

Q15. Proposing Group Information

Q1. Proposing group name (examples: Career Services, Student Diversity Center)

Outdoor Wellness

Q2. Department/Organization (examples: Student Engagement and Activities, Student Affairs, Academic Affairs)

ARC - Activities and Recreation Center

Q3. Contact Person

This person will be the sole point of contact for any questions or additional information requests from the SAF Committee regarding your proposal.

Matthew Busch

Q4. Contact Email

- This person will be the sole point of contact for any questions or additional information requests from the SAF Committee regarding your proposal. Please include a regularly checked email as the SAF Committee contacts groups primarily through email.

mibusch@uw.edu

Q5. Budget owner

- Before submitting, you must discuss and receive approval on your request from a staff or faculty member (i.e. Student Affairs Staff or faculty adviser) who will agree to be the budget owner and responsible for managing this allocation. Include the name and title (i.e. John Smith, Club Adviser) of that individual below. **IMPORTANT:** Please ensure the faculty or staff member understands they will be the budget owner and responsible for managing a SAF allocation. This person must be authorized in UW procurement and fiscal systems and familiar with university purchasing policies and processes, and have approval from their supervisor.
- If you are a registered student club, you may email the Student Engagement and Activities Director and Assistant Director, Sam Al-Khoury at sea2@uw.edu and Carla Christensen at carla24@uw.edu as a resource for your request by December 29, 2020.

Matthew Busch

Q6. Budget owner email

- Please provide the email of the faculty or staff member you discussed your request with.

Q14. Proposal Information

Q7. Executive Summary

- Please provide a concise overview of the program, activity, or service for which you seek funding. This summary should explain what you're requesting funding for. (1600 character limit, approx. 250 words or less)

The Outdoor Wellness (OW) program is a thriving addition to the student experience at UWB. The Outdoor Wellness Leaders (OWLs) are a team of students who work to create, organize, promote and implement OW initiatives and recreational opportunities for the student body. We realize barriers in the outdoors of experience, expensive gear, transportation and often a community of friends to recreate with. The OW Program seeks to break these barriers for students. Outdoor Wellness also oversees "Nest" operations, providing students with free outdoor gear rental. Through intentionally facilitating experiences to focus on relationships and community resiliency, OW uses the outdoors to create a space where students find a collection of high-impact benefits including; shelter for stress reduction and group therapy, engagement in meaningful socio-cultural conversations, tangible leadership and team development practice, tenacity in prevailing against adversity. These impacts are abundantly reflected in assessment, participation and a collection of student-shared experiences. OW has the rare opportunity to spend an extensive amount of quality time engaging with students on our trips. Complimentary to the time we spend with students, we train student leaders to acquire the skillset needed to facilitate wilderness experiences, where students find themselves in environments that magnify transferrable skills and build valuable perspectives.

Q8. Need for Program

- Please describe the need for this program or service. Explicitly describe how this program directly and/or indirectly benefits the campus community, i.e., what student opportunities would be absent without funding. This section should explain why you're requesting funding. (1600 character limit, approx. 250 words or less)

Beyond the positive benefits of outdoor recreation and green exercise that are abundantly documented in health and holistic well-being research (Coon et al. 2011, American Public Health Association 2013) including; stress relief, improved cognitive functioning, development of transferrable skills and strengthened mental health (and much more), the UWB student body has shown staggering support and desire to attend and gain the benefits that the OW program provides, recorded in our participation numbers. In 2019 (pre CV19 operations), the OW saw over 5,000 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 Nest gear shop hours). In 2019, the majority of our trips filled within 4 days. In addition, 94% of 2019 trips filled during registration and our waitlist resulted in over 4,000 missed student contact hours that UWB students were looking for that we were not able to provide. Diving further into OW beyond the trips program, OW has been able to serve and educate over an additional 500 students through on campus events, and 450 equipment renters (1,433 total items rented) in the past year. Within each of these statistics, OW is breaking barriers for students in the very exclusive outdoor recreation industry. Lastly, OW has great benefit to the campus community because it develops students and provides a variety of holistic transferable skills the community.

Q9. Is this a new request?

(Partial means that one or more-line items of the submission is new but not necessarily the program or submission itself. Select No if the request is not new but was previously submitted under a different name; i.e., Student Assistants have a title change to Student Associates.)

- Yes
- No
- Partial

Q10. What on your request is new or has changed?

This question was not displayed to the respondent.

Q11. Strategic Plan

- How would you like to see this program grow/change/adapt, and what role does funding play into this vision? Please describe some key goals you are hoping to accomplish, now and in the future. (1000 character limit, approx. 150 words or less)

1.Continue to dismantle barriers for underrepresented folk + serve as a flagship program to work with other outdoor recreation (OR) programs in equity + student learning. OR has historically been for folk who have social + economic privilege to pursue leisure activities. OW will continue to support our students + change industry narratives. 2.Increase immersion of and develop ed. and skill-building opportunities for students + OWLs. OR provides folk with natural benefits like stress-relief, exercise, etc. Beyond these naturally-occurring, the outdoors is optimal space to develop transferrable skills like leadership, inter-personal skills, etc. 3.Develop structured extended excursion opportunities for more students in innovative areas, with significant learning outcomes. Assessment has shown how transformational our extended, unique excursions can be. With a model and capacity to plan, lead and engage more students in extended formats, we aim to increase student impact.

Q12. Assessment

- Estimate how many currently enrolled students will likely benefit from your proposed service or program. If you have previous statistics from past programs, please feel free to include for comparison.
- What is the impact of your program and how do you measure the affects?
- If a new program, describe how you plan to assess the proposed service/program. Describe any metrics or operational targets your unit uses to assess its financial and operational health.
- (Supporting documents or materials are not required but may be presented in the hearing if desired.)

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

In 2019, we served roughly 350 participants (5,000 contact hours) on our trips and programs, over 500 students in on-campus events and roughly 475 students with equipment rentals. Before CV19, winter 2019 programs were filling at a high rate and our waitlists and missed contact hours with students were high again for a second year in a row. It is important to note that while our total number of participants may appear lower than other programs that are funded, 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 per-program assessment shows students are finding community when attending our events. Over 99% of students reported favorably when describing the community in one word Also, our staff is always humbled as students describe what the trip has meant to them on the written assessment. The OW team hopes to continue to show the committee the value of our program as we begin work new assessment techniques through our role in the upcoming Student Affairs curriculum development.

Q13. Funding Categories

For these responses, please do not show the math on this proposal. Use the excel sheet for the actual math. Instead, in these sections, tell SAF about the category funding needed and provide the 'why' for the request. There is no character amount but you are asked to be concise in your response.

Q16. Salary Positions

Please briefly describe the positions you are requesting funding for. If there are differences or distinctions in positions, please explain what they are and do.

Lines 1 and 2 – OWL Nest Hourly Salaries Description: These two lines represent hourly payment for the OWLs 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. These funding lines also pay for the complete powering of the Nest Gear shop and pays staff to maintain, clean, repair, check-out and inventory equipment. The Nest is open on a weekly schedule for student use. Line 3 – OWL Stipend Fixed Fee Payment – Trip Leading Description: 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. Line 4 – OWL Training Hourly Salary OWL September Classroom Training Description: This line represents the first week of fall training for the OWLs. This training is on-campus and thus recorded as an hourly payment. This differs from line 5 (Field Fixed Fee Payment) due to the on-campus nature (as opposed to of campus field training) and regular 7 hour/day schedule. Line 5 - OWL Training Fixed Fee Salary OWL September Field Training Description: This line 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.

Q17.

Programming/Events

- Please briefly describe the program(s) you are requesting funding for. This also includes needs relating to security, honorarium, hospitality, and contracts, etc. Specify what programs are virtual.

Line 7 – 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. With this being said, ALL of our programs are “No Experience Required”. Programing 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.

Q18.

Facilities & Equipment Rentals/Set-Up/Purchases

- If you require facilities or equipment rentals/set-ups/purchases, please indicate that need here.

Line 9 – Nest Gear Shop This line supports the equipment in the Nest Gear Shop from an inventory 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 7th 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've tightened up checkout and cleaning procedures in order to support this decrease in funding request from last year.

Q19.

Printing & Photocopying

- Note printing and photocopying expenses

Q20.

Office Supplies

- Note office supply expenses

Q23. Food and Refreshment

(note what and how much or often is for training and/or programming)

- Please indicate why food is necessary in your proposal. If you are requesting food for multiple/different programs, please indicate how much or how often you'll be providing food at the given programs (i.e., three staff trainings and four large scale unique events).
- Review the food policy/food form for the University policies before asking for food. The Food Policy and Food Approval Form can be found in this link: <https://www.uwb.edu/finance/food-approvals>

■ Understand that food for normal meetings is not allowed. Describe below the reason you are requesting food and how it meets the food policy. Please ensure that you are in compliance with applicable health and safety and per diem rates for meals. The per diem rates are available at the following link:
<http://finance.uw.edu/travel/meals#perdiem>

Q25. Transportation and Travel

- Describe the type of travel you are requesting (i.e in-state/out of state, local travel, as well as type of transportation). Please note that flight bookings are done through the University. Please provide justification for out of state travel.
- Note: Include professional development related travel in the professional development category.

Line 6 - OW Transportation Expenses 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. Leader training travel and travel to obtain required leader certification is also included in this line.

Q26. Professional Development

(note items that are for certification, note if required for position)

- Please describe the professional development opportunity. Please indicate the number of students, staff participating. Indicate if a professional development opportunity will result in a certification, and whether this certification is required for a job. This should include all costs associated with registration, air or ground travel, per diem, etc.
- Please ensure that you are in compliance with applicable per diem rates for meals and lodging. The rates are available at the following link: <http://www.gsa.gov/portal/content/104877>
- Note: Student travel arrangements are made through the University.

Q28. Promotional Items

- Are you requesting funds for promotional items?
- Please note that promotional items are limited to a total value of \$800; see SAF bylaw 5.A.5 for more details: <https://www.uwb.edu/studentaffairs/safc/safbylaws>

Line 8 – OW Promotional Items In an effort to maximize the reach and range of marketing efforts to include a greater number and diversity of students on campus, OW has utilized funding for promotional items to attract students and to provide passive marketing. With the CV19 pandemic, OW seeks to purchase branded individual hand sanitizers to be used in promotion and on OW trips for the coming year.

Q29. Operations

- Please describe operational items. This includes telecommunications, business cards, computer purchases, equipment, new hire packages, digital resources, etc.
- Phone lines should be calculated at \$10 per line per month

Line 10 – Wilderness Medical Certifications 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. There 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've 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 by the end of their first academic year, taking the ten-day course over the summer. With the decrease of funding from the professional development line, OWLs will now be required to use the certification funding to obtain their WFR. Costs for WFA are typically around \$300 and costs for WFR are typically around \$1000 + (these costs are highly variable and are dependent on location, provider and duration). In addition to students receiving these certifications, the Program Manager also needs to re-certify to keep his certifications current.

Q30. Uniforms

- If requesting funds for uniforms, provide details on what the items are, who they will be used by, and for what purpose.

Line 10 – 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 vests or sweaters with the OWL logo used exclusively by OW staff on trips and in the Nest.

Q31. Other

- Are you requesting funds for any items that don't fall into the previous categories? Indicate them here.

Q32.

Total Amount (please note the total dollar value)

- Please list your total amount requested, please make sure all line items are on the spreadsheet. This total amount should match the total from the spreadsheet.

\$79,201

Q33.

Your application is not complete without a completed spreadsheet and may not be considered by the committee. All funding category line items and their dollar amount/cost should be listed in the spreadsheet. Please download the

spreadsheet template at <https://www.uwb.edu/studentaffairs/safc/annual>. Complete the spreadsheet, save it with your proposal name and EMAIL to safuwb@gmail.com by 5pm on January 7, 2020.