

CERES COMMUNITY PROJECT

Youth Volunteer Application • Marin County



NAME _____ DATE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL (please put all email addresses that you want to receive weekly emails) _____

SCHOOL _____ GRADE _____ AGE/BIRTHDATE _____

Parent/Guardian Information

PARENT'S / GUARDIAN'S NAME _____

PARENT'S / GUARDIAN'S NAME _____

ADDRESS _____

ADDRESS _____

PHONE NUMBER _____

PHONE NUMBER _____

EMAIL _____

EMAIL _____

Please check any that apply:

African American

Caucasian

Native American

Asian/Pacific Islander

Hispanic/Latino

Other

Gender Non-binary

Male

Female

Preferred pronoun _____ (We want to know what to call you. For ex: he, she, they)

Cooking shifts at our San Rafael kitchen are Wednesday from 2:30-7:00 pm and Thursday from 3:45-7:00 pm. Sometimes, we finish a bit earlier or later. Please be willing to stay until your shift is complete and the kitchen is clean.

Wednesday 2:30*-7:00 pm *This start time is flexible.

Thursday 3:15-7:00 pm

What date can you start? _____

1. Why do you want to volunteer at Ceres? (Check all that apply.)

I like to cook

my friends volunteer at Ceres

to learn to cook

my parents want me to volunteer

to learn about healthy foods

school community service hours

to learn to garden

to help people

a friend or family was sick and helped by Ceres

to gain job skills

other: _____

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2. What would you like to learn? (Check all that apply.)

- | | |
|----------------------------------------------|----------------------------------------------------------------------|
| <input type="checkbox"/> how to cook | <input type="checkbox"/> different cooking skills —like knife skills |
| <input type="checkbox"/> about healthy foods | <input type="checkbox"/> why food makes a difference in health |
| <input type="checkbox"/> how to grow food | <input type="checkbox"/> other: _____ |

3. Are you interested in learning more about the role of food (both eating and producing/distributing food) in issues like health care, the environment, and global climate change?

- Yes No Explain:
- _____

4. Ceres teens often work at special events on weekends and other times. Are you interested in this?

- Yes No

5. Is there anything else you want us to know? _____

6. How did you hear about Ceres Community Project?

- school friends parents media Ceres table at an event
- other: _____

Please initial

Youth Contract with Ceres Community Project

_____ I understand that my participation in the Ceres Community Project is integral to accomplishing the work each week. I agree to fully participate in all aspects of the kitchen work, including chopping onions, mopping, washing dishes, cleaning greens, and all the various tasks that may be needed.

_____ As a Teen Volunteer at Ceres, I agree to participate fully in the **Ceres culture** which includes working as a team, being open and friendly and inclusive of others, and being fully present and positive on my shift.

_____ I agree to let Ceres Community Project know at least **48 hours ahead** of time if I am not able to attend a scheduled shift.

_____ I understand that the **third time** I do not show up or provide at least 48 hours notice, I will be asked if I am able to fully commit.

_____ I agree to keep **confidential** all information about Ceres' clients.

_____ I understand that I need to arrive wearing close-toe shoes, tie my hair back and up for cooking and be ready to work with a good attitude and willingness to learn.

SIGNATURE

DATE

C E R E S C O M M U N I T Y P R O J E C T

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EXPECTATIONS OF TEEN VOLUNTEERS

To potential volunteers and their parents...

Thank you for your interest in Ceres Community Project. Our mission includes providing nourishing meals prepared by local teens to clients who have cancer. Our goal is to build a greater understanding of the links between food and health in order to help build a more vibrant community.

We believe that the following qualities are important to successfully volunteer with our program:

- Interest in and curiosity about food and cooking.
- A desire to make a difference.
- The ability and willingness to listen, follow directions, and ask questions if you do not understand.
- A commitment to follow knife and kitchen safety and sanitary practices – for example, holding and storing knives properly, washing hands appropriately, etc.
- A willingness to be a team player – for example, taking the initiative to clean up your workspace, sweep the floor, return kitchen utensils and pantry items to their appropriate place, and wash dishes when needed.
- Demonstrate progressive improvement in kitchen skills over time.
- The ability to fulfill your scheduled shift.

Scheduling is an important part of our program. A successful volunteer must be willing to:

- Sign up in advance for available volunteer shifts using our on-line calendar.
- Show up for scheduled shifts on time and ready to work.
- Communicate by email or phone at least 48 hours in advance if you are unable to show up for your scheduled shift. Missing three scheduled shifts without notice will disqualify you from the program until you are able to fully commit.
- Regularly monitor your email for communications from Ceres.

Understanding all of the above items and agreeing to follow them are requirements for a successful volunteer. Please sign below to acknowledge that you've read and agree with them.

Thank you and please let us know if you have any questions.

Acknowledged:

Parent: _____ Date _____

Volunteer: _____ Date: _____

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VOLUNTEER AGREEMENT AND RELEASE FROM LIABILITY

1. I, _____, agree to work for Ceres Community Project as a volunteer.

(PRINT NAME)

2. As a volunteer, I understand that I control the dates and times when I do the work and that Ceres Community Project is not responsible for scheduling my volunteer work. I also understand that I will not be compensated for any time spent volunteering, nor am I entitled to benefits, including employment insurance benefits upon the termination of this agreement or as a result of this service.

3. I am aware that participation as a volunteer may require periods of standing, lifting and carrying objects up to 40 pounds, and will require the exercise of reasonable care to avoid injury. I am voluntarily participating in this activity with knowledge of the hazards and potential dangers involved, and agree to accept any and all risks of personal injury and property damage.

4. As consideration for volunteering for Ceres Community Project, I hereby agree that I, and my assignees, heirs, guardians, and legal representatives, will not make a claim against or sue Ceres Community Project or its employees, agents, or contractors for injury damage resulting from the negligence, whether active or passive, or other acts, however caused by any of its officers, employees, agents, or contractors of Ceres Community Project as a result of my volunteering. I HEREBY RELEASE AND DISCHARGE Ceres Community Project AND ITS OFFICERS, EMPLOYEES, AGENTS AND CONTRACTORS FROM ALL ACTIONS, CLAIMS, OR DEMANDS THAT I, MY HEIRS, GUARDIANS, AND LEGAL REPRESENTATIVES NOW HAVE, OR MAY HAVE IN THE FUTURE, FOR INJURY OR DAMAGE RESULTING FROM MY PARTICIPATION IN THE PROJECT.

5. I UNDERSTAND THAT IF I AM INJURED IN THE COURSE OF THE PROJECT, I AM NOT COVERED BY Ceres Community Project's WORKER'S COMPENSATION PROGRAM. I authorize Ceres Community Project to seek emergency medical treatment on my behalf in case of injury, accident, or illness to me arising from my involvement as a volunteer. I understand that I will be responsible for medical costs incurred by such accident, illness or injury.

6. I understand that the materials and tools provided by Ceres Community Project are and remain the property of Ceres Community project, and I agree to return these tools and any remaining materials to Ceres Community Project at the end of my volunteer service.

7. I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND IT'S CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY, AND SIGN IT OF MY OWN FREE WILL.

DATE VOLUNTEER SIGNATURE PRINTED NAME

DATE CERES COMMUNITY PROJECT REPRESENTATIVE SIGNATURE PRINTED NAME

If volunteer is under 18 years of age, parent or guardian must read and sign. This release, it's significance, and assumption of risk have been explained to and are understood by the minor.

DATE PARENT OR GUARDIAN SIGNATURE PRINTED NAME



PHOTO RELEASE

As a non-profit social benefit organization Ceres Community Project depends on donations from individuals, businesses, organizations and foundations to support our work. Sharing stories about our programs and their impact is vital to our ability to raise funds. We ask for your partnership in this effort by signing the following photo release.

Video, Photographic, Internet Release Agreement

The undersigned enters into this agreement with Ceres Community Project. I have been informed and understand that Ceres Community Project may wish to use my own and/or my child's first name, likeness and speech in its printed and/or electronic communication materials (brochures, videos, website, social media etc.)

I grant Ceres Community Project and its designees the right to use such images and information. This grant includes the right to edit, mix or duplicate and to use or re-use the images in whole or in part and in any manner as Ceres Community Project in its sole discretion may elect. Ceres Community Project or its designee shall have complete ownership of the images and any printed material, video programs and web content (i.e. material accessible over the internet) in which the images may appear.

I also grant the right to broadcast, exhibit and otherwise distribute images as well as printed materials, video programs and/or web content either in whole or in part, and either alone or with other products.

I confirm that I have the right to enter into this Agreement; that I am not restricted by any other commitments to third parties; and that Ceres Community Project has no financial commitment or obligations to me as a result of this agreement.

I hereby give all clearances, copyright and otherwise, for the use of such images, and I expressly release Ceres Community Project and its officers, employees, agents and designees from any and all claims known or unknown arising out of or in any way connected with the above uses and representations.

The rights granted Ceres Community Project herein are perpetual. I hereby acknowledge receipt of reasonable and fair consideration.

Please **PRINT Child/Children's** name(s) _____

Please **PRINT Individual/Parent(s) or Guardian(s)** name(s) _____

Please **SIGN Your Name** [Individual/Parent(s)/Guardian/Volunteer] _____

No, I would like myself and/or my child to opt out of the Photo Release.

This release will supersede any previous releases on file.

Today's Date _____

Photo Release September_2013

CERES COMMUNITY PROJECT

Emergency Medical Release Form



This form is required for participation in Ceres Community Project.
Please complete each section thoroughly, sign and date.

Youth's name: _____
Last First

Sex: F M Age: _____ Birthdate (MM/DD/YY): _____

Parent/ Guardian Name: _____ Home Phone # : () _____

Work Phone # : () _____ Cell Phone # : () _____

Parent/ Guardian Name: _____ Home Phone # : () _____

Work Phone # : () _____ Cell Phone # : () _____

Additional person authorized to pick up this youth and/ or to contact in case of an illness or emergency:

Name: _____ Relationship: _____ Phone # : () _____

Name: _____ Relationship: _____ Phone # : () _____

Allergies—Does this youth have any allergies to food, medications, insects, etc.? Yes No

If yes, please list: _____

Health Conditions—Does this youth currently or in the past have any medical conditions that we may need to know about that would impact their work in the kitchen, or in case she/ he needs treatment?

If Yes, please explain: _____

List any medication(s) currently taken by this youth: _____

Name of Youth's Physician: _____

Physician's Phone # : () _____

Name of Insurance Company: _____ Policy #/ Medical # : _____

In case of emergency, take this youth to the following hospital (please check one):

Nearest Hospital OR _____ (name of hospital)

Emergency Release

If, in the judgment of the staff of the Ceres Community Project, the youth named above needs immediate care and treatment as a result of any injury or sickness, I hereby give permission to the staff to secure proper treatment for this youth. I do hereby consent to whatever x-ray, examination, anesthetic, medical, surgical, or dental diagnosis or treatment and hospital care are considered necessary in the best judgment of the attending physician, surgeon, or dentist and performed by or under the supervision of the medical staff of the hospital or facility furnishing medical or dental services. It is further understood that the undersigned will assume full responsibility for any such action, including payment of costs. I do hereby agree to indemnify and hold harmless the Ceres Community Project (including its officers, directors, staff members, and/or volunteers) from any claim by any person whomsoever on account of such care and treatment of said youth.

Print full name of Parent/ Guardian

Signature

Date