

## **WHEATON PARK DISTRICT VOLUNTEER WAIVER & RELEASE**

### **IMPORTANT INFORMATION**

The Wheaton Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of volunteers in high regard. The Wheaton Park District continually strives to reduce such risks and asks that all volunteers follow safety rules and instructions that are designed to protect the volunteer's safety. However, volunteers must recognize that there is an inherent risk of injury when choosing to volunteer for any activity or program.

Please recognize that the Wheaton Park District carries only limited medical accident coverage for volunteers; therefore, it is strongly urged that all volunteers review their own health insurance policy for coverage. Additionally, each volunteer is solely responsible for determining if he/she is physically fit and/or properly skilled for any volunteer activity. It is always advisable, especially if the volunteer is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

### **WARNING OF RISK**

Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when providing volunteer services. Understandably, not all hazards and dangers can be foreseen. Volunteers must understand that depending upon the volunteer services, certain risks, dangers and injuries due to acts of God, inclement weather, slip and falls, inadequate or defective equipment, failure in supervision or instruction, premises defects, horseplay, carelessness, lack of skill or technique, and all other circumstances inherent to the particular volunteer services exist. In this regard, it must be recognized that it is impossible for the Wheaton Park District to guarantee absolute safety.

### **WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK**

Please read this form carefully and be aware that in consideration for providing volunteer services, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you may sustain as a result of participating in any and all activities connected with and associated with your volunteer services (including transportation services/vehicle operations, when provided).

As a volunteer, I recognize and acknowledge that there are certain risks of physical injury to volunteers in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that I may sustain as a result of my volunteer services. I further agree to waive and relinquish all claims I may have (or accrue to me) as a result of my volunteer services against the Wheaton Park District including its officers, officials, agents, volunteers and employees (hereinafter collectively referred as "Parties").

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages, or loss that I may have or which may accrue to me and arising out of, connected with, or in any way associated with my volunteer services.

**I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**

Volunteer's Name (please print) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Town/Zip \_\_\_\_\_

*Optional:* Email \_\_\_\_\_ Cell/Other: \_\_\_\_\_

Volunteer's Signature \_\_\_\_\_

Parent/Guardian Signature if volunteer is under 18: \_\_\_\_\_ Phone: \_\_\_\_\_

<p><b>PARTICIPATION WILL BE DENIED</b> <b>If the signature of the volunteer/parent/legal guardian and date are not on this waiver.</b></p>
--

**LINCOLN MARSH NATURAL AREA**  
**WORK DAY VOLUNTEER RULES AND REGULATIONS**

---

*Volunteers are not employees of the Wheaton Park District and are not compensated for their services.*

**Volunteer Qualifications**

- Minimum of 16 years of age or must be accompanied by an adult.
- Completion of a volunteer waiver and volunteer application (if volunteering for more than 1 day).

**Rules and Regulations**

- Volunteers must follow the Wheaton Park District general policies and rules.
- Volunteers must work as a team and follow instructions given by the work day supervisor.
- Volunteers must care for and return all equipment used on a work day.
- Volunteers are responsible for maintaining an orderly work environment.
- Make yourself familiar with locations of emergency equipment such as first aid kits, exits, etc.
- Work days will cancel due to the threat of severe weather. At the first sight of lightning, sound of thunder or tornado sirens, volunteers and staff will be directed where to take shelter.
- Smoking is prohibited.
- Horseplay and fighting are not tolerated.
- Possession of unauthorized firearms, alcohol, or illegal drugs is not tolerated.
- Sexual Harassment is not tolerated and must be reported to a work day supervisor.

**Safety Guidelines/Accident Reports**

For your own safety it is of the utmost importance that safety guidelines are followed closely. Task-specific safety issues will be discussed prior to the start of the work day. Following are some general guidelines:

- Please do not report to work under the influence of prescription or over-the counter drugs that may cause drowsiness or impaired reaction time.
- Volunteers may not use power tools or operate any machinery.
- Any injury, no matter how minor, must be reported to the work day supervisor. An accident report form must be completed.
- If ever assisting with an injury involving blood or other body fluids, disposable gloves must be worn.
- In order to avoid injury any unsafe or hazardous conditions (no matter how minor) must be reported to your work day supervisor.
- Any lifting should be done with back safety in mind. Lift using bent knees and avoid lifting with the back. Avoid twisting at the waist, setting the object down only when your toes are parallel to the object.
- Equipment or tools are only to be operated after instruction has been given from a work day supervisor.

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

***In Case of Emergency***

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_