



Hello,

Thank you for volunteering with Feeding San Diego. Last year, more than 13,000 volunteers helped Feeding San Diego distribute 18.5 million meals to San Diegans facing hunger. All projects are geared around bagging, boxing and distributing food that will be provided to more than 60,000 people each week – and we couldn't do it without you.

Important Reminders:

- **Closed-toe shoes are required.** *Tennis shoes or running shoes work great!*
- The distribution center is neither cooled nor heated – we urge you to dress accordingly.
- Wear proper work clothes that you do not mind getting dirty.
- Leave valuables in your vehicle or at home. No jewelry.
- Eating or drinking is permitted in the break room only.
- Volunteers are encouraged to bring closed water bottles to use during volunteer shift.
- Volunteers are required to sign in on the iPad and complete a name tag before entering warehouse.
- Volunteers must sign out upon leaving volunteer shift.

Youth Volunteer Reminders:

- Children under 6 years will not be allowed in the warehouse.
- Children under 6 years will have to remain in the volunteer center with a chaperone at all times.
- Volunteers under the age of 16 must have an adult volunteer with them and all volunteers under the age of 18 must turn in a paper waiver signed by their parent or guardian in order to volunteer.
- Our required chaperone ratio is one adult to every five volunteers ages 6-13 and one adult to every ten volunteers ages 14-16.
- We require a separate volunteer waiver per youth volunteer.

Location

Feeding San Diego Distribution Center
9455 Waples St, Ste 135
San Diego CA 92121
(Directions and map on next page)

For more information about Feeding San Diego and other ways to make an impact, visit feedingsandiego.org. Thank you for your volunteer action and support.

Teresa Dale,
Volunteer Program Manager
858.452.3663 x100
volunteersd@feedingsandiego.org


**FEEDING
SAN DIEGO**
Waiver and Release of Liability

Name: _____ E-mail Address: _____ @ _____
(First) (Last)

Mailing Address: _____ Apt # _____

City, State: _____ Zip: _____ Phone: _____

Date of Birth: _____ Group Name: _____ I want to receive monthly e-newsletter _____

Emergency Contact

In case of emergency please contact: _____ Phone: _____

Policies and Procedures that I will follow:

- **Closed-toe shoes are required to enter distribution center – tennis or running shoes work great!**
- Wear proper work clothes (clothes you do not mind getting dirty). No jewelry.
- Feeding San Diego will not be responsible for any missing personal belongings, please leave in your car.
- All volunteers must sign in and wear a name tag before volunteering begins.
- Eating or drinking is permitted only in the break room.
- Wash your hands before and after handling food items. Even when wearing gloves.
- Running, horseplay, riding pallet jacks, and stepping on pallets is a safety hazard and not permitted.
- Safety is first priority, please be mindful of the forklifts, using proper lifting techniques, and displaying mature behavior.
- Food and other products may not be removed from the warehouse. No throwing or horseplay with food.
- Use proper lifting techniques: when lifting heavy objects, use your legs to push upwards, keep your back straight and your body balanced. Don't attempt to lift over 50 lbs without assistance.
- Report all accidents and injuries immediately to Feeding San Diego staff.
- Sexual harassment, violence, or offensive speech will not be tolerated.
- Court Ordered Volunteers must be approved by the Volunteer Programs Manager prior to any volunteering.
- No one under the influence of drugs and/or alcohol will be permitted to volunteer.
- Only trained staff are allowed to operate forklifts.
- No cell phone usage or iPod/mp3 headphones in the distribution center.
- Volunteers are responsible for cleaning up their area.
- Please use the correct trash receptacles; recycling is very important to Feeding San Diego!

Waiver and Release of Liability

In connection with my voluntary involvement in activities undertaken for, and / or with the participation and support of Feeding San Diego, I, the undersigned, hereby agree, for myself, my heirs, assigns, executors, and administrators to release and discharge Feeding San Diego and its nonprofit partner agencies, its officers and directors, members, partners, funders, employees, agents, and volunteers (Releasees) from all claims, demands, and actions from injuries sustained to my person and / or property as a result of my involvement in such activities, whether or not resulting from negligence. I agree to release and hold Feeding San Diego and its Releasees harmless from any cause or action, claims or suit arising there from. I hereby attest that my attendance and involvement in such activities is voluntary, that I am participating at my own risk and that I have read the foregoing terms and conditions of this release. I understand in the case of accident or injury that my health insurance is the primary insurance coverage. I hereby confirm, represent and warrant that I have never been **charged with or convicted of any crime involving or relating to child abuse or neglect, child pornography, child abduction, or any other violent offense, including kidnapping, domestic violence, rape or any sexual offense, or who have ever been ordered by a court to receive psychiatric or psychological treatment** in connection therewith. I agree that I will perform activities that I am comfortable performing and will follow all instructions. I also grant full permission for Feeding San Diego and their Releasees, to forever use photographs, videos, audios or quotations from me in legitimate accounts and promotion of Feeding San Diego activities, with or without identification of me by name, and without compensation. This includes Feeding San Diego's website, Facebook, Twitter, and other social media and media sources. In the course of volunteering at Feeding San Diego, I understand that I may work with confidential information. I agree to keep such information in the strictest confidence. I must abide by the volunteer policies and procedures outlined above.

Print Name: _____ Signature: _____ Date: _____

Release of Liability for Minors: I, the undersigned parent or guardian of a minor participating with or without me, attests that I am over 18 years of age and warrant that I have legal authority to execute the above agreement on my child or legal ward's behalf. I have read the foregoing Waiver and Release of Liability and I hereby give my express consent to the irrevocable execution of this release on my child / legal ward's behalf.

Minor: Print Name: _____ Signature: _____ Date: _____

Guardian: Print Name: _____ Signature: _____ Date: _____