

The Bridge Charter Form



Date

Area of Interest (i.e. Hiking, Golfing, Biking, etc.)

Department:

Phone Number:

Email:

1. Describe the Area of Interest:

EXAMPLE: Thousands of miles of trails that are as diverse as the land itself crisscross America's recreational areas. Hiking trails range from steep technical climbs over rocks and iron ladders to relatively flat lake-shore paths blanketed in pine needles. Hiking is an easy, low cost way to discover the great outdoors, and there are hiking opportunities for almost anyone at any age and ability level.

Description

2. Describe the Types of Activities of the Group:

EXAMPLE: Take a hike and discover the beautiful outdoors! The group will plan weekly/bi-weekly/monthly hikes by selecting a hiking trail in the Sierra Mountains and in the Northern California area. The group will provide additional information for members, including but not limited to, hiking tips, hiking safety, and backpacking.

Description

3. How would this group's existence contribute to the "good health" (physical, emotional, social and or spiritual health) of our employees?

EXAMPLE: Hiking is more than just fun. It's good for you, too! Hiking and walking can help reduce various health issues, including: heart disease, hypertension, diabetes, obesity, anxiety, osteoporosis, and arthritis. Here's an article that describes how hiking can contribute to the "good health" of individuals and improve overall health and fitness: <http://www.americanhiking.org/wp-content/uploads/2013/04/Heath-Benefits-of-Hiking-fact-sheet.pdf>

Description