Outdoor Program
Team Building
 PARTICIPANT Expectations

“Tell me and I will forget. Show me and I may remember. Involve me and I will learn.”

Chinese Proverb

Thank you for giving us the opportunity to facilitate to you a transformative learning and adventurous time.

Come Prepared! - Quick Tips
The TeamBuilding Program consists of a series of a combination of group mental and physically challenging activities that require your attention to maximizing your experience fully.

- Activities will be held outside.
- Check Acceptable and Unacceptable list of items below.
- Dress in layers. Check weather forecast!
- Use many thin; warm necessary layers rather than a few thick layers. It will insulate better and allow you to strip off layers if the temperature climbs.
- We encourage you to come rested.
- Make sure you eat breakfast or lunch before coming to the program.

ACCEPTABLE ITEMS
- Appropriate athletic attire
- Close-toed, heal strapped athletic shoes
- Necessary layers to keep you warm
- Hat and/or beanie
- Water bottle & Sunscreen
- Camera
- Positive attitude, commitment, and smiles

UNACCEPTABLE ITEMS
- Short shorts, sports bras, muscle shirts, or spaghetti strapped tops
- Ripped clothing
- Shirts with offensive messages
- Flip flops, chacos, and sandals
- No Jewelry
- Tobacco and alcohol products
- MP3 players, cell phone

Overview and Philosophy
Our Team Building Program activities are based on Experiential Education principles. Experiential Education is a learning by doing process that places participants in a unique setting with purposeful problem-solving activities that require full engagement.

Through synthesis and reflection, participants examine pre-existing behaviors in a new light and explore new found skills and strengths.

Our facilitators plan and develop activities to create opportunities for team and individual learning in an emotional and safe challenging environment. Through meaningful debriefing and discussion times, we try to transfer back these learning experiences to the personal, professional, and academic lives of participants.

We design your program based on group needs and goals. Activities can be tailored to strengthen group cohesiveness, communication, trust, group processing, interpersonal relationships, individual members’ self-awareness and confidence level. Through our activities, groups are being social, mentally, physically, and environmentally challenged in a positive and fun environment.
Safety Policies

- All group members must have a completed and signed Health & Waiver Form on file before taking part in any activities.
- Members of the group cannot use personal climbing equipment and must use the gear provided by the Boise State - Outdoor Program.
- Participants must wear appropriate clothing and closed-toe / heals strapped shoes.
- All jewelry, watches and hanging clothing items must be removed.
- Alcohol or tobacco products of any kind are not permitted.
- Climbing on any equipment is permitted only during specified program times with staff present.
- Participants should not step on climbing ropes, hang on guy wires, swing on ropes, or do any other activities that would pose a risk to the participant and the equipment.

Looking forward to playing with you!

Outdoor Program