



St. Bernard Project · 8324 Parc Place · Chalmette, LA 70043  
Phone (504) 277-6831 · Fax (866) 392-1158 · [www.stbernardproject.org](http://www.stbernardproject.org)

**Dear Prospective St. Bernard Project Volunteer:**

Thank you for your interest in volunteering with the St. Bernard Project (SBP). Inside the volunteer arrival packet, you will find helpful information that will answer many questions about what to expect, what to pack, where to stay, how to register and more.

The goal of the St. Bernard Project is to help families move out of their FEMA trailers and back into their home as efficiently and affordably as possible. Please visit St. Bernard Project's Web site ([www.stbernardproject.org](http://www.stbernardproject.org)) to read about SBP's clients, staff and see current and past projects.

The St. Bernard Project helps families whose homes were damaged by Hurricanes Katrina and Rita move home by purchasing and installing building materials with the support of volunteers. Some of the activities you can expect to do during your stay are: mold remediation, installing insulation and drywall, mudding (spackling), texturing, painting, installing floors, baseboard and trim, yard work, exterior painting and much, much more!

**To register to volunteer**, please e-mail the volunteer department at [volunteer@stbernardproject.org](mailto:volunteer@stbernardproject.org).

You will receive an automated email response with a link to the volunteer profile which asks for specific information such as the dates you would like to volunteer and the number of people in your group. If you are a group leader (groups are defined by SBP as two or more), be sure to include the number of people in your group. Please have only one person register each group. Individuals simply provide their dates and contact information.

After submitting your information in the volunteer profile link, you will receive a confirmation email about availability for the dates you have requested. ***Please do not make travel arrangements until you have heard back that those dates are available!*** If you have any questions or need to make changes to your group's numbers or dates, please let me know well in advance of your arrival.

St. Bernard Project is nonprofit organization that relies on volunteers to complete the rebuilding work. Without you, we couldn't do it. I thank you for your commitment and look forward to working with you.

In service,

Ashley Sloan  
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Enclosures

- I. SBP Fact Sheet
- II. What to expect as a volunteer at SBP
- III. Planning your trip (This is where you will find housing and transportation recommendations)
- IV. Tips and Suggestions
- V. Volunteer Release Forms
- VI. T-Shirt Order

## I. SBP Fact Sheet

**The St. Bernard Project** ([www.stbernardproject.org](http://www.stbernardproject.org)) is a nonprofit, grassroots organization that began rebuilding homes in August 2006 in St. Bernard Parish and since has rebuilt more than 143 homes. St. Bernard is a uniquely tight-knit, working class community adjacent to New Orleans' Lower Ninth Ward and is arguably the area hardest hit by Hurricane Katrina.

### **St. Bernard Project's Mission**

St. Bernard Project removes barriers for families who wish to move back into their homes in St. Bernard Parish. For the past 2 years we have carried out our mission through our Rebuilding Program: we find clients in need, recruit volunteer labor and raise funds for building supplies. We put these together and, on average, it takes St. Bernard Project 12 weeks and \$12,000 worth of building supplies to completely rebuild a house that has been gutted to the studs. While the clients face significant barriers, the problems these families face are easily solved by St. Bernard Project. We raise funds for donated materials and recruit volunteers. We put them together, homes get rebuilt and residents finally get to move back home. To address other client needs, we are beginning an Affordable Rental Housing Program and Community Mental Health and Wellness Center.

### **Before Katrina in St. Bernard Parish**

- The population was 67,000 and the parish had 27,000 homes
- Unemployment was only 4%
- Home ownership rate was greater than 70%
- Median family income was merely \$36K
- Senior citizens comprised 50% of the population prior to the storm
- Residents worked as fishermen, in the trades and at refineries

### **After Katrina**

- 100% of the homes in St. Bernard Parish were rendered uninhabitable
- St. Bernard had standing water of four to 20 feet for up to four weeks
- Homes, clothes, furniture, pictures, keepsakes, cars and tools were destroyed
- Only one-third of residents have been able to move back, with the vast majority of returned residents still living in FEMA trailers or attics that were above the waterline
- Just one-fourth of the businesses have been able to re-open

### **St. Bernard Project Services**

- **Rebuilding Program:** We meet residents' rebuilding needs by raising funds for building materials and installing the materials via volunteer labor. The St Bernard Project runs lean. We can take an average St. Bernard home that is gutted to bare studs and install insulation, drywall, floors, doors, windows, plumbing, wiring, cabinets, countertops and appliances for about \$12,000 in eight to 12 weeks.
- **Affordable Rental Housing Program:** In fall 2008, we will begin to develop affordable rental housing in St. Bernard Parish, where the current market rate for rentals has doubled since the storm making it cost prohibitive for seniors and disabled residents to return. Using Road Home properties donated by the Parish government, SBP will rebuild single family homes using our current rebuilding model and rent these properties to seniors and disabled residents at pre-storm rates. This program will allow some of the community's most vulnerable residents to return home.
- **Community Mental Health and Wellness Center:** In fall 2008, we will offer services to address the staggering rates of post traumatic stress disorder, depression and other mental health problems that plague St. Bernard and other storm-devastated areas. A recent study by the Harvard School of Public Health indicated that in the greater New Orleans area the rates of mental health problems increased after two years instead of declining as has been the norm in other storm-devastated communities. In partnership with LSU's Psychiatry Department, the Community Health and Wellness Center will offer group counseling, one-on-one therapy sessions and other culturally-appropriate therapeutic modalities to address the mental health needs of residents of St. Bernard Parish.

### **Successes to Date: As of August 2008 since August 2006**

- Helped **143 families** rebuild their homes
- Recruited nearly **7,000 volunteers** from around the world to work on rebuild projects
- Developed a model rebuilding program that transforms a gutted home to a livable home in **eight to 12 weeks for approximately \$12,000**

### **St. Bernard Project's Needs**

- Funds to purchase building materials.
- Tools to build homes.
- Volunteers to do the work. No experience required, we'll teach you everything you need to know.

### **St. Bernard Project's Partners**

- AmeriCorps, Christian Aid Ministries, Church of the Brethren and Habitat for Humanity are among the groups that provide us with volunteer labor.
- General Electric and United Way are two of the projects largest funders.
- Southern Mutual Help Association, Church World Services and Salvation Army provide funds for rebuilding costs.
- Tide, Boeing, Shell Oil and Johnson & Johnson are among St. Bernard Project's substantial corporate funders.

### **What Donated Funds Will Do**

- 100% of funds donated, unless specifically earmarked, go directly to purchasing building supplies.
- \$500 buys the supplies and permits for mold remediation
- \$2,500 buys the necessary insulation and drywall for an average house.
- \$2,000 buys the flooring for an average house.
- \$1,600 buys a sink and the bottom part of kitchen cabinets.
- \$1,600 buys windows for an average house.
- \$1,600 buys the necessary electrical supplies, including the wire and the panel.
- \$900 buys interior and exterior doors for the average house.
- \$500 buys toilets, sinks, tubs and tile for a bathroom.
- \$500 buys a stove, washer or dryer.
- \$300 buys a water heater.
- **\$12,000 will fund total supplies necessary to rebuild the average house.**

### **Why St. Bernard?**

St. Bernard Parish is an industrious community comprised of middle class and working class families. It is a community of veterans, of people who hold potluck dinners to benefit disaster victims elsewhere, an area where local fishermen and shrimpers give part of their daily catch to the less fortunate. Generations of families lived within blocks of one another. Neighbors could trace their friendships back to their grandparents and beyond.

For most, all savings were tied up in their homes. In the years before Katrina, insurance companies rezoned St. Bernard out of the flood plain, so most residents no longer had flood insurance after decades of paying for it. Then Katrina hit, and the people of St. Bernard lost everything. Seventy-five percent of families were under- or uninsured.

The first rescue crews into the Parish, five days after the storm, came from abroad: the Royal Canadian Mounted Police. Residents felt abandoned by the United States government for which they had fought and in which they had believed. From their time in the military, they know the United States can show up in force anywhere on the planet within three days, yet after five days, they had to be rescued by caring folks from another country.

After two weeks, the water was gone as were neighbors, friends and family, but people wanted to come back. There are no beautiful mountains here, no lakes or beaches, no stunning vistas—yet the residents have endured heartbreak and tribulation in their effort to return. It may seem odd until one meets them and spends a few days in their midst. The community, camaraderie and courage in St. Bernard are something most of the rest of the United States dreams of but cannot find. Having known it, the people of this parish won't let it go easily. And having known them, we cannot let that happen either.

## II. What to expect as volunteer at SBP

### Working with St. Bernard Project

St. Bernard Project is a rebuilding organization with opportunities for both skilled and unskilled volunteers including: installing exterior doors and windows, installing insulation, hanging sheetrock/drywall, taping sheetrock joints, mudding/spackling, putting down flooring, installing interior doors, trim and cabinets, doing yard work and painting. St. Bernard Project is always looking for skilled carpenters, electricians and plumbers. Please notify the volunteer coordinator, prior to you or your groups arrival, if you are anyone in your group is a skilled laborer.

St. Bernard Project is open Monday to Friday and approximately two Saturdays a month. The hours Monday to Friday are 8:30 a.m. to about 4:00 or 4:30 p.m. Saturdays work days are from 9:30 a.m. to 3:30 p.m. If you are interested in volunteering on a Saturday, please confirm with the volunteer coordinator that the project will be open.

On your first work day, you as an individual or you and your group will participate in orientation at St. Bernard Project's office to receive volunteer assignments and directions to the your work site. The orientation is normally at 8:30 a.m. However, weeks with large numbers of volunteers, the staff likes to stagger the orientations by 15 minute increments for your convenience since St. Bernard Project's office is small. **Unless you are notified by the volunteer coordinator of an alternate time, please show up to the office located at 8324 Parc Place, Chalmette, La. at 8:30 a.m.** Directions can be found on the Web site, [www.stbernardproject.org](http://www.stbernardproject.org), if you get lost the morning of the orientation, please call the office at (504) 277-6831.

At the orientation, please let the volunteer coordinator know if you have any questions regarding the home owners or places to eat while staying and working in the Greater New Orleans Area. If you would like to plan to eat out or activities ahead of time, please view the restaurant guide and list of recommended activities located in the planning your trip section of the volunteer arrival packet.

All volunteers must sign volunteer release forms, which you will find on the last pages of the volunteer arrival packet. Please fill out the volunteer participant liability release form and safety release form prior to your arrival and bring the forms to the office on your first day. A member of the volunteer department will collect the forms from you during the orientation. Group leaders please make sure that all members of your group have completed these forms prior to the orientation. If you or anyone in your group is under 18, please have a parent or guardian sign the volunteer participant liability release form. St. Bernard Project must receive a waiver from each volunteer.

You will receive your volunteer work assignment during orientation. If you are coming with a group, please recognize that your group may be split up. One of the core values of the St. Bernard Project is to assign only the right amount of volunteers to each house to allow you to have the most meaningful experience by having an appropriate amount of work and supervision.

On the work site, you will be lead by a site supervisor. SBP's site coordinators are often AmeriCorps members who are learning about rebuilding homes. Though they may not be construction experts, they are well trained and are leaders at the site. The site supervisor reports to a construction manager, who manages 10-12 sites. The construction manager visits the different sites each day to check on progress. Construction managers receive supply orders from site supervisors and then contact our supply runners, who are in charge of purchasing and delivering supplies.

When volunteering with St. Bernard Project, please keep in mind that everyone working with you is also a volunteer. We are a small staff and the runners and construction managers are responsible for many work sites. If your site needs more nails, joint spackle or tape, you can help out by making a run to Home Depot or a local hardware store yourself. (Please make sure that the site supervisor knows as they may have already arranged to have it delivered) SBP will reimburse you. You may also consider making your purchase a donation to St. Bernard Project.

### III. Planning Your Trip

- a. General Packing List
- b. Housing
- c. Transportation

#### A. General Packing List

(Please-mail [volunteer@stbernardproject.org](mailto:volunteer@stbernardproject.org) if there is anything additional that would be helpful to go on this list)

##### Forms

- € Signed volunteer participant liability release form (Bring to orientation)
- € Signed safety release form (Bring to orientation)
- € Positive, open attitude

##### Clothes

- € Volunteer clothes (things you don't mind getting dirty or getting paint on)
- € A long sleeve shirt and long pants on your first day to change into in case you're doing insulation (trust us, you want to be covered up)
- € Remember there is always a chance for rain in New Orleans!
- € Sunglasses, hat or bandana in case you are working outside or if you don't want paint in your hair
- € Sturdy tennis shoes and/or work boots

##### Toiletries

- € Depending on lodging: towel, pillow, sleeping bag, cot or air mattress, shower shoes, flashlight
- € Medicines/Vitamins/Antacid Tablets

##### For the work day

- € Packed lunch and/or snacks (or visit one of the many newly reopened restaurants)
- € Plenty of drinking water
- € Camera and batteries
- € Free time entertainment (journal, cards, books...see the recommended reading list)
- € Insect repellent
- € Sunscreen
- € Tools! We have tools for volunteers, but bringing your own lets others use the ones we have. Please mark tools to prevent mix-ups (ours are marked with neon green paint)

**B. Housing-** St. Bernard Project cannot provide housing, transportation or meals for volunteers. Listed below are some suggestions of places to stay and transportation options. *(If you find additional housing options that you think should be added to the list please e-mail [volunteer@stbernardproject.org](mailto:volunteer@stbernardproject.org).)*

### **Housing Accommodations within the Parish**

#### **Camp Hope- Volunteer Camp**

**a:** 1201 Bayou Rd., St. Bernard, LA 70085      **p:** 504.872.0676, **f:** 504.301.1672

**w:** [http://www.habitat-nola.org/camp\\_hope/index.php](http://www.habitat-nola.org/camp_hope/index.php)

**Description/Cost:** Camp Hope is a school that has been converted into volunteer housing and includes three meals. It's rustic so please bring blankets and towels. \$150/person/week. **Make sure you tell them you are working with St. Bernard Project not St. Bernard Parish Recovery Project.**

#### **Live St. Bernard**

**a:** Arabi, LA 70032      **p:** 504.292.8115      **w:** [www.livestbernard.org](http://www.livestbernard.org)      **e:** [livestbernard@gmail.com](mailto:livestbernard@gmail.com)

**Description/Cost:** Live St. Bernard is a three bedroom, two bath house furnished with bunk beds (enough to house 12), full kitchen (no meals provided), linens and within one mile of St. Bernard Project. \$10/per person/per night.

#### **The Volunteer House**

**a:** Violet, LA      **p:** Jessica: 714.686.1834 or 714-813-6143      **w:** [www.volunteerhouse.org](http://www.volunteerhouse.org)

**e:** [shanegrimes@roadrunner.com](mailto:shanegrimes@roadrunner.com) or [jessegrimes@earthlink.net](mailto:jessegrimes@earthlink.net)

**Description/Cost:** The Volunteer House is a four bedroom, two-bath house that can hold 20 people, on 9 bunk beds and 2 roll away beds. \$20/per person/per night. Ask about group specials.

### **Housing Accommodations in or near the French Quarter**

#### **B&W Courtyards**

**a:** 2425 Chartres Street New Orleans, LA 70117      **p:** 800-585-5731 or 504-945-9418

**Description/Cost:** Bed and Breakfast. Discounted price for volunteers is between \$79 - \$99/night depending on the length of time the group plans to stay.

#### **Depot House**

**a:** 748 O'Keefe, New Orleans, LA 70113      **p:** 504.529.2952      **e:** [dhilton111@aol.com](mailto:dhilton111@aol.com)

**Description:** Owned by the Hiltons (St. Charles Guest House), this B&B is in the Warehouse District about seven blocks from the French Quarter.

#### **La Maison Marigny**

**a:** 1421 Bourbon St., New Orleans LA 70116      **p:** 504.948.3638

**Description/Cost:** Owner John Ramsey offers volunteers a rate of \$99/night (upon availability) and during the summer, a discounted rate of \$79/night is offered. It is located just outside the French Quarter and is close to the Parish.

#### **Holiday Inn - French Quarter-Chateau Lemoyne**

**a:** 301 Rue Dauphine, New Orleans, LA 70112      **p:** 504.581.1303

**Description/Cost:** Offers volunteers a rate of \$79/night Sunday – Thursday, \$149 over weekends, depending on availability. Contact Tammy Biller or Chu Tran and ask about the hurricane relief rate.

#### **Hotel Provincial**

**a:** 1024 Chartres, New Orleans, LA 70116      **p:** 504.581.4995

**Description/Cost:** Offers volunteer rate of \$69/night if they have availability. You will need a letter from us to prove your volunteer status.

## Housing Accommodations in the Garden District

### **St. Charles Guest House**

**a:** 1748 Prytania St., New Orleans, LA, 70130      **p:** 504 523 6556      **e:** [dhilton111@aol.com](mailto:dhilton111@aol.com)

**Description/Cost:** Located in the Lower Garden District, simple, affordable accommodations. Rates from \$20-\$60/night.

## Housing Accommodations in Metairie

### **Celebration Church**

**a:** 2001 Airline Dr., Metairie LA 70001    **Contact:** Toni Collins    **p:** 504-324-9685 or 504-272-5228

**e:** [tonic@celebrationchurch.org](mailto:tonic@celebrationchurch.org)

**Description/Cost:** The Church holds up to 100 people and provides continental breakfast, sack lunch and dinner. \$25/person/night

### **Good Shepherd UCC**

**a:** 5122 W. Esplanade Ave., Metairie, LA 70006 **p:** 504.234.7608      **e:** [office@gsucc.com](mailto:office@gsucc.com)

**Description/Cost:** Bunk beds for 20 to 25 in two separate buildings and the spill over in rooms in the fellowship hall which consists of a gymnasium, full commercial kitchen, three showers and restrooms and classrooms. Groups prepare their own meals. \$10/night or \$50/week per person

## **C. Transportation**

Please remember that St. Bernard Project cannot provide transportation for volunteers to and from sites. All volunteers will need to find a ride from the office to the work site on the first day after orientation.

Past volunteers have said that renting a vehicle gives you the most flexibility and will provide the best experience!

## Rental Car Information

### **Dollar Rent-a-car**

Corporate code: BR0878

5% off the lowest price

[www.dollar.com](http://www.dollar.com)

1-800-800-4000

### **Enterprise**

Corporate account: 14N0959

Online password: HAB

[www.enterprise.com](http://www.enterprise.com)

1-800-rent-a-car

### **Hertz**

CDP discount code: 1696501

5-20% off

[www.hertz.com](http://www.hertz.com)

1-800-654-313

## Cab Companies

**Taxi Boogie**      (504) 279-5555 or (504) 421-2752 or (985) 886-9477

**United Cabs Inc.**      (504) 522-9771 or (504) 524-9606 or [www.unitedcabs.com](http://www.unitedcabs.com)

## **D. Recommended Readings and Viewings**

These are not a requirement. This is just a list of books and movies that capture St. Bernard Parish, New Orleans, Louisiana and/Hurricanes Katrina and Rita put together by past volunteers and residents. *(If you encounter additional resources that you think should be added to the list please e-mail [volunteer@stbernardproject.org](mailto:volunteer@stbernardproject.org).)*

### **Books**

1. Queen of the Turtle Derby, Reed, Julia.
2. Letters from New Orleans, Walker, Rob.
3. Confederacy of Dunces, Toole, John Kennedy
4. 1 Dead in Attic, Rose, Chris.
5. Down in New Orleans, Southern, Billy
6. The Great Deluge, Brinkley, Douglass

### **Movies**

1. "When the Levees Broke." Spike Lee.
2. "Jazz" Ken Burns

## **E. Recommended Activities**

Please visit the Web site ([www.stbernardproject.org](http://www.stbernardproject.org)) In the Volunteer section open the FAQ's and you will find a list of activities in the Greater New Orleans Area.

## **F. Recommended Restaurants**

Please visit the Web site ([www.stbernardproject.org](http://www.stbernardproject.org)) In the Volunteer section open the FAQ's and you will find a list of recommended restaurants in the Greater New Orleans Area.

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## IV. Tips and Suggestions

### **Be flexible!**

Where will I be working? What will I be doing? What time should I arrive?

These are all important questions, but please be patient and understanding when waiting for responses. We are a small team and it may take us a few days to respond to calls or e-mails. Situations change on a daily and sometimes hourly basis, **so come with an open mind and a flexible attitude**. There is plenty to do, but sometimes it takes us a while to determine where we will send you to do it. Some tasks are more fun than others, but every day of work puts a family that much closer to moving in. Remember that although we are not a construction company, we are working on construction projects and sometimes unforeseen issues come up at a house that we're working on. *We limit the amount of volunteers (and plan for that number) at each house so please do not move to other houses without letting us know.* It might mean that you or others don't have enough work or tools.

### **Work Carefully**

You're working on someone's house, so please try to be as careful as possible when performing a task. Follow the guidelines that the site supervisor gives you. We can fix most mistakes but this will mean a delay in the project which translates into a family waiting even longer to be able to move into their home.

### **Safety**

Please be careful on the job site. Power tools are awesome but can do serious damage to fingers and limbs. If you have asthma, bring your inhaler. If you have chronic joint pain, don't volunteer for work that will aggravate it. Stay hydrated. Be careful climbing ladders and benches, lifting sheetrock – just use common sense!

### **Sensitivity**

Please be sensitive when communicating with families. Don't make ANY promises. Don't tell them you're going to finish their house. Don't tell them you'll be back tomorrow if you're not sure you can keep that promise. Be a good listener – sometimes our clients just want to talk; however, even if you think you know how they feel, don't tell them that. Some people take offense to that comment. Again, use common sense.

We ask that volunteers provide their own lunches. While our families occasionally provide lunch, not all families are financially able to feed all individuals and groups. Come prepared and please do not ask homeowners for food. On the other hand, if homeowners do prepare food, please accept graciously, this is their way of thanking you for all your hard work!

Respect the house you're working on. This is someone's home and they come in frequently to check on progress. Please do not draw or write inappropriate things on the drywall. And please, please do not use pen to write on the sheetrock-it will show up later. A note to smokers – please do not smoke in the houses. Clean up butts.

### **Ways to help beyond direct work**

If you can't make it down as a volunteer, there are other ways to help. If you have friends who are lawyers, ask if they could provide free legal assistance to families stuck in legal battles. If you'd like to make donations, we accept tools for our tool co-op, working office supplies (including computers) and funds. Our Support-A-Family Network allows you to fundraise for a specific family's needs.

*One last thing – while we encourage our volunteers to explore and enjoy New Orleans, if you commit to volunteering with us, please don't enjoy the city so much that you can't work the next morning!*

## **V. Volunteer Release Forms**

All volunteers must sign volunteer release forms. Please fill out the volunteer participant liability release form and safety release form prior to your arrival and bring the forms to the office on your first day. A member of the volunteer department will collect the forms from you during the orientation.

Group leaders please make sure that all members of your group have completed these forms prior to the orientation.

If you or anyone in your group is under 18, please have a parent or guardian sign the volunteer participant liability release form.

Read before signing, as this constitutes the agreement as a volunteer and the understanding of your working relationship with St. Bernard Project.

Please print all information clearly.

Fill out the forms entirely.

With proper tracking we can:

1. Update you on the progress of the home(s) on which you work via e-mail.
2. Raise funds by submitting accurate grant proposals including volunteer hours.
3. Properly recognize you (and your group) for your continual investment in “da Parish.”

**Thank you for your cooperation!**



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## Volunteer Participant Liability Release Form

*(Please read before signing, as this constitutes the agreement as a volunteer and the understanding of your working relationship with St. Bernard Project. Please print all information clearly. **If you are under 18, please have a parent or guardian sign this agreement ahead of time if they will not be coming with you.**)*

I, \_\_\_\_\_, acknowledge and state the following: I have chosen to travel to the work site to perform cleanup/construction work in disaster relief.

I understand that this work entails a risk of physical injury and often involves hard physical labor, heavy lifting and other strenuous activity; and that some activities may take place on ladders and building framing other than ground level. I certify that I am in good health and physically able to perform this type of work.

I understand that I am engaging in this project at my own risk. I understand that this is a “grass roots” activity to support individuals adversely affected by the disaster. I assume all risk and responsibility for any damage or injury to my property or any personal injury which I may sustain while involved in this project and related material costs and expenses.

In the event that my supervising disaster organization arranges accommodations, I understand that they are not responsible or liable for my personal effects and property and that they will not provide lock up or security for any items. I will hold them harmless in the event of theft or for loss resulting from any source or cause. I further understand that I am to abide by whatever rules and regulations may be in effect for the accommodations at that time.

By my signature, for myself, my estate and my heirs, I release, discharge, indemnify and forever hold St. Bernard Project, together with its officers, agents, servants and employees, harmless from any and all causes of action arising from my participation in this project and travel or lodging associated therewith, including any damages which may be caused by their own negligence.

**Signature:** X \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Name** \_\_\_\_\_ **Parent's Signature** \_\_\_\_\_

*(Required if under 18)*

**Group Name:** \_\_\_\_\_ **Dates volunteered:** \_\_\_\_\_ **to** \_\_\_\_\_

**E-mail:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Closest Major City:** \_\_\_\_\_

### Emergency Contact Info

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Alternate Phone:** \_\_\_\_\_



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## Volunteer Safety Release Form

*(Please read before signing as this constitutes an agreement with St. Bernard Project. Your safety is of the utmost importance. Review the following safety precautions before you begin working.)*

I, \_\_\_\_\_, acknowledge and state the following: I have chosen to travel to the worksite to perform cleanup/construction work in disaster relief and rebuilding. I hereby agree to abide by the safety precautions outlined below.

- Each house is equipped with a first aid kit. Ask your site supervisor where it is.
- If you have an accident, report it immediately to your site supervisor.
- Stay hydrated; if you find yourself with a case of the “umbles” (mumbling, fumbling, grumbling, stumbling, etc.), take a water break!
- Make sure to eat your lunch. You need your energy!
- Take water breaks, it’s hot out there! (And sometimes it’s cold, too.)
- Make sure you are properly trained on the tools you are using. If you are not sure about how to use a tool or have a question, ask your site supervisor.
- Always be aware of your surroundings. If you are swinging a tool, know your “blood circle.” That is, if you are swinging a tool, make sure there is no one within hitting distance.
- Please clean up after yourself and others. The worksite should always be clear of debris. Additionally, the last 30 minutes of each work day is dedicated clean-up time.
- When using utility knives, saws and other sharp objects, cut away from yourself and others.
- Remember ladder and bench safety: the ladder or bench should be in a locked position on stable ground. For added protection, have a spotter on the ground next to you!
- When lifting heavy objects, use your legs and keep your back straight. Back injuries are common and hard to fix!
- Know your limits! If you are not comfortable doing something, talk to your site supervisor! They are happy to assist you or give you a new task.
- **If there is a medical emergency call 911. Know the address of the house.**

Your safety is important to us! Please be careful and aware! And have a great time!

I agree to abide by the safety precautions mentioned in this document. By my signature, for myself, my estate and my heirs, I release, discharge, indemnify and forever hold St. Bernard Project, together with its officers, agents, servants and employees, harmless from any and all causes of action arising from my participation in this project and travel or lodging associated therewith, including any damages which may be caused by their negligence.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_ **Volunteer Dates:** \_\_\_\_\_ **to** \_\_\_\_\_

