

Rural Aid Volunteer Information Sheet

Welcome

Thank you for volunteering with Rural Aid. Our Farm Recovery events rely on the generosity, skills, and care of volunteers like you. This sheet provides key information to help you stay safe, comfortable, and effective.

What to Expect

- Tasks may include property clean-up, fencing, gardening, minor construction, meal preparation, or administrative support.
- Work may be outdoors in heat, dust, uneven terrain, and variable weather conditions.
- Tasks will be allocated based on your ability, experience, and any declared medical or physical limitations.

Health and Safety

- Please complete your health declaration honestly and carry any required medications.
- Follow all instructions from Rural Aid representatives and attend all safety briefings.
- Take breaks as needed, stay hydrated, and use sun protection.
- Report any hazards, incidents, or injuries immediately.

What to Bring

- Personal medications (inhalers, EpiPens, insulin, etc.)
- Suitable clothing and footwear for outdoor work
- Hat, sunscreen, and water bottle
- Any personal protective equipment requested during induction

Insurance and Liability

- Rural Aid provides personal accident and public liability insurance while volunteering in approved activities.
- Ambulance cover and private health insurance are your responsibility.
- Rural Aid is not responsible for loss, damage, or theft of personal property, but assistance will be provided where possible.

Respect and Conduct

- Treat all volunteers, staff, and community members with respect.
- Confidential information should not be shared outside the group.

Emergencies

- Notify team leaders immediately if you feel unwell or cannot safely perform a task.
- First aid trained staff and emergency plans are on site.
- Emergency services will be contacted if needed.

Remember

- Tasks are flexible — don't overextend yourself.
- Your safety, wellbeing, and enjoyment are our priority.
- Every contribution, big or small, helps families and communities recover after disasters.



VOLUNTEER AGREEMENT

As a Rural Aid volunteer, I agree to the following:

1. Guidance and conduct

- I will accept direction from appointed Rural Aid representatives and work respectfully with other volunteers, staff and community members.
- I will maintain confidentiality and not share personal or sensitive information without consent and Rural Aid's authorisation.

2. Health and fitness

- I confirm that I am in suitable mental and physical health to volunteer.
- I will disclose any medical conditions, allergies, medications or physical limits that may affect my safety or task allocation.
- I will carry and manage my own prescribed medications and inform Rural Aid if I have specific emergency needs such as an asthma inhaler, insulin or EpiPen.
- I agree to provide a medical certificate if requested.

3. Task allocation and safety

- I understand that activities may involve outdoor work in heat, dust and uneven terrain.
- Tasks will be allocated with regard to my capacity and I will advise if I cannot safely perform a task.
- I will complete all inductions and safety briefings, follow instructions, and report hazards, injuries or incidents immediately.

4. Insurance and responsibilities

- I understand that ambulance cover and private health insurance are my responsibility.
- Rural Aid provides volunteer personal accident and public liability insurance while I am undertaking approved activities.
- Rural Aid is not responsible for loss, damage or theft of personal property.

5. Expenses and termination

- Only pre-approved out-of-pocket expenses will be reimbursed.
- Either I or Rural Aid may end this volunteer arrangement at any time by giving notice; if mutual agreement cannot be reached, termination takes effect immediately.

6. Governing law

- This agreement is governed by the laws of Australia.

