



Rules and Regulations for Volunteers of COVID-19 Related Activities

Version 1.0; Last Updated March 21, 2020

A “Volunteer” that provides voluntary services for COVID-19 Relief Efforts will engage in numerous activities in an unprecedented pandemic situation. This is not routine volunteering as we usually understand traditional volunteering. There is a risk that volunteers will be taking and must understand.

I, as a volunteer understand that the scope of the volunteer’s relationship with the COVID-19 Relief Effort is limited to a volunteer position and that no compensation is expected in return for services provided by the Volunteer; that the COVID-19 Relief Effort will not provide any benefits traditionally associated with employment to the Volunteer; and that the Volunteer is responsible for his/her own insurance coverage in the event of personal injury or illness as a result of the Volunteer’s services to the COVID-19 Relief Effort.

I pledge, that as a Volunteer that at the time of signature, and will further pledge that at any time as a Volunteer, the following:

1. That I have been free of any of the following symptoms within the past 14 days:

Fever, cough, cold, flu, fatigue, sore throat, runny nose, muscle and joint aches, nausea, vomiting, diarrhea, headache, difficulty breathing, sneezing, or any other upper respiratory symptoms,

2. That I do not belong to any of the following groups:

Child or persons with underlying medical conditions such as diabetes, high blood pressure, heart disease, lung disease, liver disease, kidney disease, cancer, hepatitis, transplant recipient, HIV or any other condition that compromises my immune system

3. That I am between the ages of 18 and 49.

4. That I do not use medications that may suppress my immune system.

5. That I have not have traveled outside of Canada in the past 30 days

6. That I have never had any close contact (less than 2 metres, same household, or same workplace) with a person with confirmed or possible COVID-19;

7. I have not had any close contact (less than 2 metres, same household, or same workplace) with anyone with the aforementioned symptoms (in point 1) or with anyone who has traveled outside of Canada within the last 14 days.

Initials: _____



8. That I am not a healthcare worker, do not work in a nursing or retirement home, do not work in a healthcare facility, and am not employed in an essential service (such as transit employee or firefighter) that is in direct contact with the public.
9. That I do not live with anyone who has a weakened immune system, or who is currently on chemotherapy or taking medications that may weaken their immune system.

For other volunteers, you may be apparently healthy and not showing any symptoms but may be carrying the virus, therefore, you must take all possible precautions to ensure that you don't transmit it to others (if God forbid you are carrying the virus).

I further pledge to follow the procedures below. I have been fully informed that these procedures are non-exhaustive and subject to change with little or no notice.

Procedures to Ensure Everyone's Safety and Well-being

1. All Volunteers

- Purify your intentions while helping this vulnerable community
- Agree to have temperature checked in advance of, or during, volunteer activity
- You agree to, at a minimum, always remain informed of and adherent to the latest local and regional public health guidelines and recommendations
- Please be discrete and confidential with the information of the people requiring help (eg. names, addresses, specific requests etc.)
- Wear a new set of freshly laundered clothes each day of volunteering
- Wash hands and arms upto elbows with soap and water for at least 20 seconds prior to arriving and at the end of each shift before leaving
- Wear a new set of hand gloves at all times for each shift and do not reuse them once removed.
- Avoid touching your eyes, nose, mouth or face at all times while volunteering. If you must do so, repeat the above handwashing procedure.
- Please ensure that any social media or photographs taken in your time as a volunteer are reflective of the measures and precautions recommended in this document
- Abide by Social Distancing recommendations:
 - Please maintain 6 feet (2 metre) distance between all persons at all times
 - Do not shake hands, hug, kiss or engage in any physical contact with other persons
 - Arrive at the assigned time and leave immediately afterwards
 - Spend the least amount of time needed, with the least number of people needed, in the largest room possible in order to reduce transmission of the virus.
 - To disinfect any and all surfaces with disinfectants, >60% alcohol or diluted bleach, before, between and after shifts.
- If at any point, I or anyone in my household or workplace or any other close contact develops any symptoms that may be consistent with COVID-19 infection as above, I will not present for work, will notify my direct supervisor and shall be removed from the list of active volunteers.

Initials: _____



2. Procurement Procedures

- Sanitize before and after touching any items during the pickup and drop-off of supplies.
- Limit the number of people involved in relocating supplies.
- Any packaging material should be removed and disposed of immediately in a safe manner

3. Assembly Precautions

- The assembly line during one shift should ONLY be composed of members of the same household, and should not be more than 5 persons.
- If the above requirements are not able to be met, an alternative would be to forgo an assembly line and have a single volunteer at an assembly station where they are responsible for everything from start to finish.
- These volunteers will be organized to work at least 6 feet away from one another.
- Hands should be washed with soap and water before putting gloves on
- Gloves should be worn during assembly
- Gloves should be thrown away after use and hands should be washed again with soap and water
- Volunteers should work in shifts to complete these tasks
- The assembly facility including work surfaces needs to be disinfected between shifts with disinfectants, >60% alcohol or diluted bleach.

4. Delivery Driver Volunteers

- Driver should travel alone in a private vehicle
- Hand sanitizer should be available in the car of each driver and used before, between and after client deliveries
- Items should be left outside the recipient's residence without any physical interaction. Suggested means of informing clients is by telephone call, email or text message.
- Use of gloves and masks (if the patient is under isolation) is mandatory.
- Medications should remain sealed and never opened or inspected.
- Delivery drivers should be assigned to the same set of clients or households to minimize the risk of transmission.



Liability Waiver

Must be understood and read aloud to all volunteers prior to intake.

All volunteers acknowledge that I am fully responsible for my safety and security while volunteering. Volunteer responsibilities could include, but are not exclusive to, picking up and delivering the packages, procuring supplies, and/or assembling packages. I understand that in the scope of these activities, I could suffer injury or illness; specifically, I could contract COVID-19 or any other type of communicable disease. I understand and acknowledge that this release discharges the agents, directors, organizations, or affiliates of the COVID-19 Relief Effort from any liability or claim that I may have against the COVID-19 Relief Effort, its organizations, or its affiliates with respect to bodily injury, personal injury, illness, death, or property damage that may occur during, from, or after the commission of the activities, however caused, including, but not limited to, the negligence of the agents, directors, organizations, or affiliates in the COVID-19 Relief Effort, whether passive or active. I understand that these services are inherently dangerous. I specifically waive all rights, liabilities, claims and/or actions against all organizations, communities, and affiliates, as well as the agents, directors, or affiliates that are part of the COVID-19 Relief Effort

Information Privacy and Confidentiality

Please note that any and all cell phone numbers, email addresses, and home addresses, shared in this group, or made available as part of this effort are NOT to be shared or used for any personal, organizational, or profitable purposes. Misuse of personal data of applicants and volunteers may lead to legal consequences.

Developed by the Muslim Medical Association of Canada (MMAC)

MMAC holds no responsibility for any liability, damages or claims for any volunteers of any COVID-19 Relief Efforts, with respect to bodily injury, personal injury, illness, death, or property damage that may occur during, from, or after the commission of the activities, however caused, including, but not limited to, the negligence of the agents, directors, organizations, or affiliates of MMAC, whether passive or active. COVID-19 volunteers and Relief Effort Groups specifically waive all rights, liabilities, claims and/or actions against all organizations, communities, and affiliates, as well as the agents, directors, or affiliates of MMAC. The guidelines herein, are merely information and not advice. If users require medical advice, they should consult their own physician or other appropriate medical professionals.

I, the undersigned, have read and agree to abide by the recommendations and requirements as outlined above.

Full Name:

Date: / /

Initials: _____