

## Waiver:

I, the undersigned, hereby release, indemnify and hold harmless the Food Runners of Corona, its officers, successors, legal representatives, organizers, sponsors and supervisors of its activities, from any and all claims, causes of actions and liability arising from or in any way connected with my volunteer participation with the Food Runners. I further understand that I am expressly assuming all risk, including but not limited to all risk of injury associated with my volunteer participation at the Food Runners of Corona or Food Runners activities conducted off-site. I understand that during any event alcohol may be present; but I will not be authorized or allowed to handle it.

I further grant permission to the Food Runners of Corona to use, without cost or approval, any photographs, videos, or audios taken of me while I am volunteering in Food Runners activities. I acknowledge that I have read and understand this release and am voluntarily executing this release.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**The Food Runners of Corona appreciates your services and will do our utmost to ensure that your volunteer experience is rewarding, productive and safe. While we are committed to respecting your skills and individual needs, we ask your cooperation in meeting these requirements:**

1. **Follow supervisor's instruction** and complete duties as assigned. Ask for help as needed. Report possible hazards or unsafe activities to staff.
2. **Come dressed to volunteer.** Closed toe shoes are required in the warehouse.
3. **Wash hands** before handling food, after break or returning from the restroom. Keep your work area clean and orderly.
4. **Be safe.** Use proper lifting techniques, using your legs to push upwards, keeping your back straight and body balanced. Solicit the help of another person to lift objects over 20 pounds. Ask for help when you need assistance.
5. Running, shouting, horseplay (tossing food, etc.), riding pallet jacks, walking or stepping on pallets are not permitted.
6. **Harassment of any kind**, violence, intimidation, offensive speech or gesture of any kind **is not tolerated** by staff or volunteers. Any behavior intended to create discord or restricting volunteers or staff from working will not be tolerated. Report incidents immediately to staff.
7. Use discretion when conducting personal business during volunteer time
8. Volunteers leaving before the end of a shift **must advise staff.**

**IMPORTANT: Your generous commitment to us means that you are actually part of our volunteer program. Your failure to show up without letting us know, greatly impacts our work and ability to get food and services to those in need. Please let us know as soon as possible if for some reason you cannot make your assigned time.**

I have read and understand my responsibility to follow these rules while I am a volunteer for any Food Runners of Corona activity. Any injuries will be reported immediately to staff. I understand that I will be asked to discontinue volunteering and leave the premises if I do not follow these requirements and show good judgment.

Volunteer Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Volunteer Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Telephone # \_\_\_\_\_