

Mission Safe: Volunteer Commitment to Safety and Responsibilities



As a volunteer of the **Monroe County YMCA**, it is my responsibility to:

1. Report to volunteer drug and alcohol free.
2. Observe and follow all of the YMCA safety and health rules.
3. Practice accident prevention in my daily activities.
4. Remember that my first duty is a volunteer of the YMCA and any volunteering I do involving exercising/playing must not compromise my first duty.
5. Follow proper lifting procedures at all times (i.e. get help for lifting heavy or awkward items, bend my knees and use my legs not my back to lift, avoid twisting when lifting and in moving weight loads-push when possible instead of pulling).
6. Be aware of floor/ground surfaces avoiding slipping, tripping and fall hazards.
7. Wear footwear that is appropriate for the task or activity that I am doing.
8. Report hazardous conditions and unsafe acts to my supervisor immediately.
9. Keep aisles, walkways and exercise/volunteer areas clear of slipping and tripping hazards.
10. Know evacuation procedures and the location of fire and safety exits.
11. Keep all exit doors, exit pathways, stairways and emergency equipment (i.e. fire extinguishers, fire alarms, etc.) clear of obstacles.
12. Refrain from horseplay or any other activity that may cause an accident.
13. Observe all Hazard and Warning signs.
14. Operate only the equipment for which I am authorized and properly trained and follow safe operating procedures.
15. Use ladders not chairs to stand on and/or reach objects above my head.
16. Clean-up and/or report any spills/leaks, plus use proper marking cones to identify when needed.
17. Return/pick-up weights and/or exercise/program equipment.
18. Secure program rooms and equipment after classes.
19. Support all of the YMCA safe place programs.

I have read the above, understand my responsibilities, and agree to abide by them.

Date

Printed Volunteer Name

Volunteer Signature

Date

Printed Supervisor Name

Supervisor Signature

All new volunteers will need to set-up a Redwoods account **before the mandatory new volunteer orientation training**. Please follow the instructions below.

The Redwoods link for new employees and longer term volunteers is
<https://redwoodsintstitute.csod.com/selfreg/register.aspx?c=1909>

- Fill out registration information with your email and create a password. **Also, select Program Area.**
- You will receive an email confirmation.
- Remember your password for future Redwoods training.