



RMHC®

Southern West Virginia



# MEAL PROGRAM VOLUNTEERS

**Want to help Ronald McDonald House families by preparing a delicious, home-cooked meal? Sign up today to prepare a meal at the Ronald McDonald House!**

- Max 10 volunteers per group
- All health and hygiene protocols must be followed, including wearing food prep gloves (provided by RMHC).
- Anyone under the age of 18 must be accompanied by an adult at all times.

## Preparing Your Meal

- All food preparation and cooking must be done on RMHC property or in a commercially licensed kitchen in order for us to comply with health and safety regulations.
- We recommend contacting the House the day prior to your scheduled date to get an estimate of how many guests are staying at the House.
- Store-bought items must be in original, unopened packaging.

## What to Expect

- Please bring all the ingredients that your meal will require. Before opening your condiments please check our House pantry and refrigerator for any open condiments and/or anything you would like to add to your meal.
- We ask that you clean up after yourselves once you are finished preparing your meal, washing and putting away any dishes that have been used and taking out the trash.

## Your Volunteer Group

- If this is your first time preparing a meal at the House, all volunteers in your group will need to complete a liability waiver prior to beginning.
- For the welfare of the families, individuals suffering from a cold or contagious illness should not volunteer at the House.

Sign Up to  
Prepare a Meal at  
[CharlestonRMHC.org](http://CharlestonRMHC.org)

## Questions?

Contact us at (304) 346-0279 or at  
[Info@CharlestonRMHC.org](mailto:Info@CharlestonRMHC.org)



**Ronald McDonald  
House Charities®  
Southern West Virginia**

**Volunteer Waiver of Liability**

This Release and Volunteer Waiver of Liability (the "Release") is hereby executed on this \_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_ by \_\_\_\_\_ (the "Volunteer") in favor of Ronald McDonald House Charities of Southern WV, Inc., a non-profit corporation, its' officers, directors, employees, and agents (collectively, "RMHC").

The Volunteer desires to work as a volunteer for RMHC and engage in the activities related to being a volunteer (the "Activities"). The Volunteer understands that the Activities may include light housekeeping, cooking, filing, answering telephones, assisting with special events and fundraisers, and occasional lifting up to 20 pounds.

Release and Waiver: The Volunteer does hereby release and forever discharge and hold harmless RMHC and its successors and assigns from any and all liability, claims, and demands of whatever kind or nature, either in law or in equity, which arise or may hereafter arise from the Volunteer's Activities with RMHC.

The Volunteer understands that this Release discharges RMHC from any liability or claim that the Volunteer may have against RMHC with respect to bodily injury, personal injury, illness, death, or property damage that may result from the Volunteer's Activities with RMHC, whether caused by the negligence of RMHC or its officers, directors, employees, or agents or otherwise. The Volunteer also understands that RMHC does not assume any responsibility for or obligation to provide financial assistance or other assistance, including but not limited to medical, health, or disability insurance in the event of injury or illness.

Medical Treatment: The Volunteer does hereby release and forever discharge RMHC from any claim whatsoever which may arise as a result of any first aid, treatment, or service rendered in connection with the Volunteer's Activities with RMHC.

Assumption of the Risk: The Volunteer hereby expressly and specifically assumes the risk of injury or harm in the Activities and releases RMHC from all liability for injury, illness, death, or property damage resulting from the Activities.

Photo Release: The Volunteer does hereby grant and convey unto RMHC all rights, title, and interest in any and all photographic images and video or audio recordings made by RMHC during the Volunteer's Activities with RMHC, including, but not limited to any royalties, proceeds, or other benefits derived from such photographs or recordings. These materials may appear in any form, style, color, or medium whatsoever, including social media sites like Facebook, Instagram and Twitter.

Other: Volunteer expressly agrees that this Release is intended to be as broad and inclusive as permitted by the laws of the State of West Virginia and that this Release shall be governed by and interpreted in accordance with the laws of the State of West Virginia. Volunteer agrees that in the event that any clause or provision of this Release shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Release, which shall continue to be enforceable.

IN WITNESS WHEREOF, the Volunteer has executed this Release as of the day and year first above written.

Volunteer Name (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Volunteer Signature: \_\_\_\_\_

**\*\*\*If the Volunteer is under the age of 18 a parent or legal guardian must sign\*\*\***

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_