

Littleton Community Farm Volunteer Form

Thank you for volunteering! We hope you enjoy your time, learn about organic farming and connect with other community members. You are important to us because you are helping to support our community food supply. Please let us know how we can help make your volunteer experience enjoyable.

To help ensure smooth sailing, please note the following:

- **Community Farm Rules and Ethics:**
 - Make sure to wear **close-toed shoes** (no sandals or open-toed shoes) – it's required while working on the farm, so we all stay injury-free.
 - If you have questions, are unclear on instructions, or don't know how or what to do, **PLEASE ASK!**
 - When you're done with a task, **clean up all tools and materials immediately.** If you don't know where something goes, ask staff or put it back where and how you found it.
 - If you see something broken or out of place, **let us know** so we can fix it.
 - **Be safe.** We want to work hard and efficiently, while also remaining injury-free. Make sure to drink water, take breaks and pace yourself as needed.
- **WE LOVE VOLUNTEERS**, especially frequent volunteers and volunteer groups. If you have a **group** you'd like to bring, or if you volunteer frequently and would like to become a **Lead Volunteer**, please let us know.

We hope you *HAVE A GOOD TIME, COME BACK* and *SPREAD THE WORD!*

Please read and sign back page →

Littleton Community Farm
RELEASE AND WAIVER OF LIABILITY
Please read carefully before signing

In consideration for allowing me to participate in activities sponsored by Littleton Community Farm (hereinafter "LCF") and to enter upon the land on which such activities occur, I, for myself, my next of kin, my heirs, personal representatives, executors and administrators, do hereby release, forever discharge, and covenant not to sue LCF, its staff, officers, directors, or members, lessees or owners of land upon which LCF's activities occur, their agents, representatives, successors and assigns, and each and every related entity, even if not specifically named (hereinafter collectively called the "Releasees") from all liabilities, claims, actions, damages, costs or expenses which I may have against them arising out of or in any way connected with my participation in the activities sponsored by the Releasees, or arising out of strict liability or ordinary negligence of the Releasees which causes the undersigned injury, death or property damages, including injuries which may be suffered by me before, during or after my entry upon the land or participation in such activities. I understand that this waiver includes any claims based on negligence, action or inaction of any of the Releasees. I voluntarily choose to participate in the activities sponsored by the Releasees, and I acknowledge that I am not required to participate in the activities sponsored by the Releasees or to enter upon the land upon which such activities take place.

I understand that my participation in the activities sponsored by the Releasees may involve inherent dangers from natural elements, tools and machinery which I appreciate and which risk I voluntarily assume because I choose to do so.

I attest that I am in good health and physically capable of participating in all farm-related activities. I do not have any health issues that would pose a risk or liability or impede my ability to perform the volunteer work presented to me.

No oral representations or inducements have been made to me to sign this waiver/release. If any portion of this waiver/release is held invalid, it is agreed that the balance thereof shall continue in full legal force and effect.

I hereby assume full responsibility for and risk of bodily injury, death or property damage due to the negligence of the Releasees or otherwise.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY.

DATED: _____

NAME (print): _____

SIGNATURE: _____