



The Sunnywood Project

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Volunteers



Registration form and guide book

The Sunnywood Project is a non-profit arts and nature education consultancy / provider and outdoor events organiser.

Combining arts and nature, we promote a love of the great outdoors through a variety of events, conservation and educational programmes stimulating a mentally and physically healthy lifestyle for those living in the North West and surrounding areas.

Through each of these activities and bespoke programmes, we nurture individual confidence and resilience to equip participants with the transferable skills needed for success in life.

We are committed to assisting individuals to realise their own potential.

DATE VOLUNTEER HANDBOOK ISSUED: _____

Please complete the following:

NAME: _____ D.O.B. _____ CONTACT NUMBER: _____

ADDRESS: _____ POST CODE: _____

EMAIL: _____

EMERGENCY CONTACT NAME: _____ EMERGENCY CONTACT NUMBER: _____

PLEASE TELL US OF ANY MEDICAL INFORMATION YOU FEEL WE SHOULD BE MADE AWARE OF (ALLERGIES, ASTHMA ETC.)

DBS CHECK APPLIED FOR []

DBS CHECK RECEIVED []

WAIVER FORM SIGNED []

PLEASE PROVIDE A CHARACTER REFERENCE:

NAME: _____ RELATIONSHIP TO REFERENCE: _____ EMAIL: _____

CONTACT NUMBER: _____

PLEASE DETAIL YOUR TRAINING/QUALIFICATIONS/SKILLS:

I AM INTERESTED IN VOLUNTEERING FOR: YOUTH PROJECT WORK GUIDED HIKES GUIDED RUNS TODDLER TREKKING CONSERVATION

WOODLAND ACTIVITIES OTHER(Please state): _____

AVAILABILITY: _____

NON-AVAILABLE DATES: _____

I AGREE TO FOLLOW THE SUNNYWOOD PROJECT STANDARDS AND EXPECTATIONS. SIGNED: _____ DATE: _____



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GUIDELINES

The Sunnywood Project is proud to support the Voluntary Sector and relies on volunteers to assist in the various project and events we carry out.

From joining in a guided trail run or hike or staffing an Aid Station at a longer distance event, to forestry work and helping out with the weekly Toddler Treks, there is something for every volunteer.

We hope to make your volunteering experience as rewarding as possible for you.

In order to assist our volunteers and maintain a consistent approach to volunteering, The Sunnywood Project ask their volunteers to abide by these simple, yet important expectations.

Before volunteering, you must also sign a declaration form that details specific safeguarding rules based on certain events/activities. These will be provided separately.



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SUNNYWOOD STANDARDS

- If you are unable to attend any sessions you have volunteered for please make The Sunnywood Project aware ASAP, at least 24hrs notice is preferred, contact should be made with your identified lead.
- Please do not attend any activities if you have symptoms of Covid-19 or any other contagious illness.
- Abide by all policies of The Sunnywood Project, including Health and Safety, Safeguarding and all relevant child protection legislation and statutory guidance.
- All claims for expenses will require a relevant receipt to be provide upon request. Expenses should be agreed beforehand with your identified lead.
- Please be aware that you may feature on photographs and/or videos that The Sunnywood Project may use to publicise events.
- Please use respectful and courteous language when speaking with participants, please avoid any foul or offensive language.
- As a community focused organisation, it is important that we respect participants' views and opinions. Volunteers should be mindful that they are representing The Sunnywood Project and should avoid any emotive topics and refrain from discussing their political or religious views.
- While we understand volunteers may have other professional roles, including with other organisations, some of which may be acting in collaboration with The Sunnywood Project, we respectfully ask that volunteers promote the work of The Sunnywood Project, its ethos and its best interests. Any potential conflicts of interest should be discussed with your identified lead at your nearest opportunity.
- The Sunnywood Project acts in accordance with the Equality Act 2010. Any form of racism, sexism, homophobia, ageism or any discriminatory behaviour is not acceptable. Instances of this and any other criminal behaviour are serious matters and will be handled in accordance with the law.
- Any deviations of these standards will be addressed by your identified lead or another senior member of The Sunnywood Project. This may result in your affiliation with The Sunnywood Project being terminated.



EXPECTATIONS

Please arrive at your event in time to help get organised - this is generally between 20 and 30 minutes prior to the event taking place.

GUIDED HIKES

- Be physically fit enough to complete the event.
- Wear clothing appropriate for the weather and terrain. Hiking boots or shoes with suitable support are recommended. Please bring a fully-charged mobile phone. For a full recommended kit list, please ask your designated lead.
- Engage with participants. You may be required to back mark, as such, be prepared to walk at a slower pace than you normally would.

GUIDED RUNS

- Be physically fit enough to complete the event.
- Wear clothing appropriate for the weather and terrain. Trail trainers with suitable support are recommended. Please bring a fully-charged mobile phone. For a full recommended kit list, please ask your designated lead.
- Engage with participants. You may be required to back mark, as such, be prepared to run at a slower pace than you normally would.

EXPECTATIONS

YOUTH PROJECT WORK

- Promoting the key principles of Youth Work - Being positive, listening to the young person, showing respect for diversity and equality whilst offering a quality provision in a safe environment.
- Have a keen interest in the outdoors and conservation.
- Be aware of the principles of the John Muir Award.
- Assist in the setting up and running of activities.
- Be able to build a trusting relationship with young people.
- Have good organisational skills.
- Have a sensitive, respectful and tactful attitude.
- Be prepared to deal with unexpected problems and have the ability to stay calm in stressful situations.
- Wear clothing appropriate for the activities with which you are assisting.
- Model a high standard of maturity, social responsibility and self-care.

TODDLER TREKKING & BUSHCRAFT

- Promote a fun and engaging learning environment.
- Have a keen interest in the outdoors and wildlife.
- Have the ability to manage groups of young children.
- Build good working relationships with young children and adults.
- Wear clothing appropriate for the activities with which you are assisting.
- Model a high standard of maturity, social responsibility and self-care.



EXPECTATIONS

OTHER VOLUNTEERING OPPORTUNITIES

The Sunnywood Project has a wide range of volunteering opportunities including but not limited to: conservation; aid stations; site preparation; fundraising and administration.

- Arrive on time
- Dress suitably for all events
- Only use equipment that you have been guided to use
- If you have any questions, please contact your designated lead.

