



Training For Life, One Step At A Time

STUDENTS RUN OAKLAND VOLUNTEER CONTRACT SUMMARY / FACT SHEET

Students Run Oakland (SRO) is delighted that you have expressed interest in volunteering with the organization. We believe that one way to maximize everyone's investment into the organization is to provide clear information regarding what SRO expects from its volunteers and what the volunteers can expect from SRO. The following Contract Summary / Fact Sheet is intended to do this. Please feel free to ask the SRO Volunteer Coordinator or Executive Director to clarify any of the items below should you have any questions.

1. No consumption of alcoholic beverages or drugs at Students Run Oakland events.
2. No language or behavior that may be interpreted as sexually suggestive.
3. No aggressive, insulting, threatening or violent behavior directed toward students, other volunteers or staff members at any SRO event.
4. Please be prompt to all events. If you cannot be present for the entire event, please contact the Volunteer Coordinator beforehand to discuss.
5. If you are asked to drop off a student after a training run, plan to stay at the drop off site until you are completely sure that the student is safe
6. All volunteers must be fingerprinted before running with Students. The \$25.00 fee for this service will be passed on to the volunteers
7. SRO assumes no responsibility for injuries and/or medical expenses incurred by a volunteer at SRO events. Volunteers must maintain their own medical insurance.
8. Volunteers are expected to be present at least twice a month at the week-end runs.
9. Volunteers are expected to provide support with the week-end waterstop / aid stations at least twice during the season.
10. If you wish to bring a friend to a run, you must notify the Volunteer Coordinator in advance and your friend must stay with you at all times.
11. Volunteers are expected to act with respect and decency at all times, and to represent SRO in a positive manner.
12. We encourage you to interact with and get to know the students during the weekend runs. However, if you start to develop a relationship with an SRO student outside the runs - you must promptly notify the Volunteer Coordinator.

13. Do not provide money or anything of value to an SRO student without first discussing the situation with the Volunteer Coordinator and/or the Executive Director.
14. Please notify the Volunteer Coordinator / Executive Director promptly if you have any concerns regarding a situation that may put you and/or a student at risk.
15. By volunteering with SRO, you are agreeing to adhere to the program developed by this organization. In particular, you are agreeing to assist SRO in enforcing its rules and regulations concerning the students.
16. Bicycles (allowed if pre-approved and use in a support role), skate boards, baby joggers, roller skates or inline skates, animals and music devices of any type are not allowed at SRO events except with the express authorization of the Executive Director.
17. Volunteers are encouraged to travel to Los Angeles for the marathon. For those that do make the trip to Los Angeles, please note the following cost structure:

Trip Item	Paid by SRO	Paid by Volunteer
Marathon Entry Fee	SRO	---
Airfare to / from Los Angeles	---	Volunteer
Hotel Room for 2 nights in LA. 2 Volunteers to share 1 room	---	Each volunteer pays for 1 room night
Transport in Los Angeles	SRO	---
Meals	SRO provides: Sat. Carbo Load Dinner Sun. Breakfast, Lunch, Dinner Mon. Breakfast	Volunteer Responsible for: Sat. Breakfast, Lunch Mon. Lunch in LA

18. SRO may terminate your services at any time.
19. SRO may provide a variety of clinics for the Volunteers during the season at no cost to the Volunteers. If you are able to attend, it will support you in your SRO experience.
 - CPR / First Aid
 - Running
 - Sports Medicine / Injury Prevention
 - Mentoring
 - Nutrition
20. SRO strongly recommends that volunteers get medical exams before participating. Your marathon training schedule is your responsibility, but the SRO coach will be available for training advice to help prepare you for your marathon as you support the SRO Students.
21. SRO strives to communicate to our Volunteers in a timely and effective manner, we expect the same of our Volunteers.

Again, we sincerely thank you for your interest in volunteering with SRO. For those of you who elect to sign the contract and become a volunteer with us, we hope that it will be a positive and very rewarding experience for you.

(Volunteer Signature) (Date) (SRO Representative Signature) (Date)