



# FOODCYCLE CORONAVIRUS RESPONSE

## COVID-19 volunteering guidance for volunteers who are in 'at risk categories'

### Who is this guidance for?

This guidance is for everyone who has been identified as [clinically extremely vulnerable](#) and are deemed 'high risk' in relation to catching COVID-19 or [clinically vulnerable](#) and are deemed as 'moderate risk' to catching COVID-19.

This guidance has been updated to support volunteers in high and moderate risk categories in protecting themselves from exposure to COVID-19. All advice given is based on risks involved in different volunteering activities and current government advice and legislation, if risks or government advice changes the policy will also.

### Over 70 and or Clinically Vulnerable

If you are over 70 or clinically vulnerable, you can volunteer outside your home with FoodCycle, in order to do so you will need to complete a risk assessment with your regional manager before volunteering if this is volunteering outside of your own home.

Some volunteering roles come with greater risks than others. For example, volunteering in a project handing out meals will be riskier than driving food surplus where you can limit the number of people you are in contact with. Sometimes it won't be obvious how risky your role is. The following questions can help you to think through the risks you must be able to answer and show how you are mitigating **3 out of the 4 risk** below in order to volunteer outside of your home:

1. Will you have face-to-face contact with people you don't live with?
2. Will you be in contact with the same people each time or different people? The more people you come into contact with the greater the risk of transmission.
3. Will you be around people who may be more exposed to COVID-19? For example, health professionals, key workers?
4. Will you be able to socially distance from other people?

It might be possible for you to adapt your role to make it safer. Your regional manager will explore the following:

- Could you volunteer from home, for example over the phone or online such as admin support for the project?
- Could you volunteer in a separate space to other volunteers?
- Are you able to volunteer in an outdoor space rather than inside?

- Are you able to socially distance from other people while volunteering?
- Could you make sure you only volunteer with the same people each time?

Please contact your Regional Manager, to discuss this further or email [projects@foodcycle.org.uk](mailto:projects@foodcycle.org.uk)

## Clinically Extremely Vulnerable Volunteer

If you are clinically extremely vulnerable you should be minimising the amount of time you spend with other people outside your support bubbles. Depending on the location on where you live you may get advised to shield.

We recommend that if you are in the Clinically Extremely Vulnerable Category that you **do not** volunteer for FoodCycle outside of your home. This is to limit the potential exposure of COVID-19 to you.

We have different opportunities that you can actively volunteer with from check-in chat calls to admin support of projects.

Please contact your regional manager, to discuss this further [projects@foodcycle.org.uk](mailto:projects@foodcycle.org.uk)

## Regional Contact Details

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