



URBAN SPROUTS COVID-19 VOLUNTEER PROTOCOLS

Thank you for your interest in volunteering with Urban Sprouts! Below is everything you need to know to be an effective, safe and healthy volunteer

What to know before you sign-up:

- We have two sites for volunteering: [The Farm at June Jordan School for Equity](#) & [The Gardens at Sunnydale](#). Both sites have parking nearby at most times.
- To get the most out of volunteering, we encourage you to become a recurring volunteer, committed to weekly, bi-weekly or monthly shifts!
- You must sign up in advance to volunteer, no drop-ins. Sign up for shifts at UrbanSprouts.org/volunteer at least one week in advance.
- We will ask you to confirm your shift three days (72 hours in advance) so we have time to prepare. If you need to cancel, please provide us with 72 hours notice.

Volunteer health & safety procedures

- 24 hours prior to your first shift, fill out the [Urban Sprouts Volunteer Waiver](#)
- You will be required to electronically complete [this health screening](#) each morning of volunteering. If you forget, we will conduct a verbal screening before you enter the site.
- You may not volunteer if you;
 - Have any of these symptoms (not related to a pre-existing condition) the day of volunteering: Fever, Chills, Repeated Shaking/Shivering, Cough, Sore Throat, Shortness of Breath, Feeling Unusually Weak or Fatigued, Loss of Taste or Smell, Muscle pain, Headache, Runny or congested nose, or Diarrhea
 - Had any of the above symptoms within 72 hours of your shift, even if you have since tested negative for or don't think you have COVID-19
 - Have tested positive for or been exposed to COVID-19 in the last 14 days
- While on site, you must wear a face mask or covering:
 - Mask must cover your nose, mouth & chin
 - Triple layer cloth, medical-grade or (K)N95 masks are preferred. Handkerchiefs and neck gaiters will not be accepted as masks, unless worn as part of double-masking.
 - While rare, if you are volunteering inside, you must wear a double mask or a medical grade mask.
 - Masks may only be removed to eat or drink when you are at least 10 ft from others.
- All volunteers will need to comply with all relevant current City Orders related to leaving their homes and working on-site.
- You will be volunteering in a community space, please respect the site, your fellow volunteers, our staff, and the surrounding community.

What to expect the day-of volunteering:

- Fill out your health check the morning before volunteering
- Upon arrival, wash your hands with soap and water. Wash your hands when you leave.
- Maintain at least 6 feet distance from anyone not in your household at all times.
- Wash hands regularly for 20 seconds with soap and warm water or use hand sanitizer if no water is available, especially before and after eating, and after sneezing, coughing or using the restroom.
- If you bring snacks or create personal garbage on-site, please plan to pack it out and not dispose of it onsite
- What to bring: water bottle, mask, gloves, snacks & sun/rain/weather protection

**Having a COVID-19 vaccine or already having had COVID-19 will not exempt any volunteers from any of these healthy and safety procedures*