



Volunteer Activity: _____ **Performed by:** _____

Safety First

The Freeport Park District wishes to thank you for helping to improve our parks and programs. Together, we can work to strengthen and enhance the quality of our parks, facilities and neighborhoods. Safety is a crucial aspect of this important job. Reading and committing to the safety guidelines provided below will help ensure your experience is enjoyable and productive.

Safety Guidelines

- Organizations or parents must provide supervision for participants who are under 15 years of age.
- Prior to commencement of any project, a Freeport Park District staff member will discuss safety guidelines specific to the task.
- Participants are not to perform any activity beyond their physical capability.
- The use of power tools and motor-driven equipment is forbidden unless pre-authorized by the Freeport Park District.
- All participants are required to sign a waiver and release form before commencement of any volunteer activity.
- All participants under the age of 18 must have the signature of their parent or legal guardian on the waiver.
- Participants must wear appropriate clothing, shoes, gloves and safety gear relative to the task.
- Injuries must be reported immediately to a Freeport Park District staff member.
- Beware of work environment and potential safety hazards. Report hazards immediately to a Freeport Park District staff member.
- Avoid insect bites by wearing insect repellent.
- Avoid sunburn by wearing sunscreen.
- Drink plenty of liquids to avoid heat illness.
- Avoid contact with unknown plants, chemicals and other pollutants.
- Avoid approaching unfamiliar animals.

Waiver and Release

I verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely participate as a volunteer and that no physician or any qualified individual has advised me against participating in this or any other activity requiring low to moderate physical activity.

I understand that I am participating in this program on a purely voluntary basis and I agree to take safety precautions to protect myself and others from injury.

I understand that Freeport Park District (District) will indemnify (stand by) me and defend any claim based on something that I did or did not do, so long as I am acting within the scope of my duties and performing the tasks approved by the District. I also understand that I may be held liable for an act or omission that involves intentional misconduct or a knowing violation of the law.

As a participant (the parent/legal guardian of a minor participant), I recognize that there are risks of physical injury, and I agree to assume the full risk of any illness, injuries (including death), losses or damages as a result of participating (allowing the minor for whom I am responsible to participate) in the activities described in this release. In consideration of Freeport Park District allowing my participation, I do hereby, for myself, my heirs, executors and administrators, agree to waive all claims I may have against the District, its officers, agents, volunteers, and employees, as a result of participating in, and traveling to or returning from, any and all voluntary activities as herein stated. I hereby release, indemnify, and hold harmless the District, its officers, agents, volunteers, and employees, from any and all claims from any source or person (including the minor participant) for illness, injuries (including death), losses, expenses, or damages due to the participation herein requested and granted, or losses arising out of, connected with, or in any way associated with the activities herein described. I acknowledge that COVID-19 is a contagious disease and that the CDC and the Illinois Department of Public Health are still recommending practicing social distancing and have issued various guidelines as preventative measures. I further acknowledge that the Freeport Park District has enacted various preventative measures, including the District's "Playing Safety Plan, to help prevent the spread of COVID-19 at Freeport Park District facilities and/or activities. Notwithstanding the Freeport Park District's preventative measures, I acknowledge that the Freeport Park District cannot guarantee that I (or any minor for whom I am responsible that I'm allowing to participate) will not become infected with COVID-19. I understand that the risk of becoming exposed and/or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including the Freeport Park District. I understand and acknowledge that by voluntarily participating (or allowing any minor for whom I am responsible to participate) in the activities described in this release, I may increase my risk of exposure to COVID-19. I further acknowledge that I will comply with all set procedures to reduce the spread of COVID-19 during my (or any minor whom I am responsible for allowing to participate) participating in the activities described in this release.

In the event of an emergency, I authorize Freeport Park District to secure medical treatment deemed necessary for my immediate care and/or the care of my child and I agree that I will be responsible for the payment of any and all medical treatment and services rendered.

Signature of Participant

Date

Signature of Parent/Legal Guardian if participant is under 18 years old

Date