

## **Gardening Program Guidelines**

As part of the faculty and staff wellness initiatives, the Gardening Program will engage interested employees in assisting to enhance the beautification of the university (Oshkosh, Fox Valley, and/or Fond du Lac as able). This would be voluntary and include activities such as dead heading plants, weeding designated areas, seed collection, planting, and dividing plants. All activities performed by the Gardening Program participants would not interfere or inhibit any duties as normally performed by the grounds staff and can be done alone or with a buddy.

### Specifications of Program:

- The Grounds Supervisor will voluntarily oversee the Program for as long as able
- Participants will be trained by the Grounds Supervisor; classes will be provided over the lunch hours and other specified periods outside the normal work operations
- The Program will run from May through October, weather permitting
- Time spent by participants is solely volunteer and outside of normal work hours
- Participants will be assigned a designated area near the campus building in which they work
- There is no expected minimum/maximum on hours participants are to volunteer; anticipated period of 30 minutes or less per time
- Participants will volunteer independently or in a group setting as long as all have been trained and cleared by the Grounds Supervisor
- Participants will provide own tools such as small hand rakes, small shovels, appropriate shoes, clothing, etc.

### Wellness Aspects:

This Program meets the following wellness components:\*

- Emotional/Mental: improve mental state; development of positive emotions, happiness, self-esteem; reduce stress levels
- Social: create sense of belonging to community
- Environmental: provide positive environment for natural plants to thrive
- Physical: improve hand strength and improve sleep

\*[\*Gardening is beneficial for health: A meta-analysis\*](#) (Article, *Preventive Medicine Reports*, Vol 5, March 2017, pp 92-99) and the World Health Organization (<https://www.who.int/>)