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Website: [www.valochaber.org](http://www.valochaber.org)

### **Community Volunteer Declaration**

As a member of this Voluntary service I will uphold the privacy, dignity and respect of those I voluntarily help in the community.

I will make sure that I keep my hygiene standards high, washing my hands regularly and not touching surfaces unnecessarily and if so, washing my hands as soon as I can. I will keep myself at 2m from other people to protect everyone from Covid – 19.

As a group we will not offer to drive people anywhere under any circumstances given the contagious nature of the virus.

To be required to work as a volunteer I confirm that

- I am well and have no symptoms like a cough or high temperature and neither does anybody in my household
- I am under 70
- I am not pregnant
- I do not have any long-term health conditions that make me vulnerable to coronavirus

Signed: