

# OKINES

## Community Garden Volunteer Registration Form

All information will be kept confidential.

### Personal details

Name \_\_\_\_\_ Gender \_\_\_\_\_ Today's Date \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_ post code \_\_\_\_\_

Home phone \_\_\_\_\_ Work/ mobile phone \_\_\_\_\_

Email address \_\_\_\_\_ Date of birth \_\_\_/\_\_\_/\_\_\_

Relevant health or physical information (eg pre-existing injuries)? \_\_\_\_\_  
\_\_\_\_\_

In case of emergency, please notify \_\_\_\_\_ Phone \_\_\_\_\_

Relationship to you \_\_\_\_\_

### What days and times are you available?

	Times
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

### How often do you want to participate?

- Once or more a week
- Once a fortnight
- Once a month
- Special projects/ events

### What activities would you like to be involved with at the Community Garden?

- Gardening
- Nursery
- Infrastructure
- Compost/ worm farm
- School groups
- Garden tours
- Facilitating workshops
- Administration/ office work
- Writing articles for newsletter
- Mail outs
- Promotion/ publicity/ media
- Stalls/ displays at events
- Organising events
- Research
- Arts projects
- Others \_\_\_\_\_

What are your reasons for volunteering? \_\_\_\_\_

\_\_\_\_\_

What do you want to gain from volunteering at the community garden? \_\_\_\_\_

\_\_\_\_\_

What skills, knowledge, and experience could you contribute through volunteering? \_\_\_\_\_

\_\_\_\_\_

Please sign the book in the shed every time you start any work in the garden. If this is your first time here get one of the co-ordinators to show you around.

## GUIDELINES for volunteering...

We encourage community gardeners to work safely, and to take reasonable care to protect their own health and safety by:

- Working within their own personal limitations to avoid injury to themselves and others;
- Ensuring that they don't overload wheelbarrows;
- Following back care guidelines when lifting;
- Keeping the garden area tidy;
- Wearing sun hats, sunscreen, gloves and protective footwear as required (sunscreen and gloves can be found in the shed);
- Following guidelines on handling potting mix and compost – ie wear gloves and keep products moist to avoid breathing dusts, and particles when handling. Wash hands immediately after use.

We encourage gardeners to ensure that their tetanus vaccinations are up to date.

This is a great place for children but they do need to be supervised by parents or caregivers. Because of the risks of breathing in dust and particles, kids must not use the soil, compost or manure piles for digging in (there is a sand pit by the gum tree for digging), and should wear shoes at all times.

There is a first aid kit in the shed, please talk to the co-ordinators and complete an incident report form if any first aid is required.

Volunteers are encouraged to discuss ideas, visions and concepts with the coordinators so that the garden continues to evolve and grow from the voices of the community.