



Inspiring and changing lives through our vibrant running and walking community

This Volunteer Agreement is not a legally binding contract but a mutual understanding of the relationship between Runspire Nottingham and its volunteers.

Our Commitment to You

As a volunteer with Runspire Nottingham, we commit to:

- 1. Induction and Support:**
 - Provide a thorough induction to our organisation, its mission, and your volunteer role.
 - Offer ongoing training, including leadership development and mental health champion opportunities.
- 2. A Welcoming Environment:**
 - Ensure that you feel valued and part of a supportive and inclusive community.
 - Respect and embrace diversity, promoting equality in all aspects of our work.
- 3. Clear Communication:**
 - Keep you informed about policies, procedures, and updates relevant to your role.
 - Provide a point of contact for any questions or support needed.
- 4. Recognition and Feedback:**
 - Recognise your contributions to our programs and the community.
 - Offer regular opportunities for feedback and reflection.
- 5. Safe and Enjoyable Volunteering:**
 - Ensure your safety and wellbeing by maintaining appropriate health and safety measures.
 - Provide insurance to cover your activities as part of our organisation.

Your Commitment to Us

As a volunteer with Runspire Nottingham, we ask you to:

- 1. Embrace Our Mission and Values:**
 - Support our aim to inspire individuals to adopt active lifestyles and improve mental and physical wellbeing.
- 2. Reliability and Communication:**
 - Fulfill your agreed responsibilities or notify us in advance if unable to attend.
 - Maintain open and respectful communication with team members and participants.
- 3. Respect and Inclusivity:**
 - Treat everyone equally, with respect, kindness, and understanding.
 - Foster a welcoming environment for participants from diverse backgrounds.
- 4. Health and Safety:**
 - Adhere to health and safety guidelines during sessions.
 - Report any incidents, concerns, or risks promptly to your designated contact.
- 5. Commitment After Training:**
 - Understand that Runspire Nottingham invests in your development by covering training costs.
 - Commit to volunteering regularly for at least [insert duration, e.g., 6 months] after completing training. If this commitment cannot be fulfilled, you may be required to reimburse training expenses.
- 6. Continuous Learning:**
 - Attend training sessions relevant to your role and contribute to creating a safe, enjoyable, and impactful experience for all.

Agreement

By signing this agreement, both parties acknowledge their commitment to the shared mission of Runspire Nottingham and agree to uphold the responsibilities outlined above.

Volunteer Name:
Signature:
Date:

Runspire Nottingham Representative:
Signature:
Date:



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