

## T100 Volunteer Disclaimer

Thank you for volunteering your time and effort to contribute to making T100 walking, talking, making and growing activity a reality. Before you begin supporting our work, we kindly ask that you read the following disclaimer in order to understand and accept the terms outlined:

- 1. Assumption of Risk:** By participating as a volunteer on T100 activity, you acknowledge and accept that certain activities involve inherent risks, including but not limited to physical exertion, exposure to the elements, contact with plants, insects, or animals, and the potential for accidents or injuries. You understand that while we strive to maintain a safe environment, unforeseen hazards may exist.
- 2. Health and Physical Fitness:** Volunteers should ensure that they are in good health and physically fit to engage in any volunteering tasks undertaken. If you have any underlying medical conditions or physical limitations, it is your responsibility to consult with a medical professional before participating in any activities. You agree to take full responsibility for any health-related consequences resulting from your involvement in T100 activities.
- 3. Personal Protective Equipment:** We will provide basic tools and equipment where these are required, but it is your responsibility to use them correctly and wear appropriate personal protective equipment (PPE) such as gloves, closed-toe shoes, hats, sunscreen, and insect repellent. If you have any specific needs or concerns regarding PPE, please inform the activity manager before starting your work.
- 4. Voluntary Participation:** Your involvement in T100 activity is entirely voluntary, and you may choose to discontinue your participation at any time for any reason. If you feel uncomfortable or unsafe while performing any task, please inform the activity manager immediately, and they will be able to support you and make alternative arrangements.
- 5. Supervision and Instructions:** You agree to follow the instructions and guidance provided by the activity managers, leaders or other authorised personnel. It is important to seek clarification if you are unsure about any task or procedure to ensure your safety and wellbeing as well as that of others.
- 6. Property and Liability:** Whilst we make every effort to ensure a safe environment, we cannot be held responsible for any loss, damage, or theft of personal belongings that may occur during your time supporting T100 activity. Additionally, we do not assume liability for any injuries, illnesses, or accidents that may occur during your participation in T100 activities, except in cases of proven negligence on our part.

7. **Confidentiality and Privacy:** As a volunteer, you may come across sensitive or confidential information about the T100 programme or its participants. You agree to maintain the confidentiality of such information and respect the privacy of all individuals involved. Do not disclose any personal or sensitive information without proper authorisation.

By continuing with your volunteer work on T100 activity, you acknowledge that you have read, understood, and agreed to the above disclaimer. You also understand that the T100 programme reserves the right to modify or update this disclaimer as necessary. If you have any questions or concerns, please seek clarification from a project manager before proceeding.

Thank you for your support, and we appreciate your commitment to the T100 programme.