



## GUIDELINES FOR NEW YORK CITY PARK VOLUNTEERS

Last Updated: October 13, 2020

Thank you for your interest in volunteering for NYC Parks during this unprecedented time. As a result of many facility closures to reduce the spread of COVID-19, parks have become more important than ever for New Yorkers, providing space for exercise, access to nature, and a change of scenery from their homes. Our parks are being used more than ever during this crisis and any help that you can offer is greatly needed and appreciated.

In order to ensure your health and safety, in addition to the health and safety of park patrons and NYC Parks staff, please make sure to follow the guidelines from the [nyc.gov](https://nyc.gov/volunteer) volunteer page and listed below while volunteering for NYC Parks. We ask you to review this entire document thoroughly and keep it accessible in order to review as needed. **Please Note: failure to abide by these guidelines may lead to a suspension of your individual and your group's ability to volunteer for NYC Parks.**

- Perform a self-health check at home to see if you may be sick with the coronavirus. If you exhibit any of the following symptoms, do NOT volunteer. ○ Cough ○ Shortness of breath or difficulty breathing ○ Fever ○ Chills ○ Muscle pain ○ Sore throat ○ New loss of taste or smell
- Wear a face covering. People who do not show symptoms may still be able to spread COVID-19. A face covering can help prevent you from spreading COVID-19 to other people, so you should wear one whenever you leave home and cannot maintain at least six feet of distance from others.
- Keep at least six feet between you and others and do not touch others.
- Wash your hands often, including at the start and end of your volunteer project. Use soap and water and scrub for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Litter pick-up -- **If you find a needle, other drug paraphernalia, or other sharp objects please do not handle it. Call a Parks staff member or 311 to notify them instead.**
- Weeding -- If you are weeding in garden beds and have any doubt about a particular plant being a weed, please do NOT remove it. Some plants are slow-growing and can be expensive.

### Volunteer Release – Please Read

We appreciate your commitment to the maintenance and improvement of Morningside Park! By signing up to volunteer, you agree to the following release and waiver form which shall be in effect for one year from the date of signing. I assume and accept the risks related to my participation in this activity and I further discharge and release the Friends of Morningside Park, Inc. (FMP), their respective event leaders, their committees and Board of Directors, and all sponsoring or related organizations, including governmental agencies, if, any, and all of the prior organizations respective agents, boards, employers and representatives from any and all liability arising out of or connected in any way with my participation in this activity and/or event, whether or not caused by the negligence of any of the above parties. I further acknowledge that first aid, medical or other services rendered to me by, or at the recommendation of any of the parties mentioned above is not an admission of liability. I also agree that this Release is intended to be as broad as permitted by the laws of the State of New York and that it shall be governed by the laws of the State of New York.

**Thank you for volunteering for NYC Parks & with Friends of Morningside Park!**