



## **W.E.T. Program Goals and Expectations**

Organization/Client: \_\_\_\_\_

Desired Date to get W.E.T: \_\_\_\_\_ Time to get W.E.T: \_\_\_\_\_

Representative: \_\_\_\_\_ Number of participants: \_\_\_\_\_

E Mail: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Why is your organization choosing to participate in the W.E.T. Experience?

What are your organizations Mission Statement?

What are your organizations Core Values and Vision Statement?

How do the participants interact on a daily basis?

What are some positive/effective ways participants are currently interacting with one another?

What are some areas of participant interaction that need attention?

What percentage of the day should be spent on land (semi dry)?

What percentage of the day should be spent on W.E.T. Activities?

What Changes/Transformations would you like to see at the end of the program?

Please circle the areas of interest to you:

Communication	Leadership	Problem Solving
Change Management	Intelligent Risk Taking	Stress Management
Emotional Intelligence	Brainstorming	System Thinking
Innovation	Personality Awareness	Collaboration
Camaraderie	Community Building	Creativity
Morale Boosters	Participants Rewards	Problem Solving
Competition	Client Appreciation	Merging Cultures
Building Relationships and Friendships	Strictly Entertainment	Fun filled day Out of the office

Please provide participants profile by identifying the how many of the following area's we should be aware of: \*\*

	Non Swimmers		Adaptive (i.e. Wheelchair)
	Scared of the water		Adaptive (i.e. Kids @ Risk)
	Not physically fit		Adaptive (i.e. mental/emotional)
	Are physically fit		Site Impaired
	Pregnant Participants		Hearing Impaired
	Absolutely not willing to get W.E.T		

*\*\*The results of your profile are only to help guide the activities for your participants.  
example: if 80% of the participants are not very fit,  
we would be sure to **not** set up a challenge that would require  
a three hour canoe or kayak adventure that would be physically exhaustive.*

Areas of W.E.T. and Water Activities

Please choose those that interest you.

Water Adventure Race	Team Raft Building	Hydro Bike Races
Sand Castle Building	Kayak Relay	Canoe Tug-a-war
Wiggle Races	Team Rap and/or Song	Company Picnic & Instruction
Lilly Pad Walk	Scavenger Hunt	Brain Teasers
Freeze Dancing over the water (boards)	Olympic Style Rowing	Zip Line

Boats and equipment that is available for a variety of activities & challenges:

Canoes, Kayaks, Hydro Bikes, Outriggers, Sailboats, Windsurfers,  
Water Ski Boats, Jet Skis, and Rowing Shells (avail for additional cost)

**Yes!**

We are going to spend some time at the CSUS Aquatic Center and are very excited about our W.E.T. day at Lake Natoma!

# SACRAMENTO STATE **AQUATIC CENTER**

## **What do we need to bring to be prepared?**

### **Clothing:**

Swim Suit or Board Shorts  
Comfortable and Casual  
Dry set of Clothes  
Close toed sneakers that can get wet.  
Or Water Shoes w/heel strap  
(Bare feet are not permitted)

### **Other Things to bring:**

Beach Towel  
Bottled Drinking Water  
Sack Lunch and snack  
Sun Block  
Positive Attitude  
Safety strap of glasses

**Leave at home:** Any jewelry and valuables, tobacco products in any form, alcohol, non-prescription drugs, gum or candy, negative attitudes and negative energy.

### **The CSUS Aquatic Center will provide:**

- **Life Jackets** for all participants
  - Boating Safety Instructors
- If participants have their own life jackets or wet suits they are more than welcome to bring them  
(Please make sure they are labeled).

### **Boating activities may include any of the following:**

Swimming, Canoeing, Kayaking, Paddle Boards, Rowing, Windsurfing, Sailing or problem solving and team building activities that may require you getting WET.

### **Note of comfort to all participants:**

Everyone is required to wear a PFD (Personal Floatation Device)  
*At all times when on the water, in the boats or on our docks.*