

**Food Shuttle Farm Volunteer Policies & Procedures**

*ALL volunteers must have a signed waiver form prior to*

*volunteering.*

*Children under 18 must have waiver filled out by a parent or*

*guardian.*

**What to wear:**

* Please dress appropriately for farm work in clothing that you don’t mind getting dirty.
* Wear closed-toe shoes. NO OPEN TOE Shoes or sandals allowed.
* We recommend wearing long pants when volunteering.

**What to bring:**

* A personal water bottle, hat, sunscreen, and bug spray are recommended.
* *Food Shuttle Farm* does provide gloves, but please feel free to bring your own.
* **Volunteers with allergies (bees, plants, etc.) should bring any**

**medication they might need to the farm.**

**What you might be doing:**

* Workdays typically include light to medium physical labor that may include raking, hoeing, planting, weeding, hauling, mulching, and harvesting produce.
* Stop for a water break any time you want! It is important to stay hydrated.
* Volunteers should work at own pace and be cognizant of their limits and conditions.

**Facilities:**

* Hand washing on the farm is very important. Volunteers must wash hands before entering the fields and before handling any harvested food.
* Hand wash facilities are located inside the barn.

**Other:**

* The *Food Shuttle Farm* is not responsible for your personal belongings.
* No pets allowed on the farm.
* If you are sick, please do not come to the Farm.
* Call Volunteer Manager to reschedule your volunteer experience.
* **Volunteers must be 13 years old to volunteer. Minors 15 years old and younger must be accompanied by an adult.**
* **1 adult/4 youth volunteers is the ratio needed to volunteer if volunteering with a group**

**Weather:**

**Volunteer work at the farm is subject to weather conditions.**

**Rain/Thunder/Lightning:** Rain before or during scheduled volunteer times may force the

cancellation of the workday. If there is thunder and lightning, IFFS policy

requires that volunteers return to their vehicles at the first sound of nearby

thunder and remain in the vehicles until 30 minutes after the last thunder

event.  If there is a heavy downpour, work will be canceled.

·

**Heat:**  If there is a "Heat Advisory," farm work will continue, but volunteers may want to consider rescheduling their work. If a "Heat Warning" is forecast, then there will be no volunteer

activities for that day.

**Cold Weather:** Anytime that the temperature is less than 40 degrees Fahrenheit (4.4 degrees Celsius) volunteer operations may be subject to cancel at the farm’s discretion.

* **Each volunteer should decide whether to work on any given day based on your personal limitations and comfort level.**

**Directions:**

**2300 Dover Farm Rd, Raleigh**:

From I-40, take exit 295, Gorman St.  At the stop sign, turn toward Tryon Rd.  At the intersection of Gorman St and Tryon Rd., take a right onto Tryon. Follow Tryon about 1mi. to Dover Farm Rd. on the left.  Turn left onto Dover Farm Rd. The Food Shuttle Farm is the first right into the gravel driveway on Dover Farm Rd.

**Parking:** Please follow the gravel drive to park in front of the tree line

just past the porta-john. You will see a sign directing you were you can find

volunteer parking. We do encourage carpooling.