



**RUCK  
LEADERSHIP  
INSTITUTE**

SigEp

## **Ground Rules for Virtual Ruck**

- Be prepared.
  - Bring something to write on, and a pen
  - Have completed your pre-work
  - Have questions, and ask them
  
- Be engaged.
  - While you're here, be present with the brothers in your small group
  - Contribute to the group and share your ideas
  - Keep your cell phones and other distractions away
  
- Be respectful of each other.
  
- Don't be afraid to ask tough questions. We're here to ensure that you walk away ready to tackle the next year head on and we need to leave no stone unturned.