



University of Chester - Volunteering Covid Guide

We know that many of our students will be looking to support their local community during this time as we have had lots of requests from them asking how they can help.

Although many face-to-face volunteer activities have been suspended, there are still opportunities operating or adapting their practises to support those in the community.

REMEMBER, ONLY VOLUNTEER IF IT IS SAFE TO DO SO AND ALWAYS FOLLOW SOCIAL DISTANCING GUIDELINES.

On www.volunteering.chester.ac.uk you will find many local volunteering opportunities which are looking for volunteers who will volunteer both in a physical and virtual capacity. All the opportunities on here are asked to provide us with up-to-date Public Liability Insurance as well as confirming if they have completed a specific Covid risk assessment and are following social distancing, hygiene and local guidelines when it comes to the promotion, recruitment and implementation of volunteering.

LOOKING AFTER YOURSELF

It's fantastic to see the response to volunteering nationally, but volunteers should also remember to take care and protect themselves during this time.

Please remember to follow [NHS guidelines](#) for protecting yourselves and those around you.

Please remember:

- Before volunteering, wash your hands with soap and water for at least 20 seconds. Take sanitiser gel with you and use it when you don't have access to soap and water during your volunteering.
- Always wash your hands as soon as you get home from volunteering.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) if you cough or sneeze.
- Put used tissues in the nearest bin immediately and wash your hands afterwards.
- Try to avoid close contact with people who are unwell. Remember to keep to the recommended social distancing guidelines as much as possible.
- Do not touch your eyes, nose or mouth if your hands are not clean.
- When volunteering please only offer to help for the tasks you feel comfortable doing and are able to do.
- Always wear a face covering (unless you are exempt) indoors and or outdoors if you are unable to keep a 2-metre distance.

You MUST NOT volunteer if you are feeling unwell. If you are feeling unwell within 48 hours (or the timeframe that is outlined by the organisation you volunteering for) after volunteering in a physical capacity then please make sure to notify the necessary staff from the organisation immediately. Volunteers need to protect themselves and not put other people at risk. Please also make sure you contact your volunteering opportunity if you are unable to volunteer.

You should also contact covidstudent@chester.ac.uk to report any symptoms or a positive test result.

The Government have provided information on safeguarding to address concerns people may have around supporting others in their community, please read them [here](#).

You can also find Coronavirus information on Portal [here](#)