# GOOD PRACTICES: VOLUNTEERING DURING COVID 19

STAY SAFE AND MAYBE STAY AT HOME

- Our first instinct during a crisis might be to help, but rushing in without considering risk can potentially make things worse.
- Make sure the organization you're volunteering with has accounted for risk and liability. If you're unsure, ask somenone at the organization about their volunteer policies and risk management procedures.
- If you are in a situation in which you must volunteer (for instance, for a pre-existing commitment), take every precaution possible including:
  - Regularly washing hands
  - Practicing social distancing
  - Limiting contact as much as possible
  - Talk with the organization about their policies and procedures around COVID-19

CONSIDER REMOTE VOLUNTEERING

- Remote volunteering allows you to volunteer from the comfort of your own home. While charities and non-profits assess and identify their greatest needs from volunteers, there are easy and effective options for you to consider without needing to leave the house.
- Check out Volunteer Connector for opportunities in your community for remote volunteering
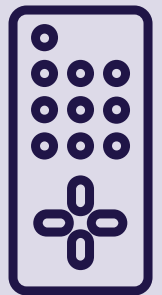
MICROVOLUNTEERING

- Microvolunteering is defined by short time commitments and work dedicated to a particular project.
- It doesn't necessarily need to be related to one nonprofit organization
- Includes things like donations, helping your neighbours, and offering assistance with specific tasks.

VSP Volunteer Screening Program

VA **VOLUNTEER ALBERTA**

Alberta Government