



FOODCYCLE CORONAVIRUS RESPONSE

COVID-19 volunteering guidance for volunteers who are Clinically Extremely Vulnerable (CEV)

Who is this guidance for?

This guidance is for everyone who has been identified as [Critically Extremely Vulnerable \(CEV\)](#) and are deemed 'high risk' in relation to having a server illness from COVID-19.

This guidance has been updated to support volunteers in high-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.

Changes from 1st April 2021

If you are clinically extremely vulnerable, you are no longer advised to shield. However, you should continue to follow the [guidance for people who are clinically extremely vulnerable](#) and are advised to continue taking extra precautions to protect yourself. It is important that you continue to keep the number of social interactions that you have low and try to limit the amount of time you spend in settings where it is difficult to maintain social distancing.

If you have been vaccinated against COVID-19

To help protect yourself and your friends, family, and community you should continue to follow all of the guidance on this page even if you've been [vaccinated against COVID-19](#).

The vaccines have been shown to reduce the likelihood of severe illness in most people. Like all medicines, no vaccine is completely effective, so those who have received the vaccine should continue to take recommended precautions to avoid infection.

We do not know by how much the vaccine stops COVID-19 from spreading. Even if you have been vaccinated, you could still spread COVID-19 to others.

Volunteering when in CEV category

If you are clinically extremely vulnerable, it is still advised that you reduce the amount of people that you interact with. You can volunteer outside your home with FoodCycle, however we recommend that you take part in our virtual volunteer opportunities, please get in touch with your regional manager to find out more.

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 or calling us on **020 7729 2775**