This email confirms that your class/group will be participating in a Group Interaction Course (GIC) on Thursday, April 23 from 9:00 – 12:00pm. The GIC is a series of low-to-the-ground elements designed to enhance group interaction. The GIC is an excellent way for new groups to get to know one another and for existing groups to build on already developed foundations. Utilizing elements on our course in the Appalachian Preserve, typical topics covered in this experience are teamwork, trust, positive communication patterns, problem solving, and creative ways to explore group dynamics.

Please have your class/group meet promptly at your scheduled time inside the main rotunda of the Student Recreation Center on Bodenheimer Drive. Outdoor Programs is located just inside the main entrance on the right hand side and your program facilitators will meet you there. Unfortunately there is no provision for student parking between the hours of 7:00 AM to 5:00 PM Monday – Friday, so please have participants walk to the Student Recreation Center. Outdoor Programs will be providing transportation to and from the GIC for all participants. We have found that participants who come late and/or leave early tend to adversely affect the group by compromising the main purpose of the GIC which is to help create a unified, cohesive group. We have found that it is much easier on everyone and more beneficial to the individuals and the group when everyone starts and finishes a GIC together.

It is also important to notify participants ahead of time as to what they should bring. All participants need to wear close-toed shoes such as tennis shoes or lightweight hiking boots (no sandals, Tevas, or Birkenstocks please), comfortable clothing that may get dirty, and a rain or wind layer. Please have your class/group leave behind any jewelry, watches, cell phones, pagers, etc. If it is a cool day, a warm layer such as a fleece should be considered. The GIC will last for approximately 3 ½ hours so please come prepared.

If there is inclement weather on the day of your scheduled GIC, please instruct your class/group to go ahead and meet at the assigned time at Outdoor Programs. It is impossible to predict the
weather ahead of time, even the morning your event has been scheduled. Inclement weather can also add to the experience and challenge for the group and can be a positive contributing factor for your experience. We have many initiatives that are safe, fun, and effective in wet conditions. It is also much easier to reschedule your event if needed with everyone present including students, faculty or group leaders, and Outdoor Programs facilitators. Outdoor Programs reserves the right to determine when to cancel a program due to inclement weather conditions. We do not have assigned indoor space to facilitate these experiences, so we make the most of programming in all types of weather. Rescheduling your GIC due to student class conflicts or weather is very difficult due to your – and our – busy schedule.

I am more than happy to talk to you about any suggestions that you may have and pass them along to our facilitators ahead of time to make sure that the GIC is one that works for the goals you have in your class. Please feel free to email me with specific questions, suggestions, or anything that may benefit your group. If there are any questions as to medical conditions, accessibility and any possible limiting conditions, please give us a call before the scheduled event so we can make sure that all accommodations are in place. You are also welcome to come to Outdoor Programs 10 to 15 minutes early, to discuss any specific goals or special considerations with your facilitators.

Attached to this email will be a copy of the medical form that each participant needs to have filled out to attend the GIC. Please have your class/group fill this form out in advance and bring with them to the GIC. Every line needs to have an answer so if it is not applicable please have them answer with no or N/A. If needed we can complete medical forms the day of the program as well, the only downside is the added time spent filling out the forms the day of the program. The medical forms are also located on our website, op.appstate.edu.
I hope that the GIC is a meaningful experience that is beneficial for you and your group. If you have any additional questions, concerns, or would like to share information that you think would be relevant for us to know ahead of time, please feel free to contact me in Outdoor Programs at 262-2475 or by email campbllrh@appstate.edu with any questions.

Rich Campbell

**Things to discuss with your class:**
- Bring close-toed shoes and comfortable clothing
- Leave jewelry, watches, cell phones and pagers at home
- Come on time and understand the importance of having the entire group start and finish the GIC together.
- Have everyone come with an open attitude and willingness to try new things.
- Don’t give too much information about the experience. The power of self-discovery is immense. Enough information so they are prepared is probably enough.