is a minimum to maintain what we have. Not having a fully stocked equipment shop has impacts on the type of trips and number of participants we can run. We have tightened up checkout and cleaning procedures in order to support this decrease in funding request from previous years."

Office Supplies

"Office supplies for the OW program includes pens, pencils, notebooks, markers, clipboards, and folders.

Outside of basic office supplies the OW supplies are specific to outdoor equipment including but not limited to hiking, indoor rock climbing, camping, backpacking, snow sports, paddle boarding and outdoor exploration equipment. Maintaining and cleaning the equipment in the Nest Gear Shop is an ongoing project for student staff. Additionally, outdoor gear does have a lifespan or expiration date and some of the equipment in the Gear Shop is due for replacement or repair from an outside entity."

Food and Refreshment

A key pillar of community is food and the connection that is made through cooking. The funding for this area allows for safe and inclusive programming in remote settings where food is not easily accessible. The OW overnight programs and staff trainings involve cooking and outdoor hygiene that is fundamental in learning how to recreate in an inclusive community. Through "chow circles" facilitated by OW staff, participants are able to reflect on their days while camping or backpacking and offer gratitude to other students on the trips. The food and refreshments costs are integrated into our programing and operation costs as it is hard to accurately estimate all food costs with variations being made for dietary restrictions and group sizes. The food costs are always well under the per diem amount and provide a nutritious and educational opportunity for students.
Transportation and Travel

"Line 8-program and training travel costs
One of the most significant barriers to outdoor recreation is access. Students may not have a vehicle or the "right" type of vehicle to travel to remote areas with variable road conditions. For this reason, OW provides transportation to all off-campus excursions and takes roughly 45 trips to programs per year often renting two plus capable vehicles. Staff driver training and travel for programs are included in this line."

Professional Development

"People gain great benefits from being in nature, wilderness settings and the “back-country” of our world. These areas are often remote and are accompanied by greater risk than typical “front-country” because there may not be immediate access to an ambulance (with all the latest medical tools) that can drive within 100 feet of an injured person - much less, in some areas, cell phone service to make this call. So, by venturing out into these great, but remote areas, we are assuming more risk in the event of a medical emergency. To combat this risk, we turn to preparedness in many forms including providing our staff with wilderness medical certifications. These wilderness medical certification courses are designed to provide participants with extensive information regarding wilderness-related medical concerns such as, long term patient care, the ability to provide exceptional patient assessment, and the decision-making ability regarding when to arrange an evacuation. Instruction of specific outdoor activities also must align with industry standards.

The three common levels of this training; Wilderness First Aid (WFA), Wilderness First Responder (WFR) and Wilderness Emergency Medical Technician (WEMT). Industry standards have dictated rough capabilities for each certification. The two certifications we are requesting funding for are the WFA and WFR. A WFA typically allows a leader to lead day trips into the backcountry for short periods of time, where the WFR allows a leader to lead overnight trips and excursions deeper into remote areas. Because we have found greater impact with these extended trips, it’s important that our student leaders all become WFRs – as they are often asked to lead overnight trips. OWLs must first receive their WFA (2-day course) at the start of their employment and then have typically progressed to WFR during their second year of the program.

For the 2022-2023 year the OW program manager will be able to facilitate all WFA courses for student staff thus reducing some of the cost. Additionally, we are able to have student staff sign up for a WFR course through UW Seattle at a cost of $600 per student. With this we are allocating different levels of funding for trip leader apprentices ($350 each), trip leaders ($700 each) and instructors/coordinators ($800 each). These costs will allow us to equitably train staff and offer incentives for staff retention. These funds will help cover wilderness medical costs and additional outdoor professional development.
In addition to Wilderness medical training each student staff member is trained in basic first aid and CPR. In the 2022-2023 year we also plan to partner with Camp Long through Seattle Park and Recreation to provide student staff with a group facilitation and management training.

Promotional Items

"Line 9 – OW Programming and Events
Programming each academic year is strongly influenced by the interests, talents, and skills of our student staff. While the number of programs in a specific focus area may vary, we do try to maintain a diverse program plan with an emphasis on education, exploration, wellness and community. We scaffold our quarters and academic year to allow for students to progress and become more comfortable with trips that have “high perceived risk”. This allows our participants the opportunity to develop over time and to be met at different levels of challenge. Programming funds are spent only on program-related costs including recreation passes, permits, park entrance fees, campsite reservations, contracted guiding, payment of guest speakers, non-equipment related trip and event supplies, facilitation, and trip leading resources, etc."

Uniforms

"Line 13 – OWL Staff Uniforms
In order to distinguish OWL staff from other students and provide clarity for our participants and renters, OW uses OWL Uniforms. These uniforms have been shirt and a jacket with the OWL logo used exclusively by OW staff on trips and in the Nest."

Total Amount (please note the total dollar value)
$119,908

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