

CUSU VOLUNTEERING

GUIDELINES ON VOLUNTEERING SAFELY

At CUSU Volunteers, lots of students and staff have been asking us about volunteering they can do during this current situation.

There are simple things you can do in your daily life that will help reduce the spread of COVID-19 and other respiratory infections and protect those at highest risk. Things you can choose to do are:

- Get vaccinated.
- Let fresh air in if meeting others indoors.
- Practise good hygiene:
 - wash your hands
 - cover your coughs and sneezes
 - clean your surroundings frequently
- Wear a face covering or a face mask.

Face coverings and face masks can help reduce the chance of you spreading infection to others, especially in crowded and enclosed spaces, and may protect you from becoming infected by some respiratory viruses.

We have collated the latest advice and guidance for you below:

Staying Safe when Supporting Others

If you are involved in any sort of informal volunteering, please make sure you're following the [current guidelines on social distancing](#). Also:

- Let family and friends know what you're doing.
- Support family, friends and neighbours by phone or video call.
- Stay at least two metres - about three steps - away from people you're helping.
- Offer to run errands for people but stay outside of people's homes.
- Keep washing your hands often for 20 seconds.
- Don't take on too much - it's often better not to offer at all than to let someone down.
- If you're trying to help someone with very serious issues – don't be afraid to flag with appropriate statutory services.

(Source - NCVO)

Formal Volunteering

Many charities may have stopped activities to help slow the spread of COVID-19. There are still some face-to-face opportunities going on, for these roles, it's important that you follow the instructions provided by the voluntary organisations and adhere to any [face coverings](#) or PPE requirements, as they will have risk assessed your activity to make sure you can do it as safely as possible.

CUSU Volunteering cannot be held responsible for external volunteering opportunities advertised, but we do make every effort to ensure that all the information we publish is accurate. We advise volunteers to use their own judgement when selecting potential opportunities, and to check all details concerning a prospective volunteering activity with the organisation involved. Please make sure that you have received all the necessary training and information regarding your own health and safety before commencing any volunteering.

Please discuss individual vulnerabilities with your volunteering provider so they can consider whether enhanced controls are needed, particularly if you are working with members of the public.

If you're unsure or unhappy about anything, please email volunteering.su@coventry.ac.uk

If you can't find suitable volunteering

We are regularly updating our website with new opportunities - [sign up](#) to our regular newsletter to hear about these.

We're here to help

Please feel free to [contact us](#) if you have any queries or concerns regarding your volunteering.

REMEMBER, ONLY VOLUNTEER IF IT IS SAFE TO DO SO, PLEASE CLICK ON THE LINK BELOW TO KEEP UP TO DATE

[LATEST GUIDELINES](#)