Senate Bill

To: The Student Senate of the University of North Dakota

Authors: Shawn McHale-Residence Hall Senator and Nick Boonstra-Adventure Program Manager Health & Wellness

Sponsors:

CC: Matt Kopp- Student Body President, Taylor Nelson- Student Body Vice President, Cassie Gerhardt - Student Government Advisor, Andrew Frelich – Student Organization Funding Agency Advisor; Dr. Lori Reesor – Vice President for Student Affairs, Cara Halgren – Associate Vice President for Student Services & Dean of Students

Date: 11/20/2015

Re: Ski UND 2015-2016

2 Whereas, the University of North Dakota and Student Government strives to promote wellness and to facilitate a healthy environment for the campus community, and

4 Whereas, the purpose of Ski UND is to provide students, faculty, and community members with the opportunity to enjoy an outdoor winter activity at no cost, and

6 Whereas, Ski UND has affected 448 different people in the past 3 years, and

8 Whereas, Student Government has always supported Ski UND, and

10 Therefore, be it moved that the University of North Dakota Student Government allocate no more than $2,000 from the General account to the University of North Dakota Wellness Center for the Ski UND program in the Spring 2016 semester, and

12 Therefore, be it further moved that the UND Wellness Center report back to Student Senate on the results of the project before the end of the 2016 Spring semester, and

14 Therefore, be it furthest moved that all receipts be turned into the Student Government Treasurer no later than August 2016.

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Matthew Kopp, Student Body President
What: Ski UND
Dates: January-March
Location: Just over a mile of Cross Country Ski trails groomed for the campus community, starting and ending at the Wellness Center.
Who: UND Community
What: The UND Community can check out cross country ski equipment at no cost or bring their own equipment and ski on the UND campus trails (classic ski, not skate ski). There are also several events planned throughout the month to generate interest, demonstrate the basic skills, and provide an opportunity to enjoy the winter activity.
Why: After the overwhelming success of past two years Ski UND program, this year we have decided to continue. Skiing is a fun way to stay active outdoors in the winter. It’s also a great form of alternative transportation in the winter.

According to “Park, Recreation, Fitness, and Sport Sector Recommendations for a More Physically Active America: A White Paper for the United States National Physical Activity Plan” in the Journal of Physical Activity and Health (JPAH), 2009, “providing access, education, and resources that allow people to incorporate enjoyable and meaningful recreation activity into their daily lives may prove a more effective strategy for increasing physical activity.” With the convenient availability of a cross-country ski trail, we can provide an effort to promote increased physical activity among our students as well as the public. The Journal of Physical Activity and Health also exclaims the benefits of “proximity” in regards to the likelihood of activity increasing among individuals: “In a study of US adults, individuals who perceived that they had access to parks and recreational facilities were almost twice as likely to meet physical activity recommendations as those who did not.”

The Vision: Continuing a successful program that provides a unique way for students to remain active outdoors and have fun in the winter.
The team: Partners include the UND President and First Lady, the Wellness Center, the Student Wellness Advisory Committee, the Ski and Bike Shop, Grand Forks Greenway, and UND Facilities.
What is planned: There will be 26 sets of cross country skis, including boots and poles of a variety of sizes, available for checkout from the Wellness Center at no cost. Skiers can check out equipment at the Wellness Center at any time during operational hours for a max of two hours. Because there is a limited supply, and the equipment is being checked out at no cost, we’re asking that people return them as soon as they are finished with the equipment. Wellness Center team members are being trained to properly fit people with the most appropriate sizes of boots, skis, and poles.
What is Being Provided: Many generous people have already volunteered time, energy, and resources to making this project a reality. The following is being provided by generous volunteers, at no cost to the university:
The following is Being provided the Wellness Center:
Instructional sessions and materials to show people how to ski
Marketing and promotions
Logistics for checking out, appropriately sizing, and maintaining inventory of ski equipment
Poles and signs along the trails: including distance, etiquette tips, and other general signage
Maps and instructional posters to ensure easy and understandable use of the trails
Assessment efforts that help evaluate the program and determine future action

**What is being requested:**
Ski equipment & operations – total cost of $4,800.00

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<thead>
<tr>
<th>Ski Equipment</th>
<th>$500 Maintenance equipment and service including waxing and upkeep from Ski and Bike Shop</th>
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</thead>
<tbody>
<tr>
<td>Grooming</td>
<td>$900.00</td>
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<tr>
<td>Labor</td>
<td>$600.00 (We plan to have the ski checkout staffed 3-4 hours per day during times of peak facility usage.)</td>
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<tr>
<td>Total</td>
<td>$2,000.00</td>
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