



Amendment to Volunteer Guidelines in Response to the COVID-19 Pandemic

1. Self-Screen and Self-Isolate

Volunteers, if you or any of your immediate family members or people you live with have any of the following symptoms please refrain from applying at this time to be a volunteer. Instead please stay home and self-isolate for 14 days.

Please self-monitor for any of the following symptoms:

- Fever
- Cough
- Difficulty breathing
- Muscle aches or tiredness
- Sore throat

Please visit the following site for assistance with self-assessment if you have any of the above named symptoms and think you may have COVID-19

<https://covid-19.ontario.ca/self-assessment/#q0>

Any volunteers who report to a shift with any of these symptoms will be sent home to self-isolate for 14 days. If you start to develop any of these symptoms while on your shift please inform your supervisor and immediately go home and self-isolate for 14 days at which time we will reassess if it is safe for you to return.

2. Social Distancing

Feed It Forward is taking all the recommended Government precautions necessary to protect our volunteers and clients. All volunteers are required to maintain a minimum of two meter/6ft distancing. Please ensure you are aware of these distancing guidelines to prevent individuals from grouping together.

3. Hygiene

Volunteers will be provided hand washing or sanitizing stations with posted signage to ensure proper cleanliness.

Please refer to the videos below for detailed instruction set out by the WHO:

- [Hand Washing procedure](#)
- [Hand Sanitizing procedure](#)

In addition to the above hygiene methods all volunteers are **required** to wear the following Personal Protective Equipment (PPE)

- Gloves (provided by FIF & to be properly disposed of after each use)
- Mask (provided by FIF & to be properly disposed of after each use)
- Hair tied back and in a hair net (Hair net provided by FIF & to be properly disposed of after each use)
- Closed toe shoes (with good support)

Please refer to the videos below for detailed instruction on proper use and care of PPE:

- [Glove Removal](#)
- [Proper use and disposal of mask](#)

4. Containing Your Cough or Sneeze

If you have a recurring cough or sneeze, please refrain from applying at this time to be a volunteer. If you are in public and you do sneeze or cough please follow proper hygiene and etiquette. When you cough or sneeze please cover your mouth and nose with a tissue and then immediately discard the tissue in the garbage. Wash your hands or use hand sanitizer after coughing or sneezing. If you do not have access to tissues, please use your sleeve or elbow to cover your nose and mouth when you cough or sneeze.

5. Cleaning and Disinfecting

Volunteers will be required to frequently clean and disinfect all high-touch surfaces using the provided cleaning products. In addition to kitchen work surfaces and tools, other high-touch surfaces that will require regular cleaning and disinfecting include doorknobs, light switches, knobs and handles on appliances and faucets. The supervisor or staff will designate a volunteer to regularly disinfect these areas.

6. Personal Electronics

Cellphones are not permitted in the kitchen during volunteer work as they contribute to cross-contamination. A Feed It Forward staff member will identify where you may safely leave your personal effects.

7. Reporting

During a shift, if you or another volunteer experience behaviour that makes you uncomfortable, please report to the onsite supervisor who will deal with the situation accordingly.

On behalf of Feed It Forward, we would like to thank you for interest in volunteering.