Guidelines for Volunteers during COVID-19

Openlands is excited to welcome back volunteers to outside activities! Due to COVID-19, safety guidelines were created with everyone in mind and consistent with recommendations from the Centers for Disease Control. All volunteer activities must follow critical health and safety protocols so we can protect employees, volunteers, residents, and friends.

General guidelines for volunteers:

**DO NOT volunteer if you or someone in your household is ill.** Seek medical advice and testing if you exhibit COVID-19 symptoms including fever, cough, sore throat, and shortness of breath. When in doubt, please stay home. Please review Chicago COVID guidelines at [https://www.chicago.gov/city/en/sites/covid-19/home/managing-your-health.html?#tab-protect](https://www.chicago.gov/city/en/sites/covid-19/home/managing-your-health.html?#tab-protect)

**DO NOT** volunteer if you live with or are in frequent contact with people in higher-risk categories for the virus.

**DO wear a mask. Face covering is strongly suggested.**
- Face coverings are encouraged regardless of whether a participant is vaccinated, especially when physical distancing is not possible.
- Cover mouth and nose with face covering and make sure there are no gaps between your face and the mask.

**DO practice universal infection control precautions:**
- Clean and wash your hands for a minimum of 20 seconds before and after volunteering.
- Avoid physical contact with others and maintain a social distance of six feet.
- Wear a face covering when in public and around others.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

**DO plan accordingly, as many public restrooms are closed.**

**DO bring your own gloves, snacks, water bottle, sunscreen, bug spray, and hand sanitizer if able.**

Openlands is committed to the following:

- Volunteer programs with a limited amount of volunteers.
- Respecting Openlands staff, volunteers and community members by encouraging masks and social distancing
- Providing sanitized tools and gloves to begin workday
- Modifying volunteer opportunities, as able, to follow social distancing recommendations.