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## ECHO Vision

Honoring God by empowering the undernourished with sustainable hunger solutions.

## ECHO Mission

Following Jesus by reducing hunger and improving lives worldwide through partnerships that equip people with agricultural resources and skills.
Welcome

**ECHO Work Teams**

Thank you for your interest in ECHO’s work team missions program! Each year ECHO hosts a number of short-term agricultural missions work teams. ECHO’s core services of providing knowledge, training, and seeds rely heavily on the work of outside work teams. Groups come to assist with the mission of ECHO giving of their heart, time, and talents and leave knowing they have personally made a difference in the lives of farmers around the world.

**Orientation**

Upon arrival, an ECHO staff member will provide an orientation. If arrival is on a Monday, orientation will be around 10 a.m. following ECHO’s Monday morning devotions. Orientation will include the following: an introduction to ECHO, an overview of Global Farm, safety information, distribution of volunteer name tags, and a Global Farm tour. Your team will be dismissed for lunch after the tour and then greeted by an assigned ECHO Supervisor following lunch.
What to Expect

Work Hours
Unless there are predetermined schedules or weather restrictions, works teams will generally work on-site between the hours of 8 a.m. - 5 p.m., with a lunch break from noon - 1:30 p.m.

Work Assignments & Supervision
An ECHO Supervisor will place each work team member in a position that fits their skills and schedule, and corresponds to the farm needs. Each morning the ECHO farm staff meets to assign work projects. Your team’s Supervisor must be informed in advance if you will not be able to come as scheduled since farm projects for work teams take time to prepare. If the Team Leader(s) wishes to have devotions each morning, please speak with your Supervisor to work out a designated time to meet for daily instructions. Please provide daily feedback to your ECHO Supervisor as to how the team is adjusting to the workload and work schedule in order to make any changes, if needed.

Parking
All work teams must park by the Shop or North Campus Housing parking lot as indicated on the map. We ask that you do not park anywhere else on campus unless otherwise instructed by ECHO staff.

Lunch/Break Area
Work teams are responsible for their own meals. ECHO has a large picnic pavilion that can be used for a lunch/break area, but it MUST be reserved in advance on the work team application. The pavilion can hold up to 100 people and is screened in with access to sinks, a refrigerator, and picnic tables. After each meal, we ask that you clean up the area using the appropriate garbage and recycling bins and leave the pavilion as you found it. This will help us to avoid attracting raccoons and rodents to the area. Other areas on campus may be available depending on their availability and holding capacity.

Please Note: Smoking and tobacco products are NOT permitted on ECHO property. Thank you for respecting this to avoid plant disease and fires.
Policies and Procedures

Dress Code
As the entire team will most likely be working out on the Global Farm, please follow the policies below:

Required Supplies for Safety:
- Large refillable water bottle
- Name tag (receive upon arrival)
- Gardening/work gloves
- Closed-toe shoes

General Attire:
- Loose fitting t-shirts that cover the shoulders, light colors preferred
- Knee-length shorts or capris. Please, no running shorts.
- Light work pants or jeans
All work team members must wear their name tags at all times. This identifies you as a work team member to both staff and visitors.

Please dress appropriately according to the attire listed in this guide. Most of the farm and facility jobs are messy and dirty (painting, planting, digging, etc.). Those working in the shop or in construction may need to wear steel-toed boots/shoes for safety. Office work team members may dress in modest business casual attire. We ask that men always keep their shirts on and that women dress modestly. You will be asked to change clothes if not following safety policies.

**Suggested Items (year-round):**
- Gatorade/Powerade
- Bug spray
- Sunscreen
- Hat/sunhat and handkerchief
- Kneeling pad
- Extra change of clothes

**Suggested Items (January - February):**
- Sweatshirt
- Light wind jacket
- Warm hat
- Scarf

**Safety Guidelines**
We will do our very best to provide proper equipment and a safe work environment. However, here a few things to keep in mind:

**First Aid Kits**
Locations: Shop, Break Room in the Visitor Center, Library supply room in the Technical Building, Seed Bank, Appropriate Technology (AT) Office

**Eye Wash Stations**
Locations: Shop, Seed Bank, Research Lab in the Shop

**OSHA Manuals**
Locations: Library, Shop, and HR office in the Visitor Center

**Protective Equipment (PPE)**
Most PPE can be found in the Shop. If you are unsure of what PPE is needed for a given job, please ask your team’s assigned ECHO Supervisor.

**Reporting Injuries**
Report all injuries to your ECHO Supervisor and to the Visitor Center immediately. A written report must be filed with HR.

**DO NOT pick or eat anything, unless offered to you by a member of the ECHO staff. Please do not feed or handle animals unless instructed by an ECHO staff member.**
Golf Carts, Tractors and Equipment

- Gas powered vehicles are NOT to be driven by work team members unless they have been trained. Users of electric golf carts must have prior supervisor approval.
- Must be 18 years old and have a driver’s license to drive farm vehicles.
- Do not exceed the seating capacity of each golf cart (2 per seat).
- Do not stand on golf carts while they are moving.
- Keep off of main tour interior pathways.
- Never drive on public roads (Durrance Rd). Cross at designated crossing sites only.
- Return all vehicles to the Shop or the designated charging station each night.
- Maintain a speed of eight mph (a fast walk) or below.
- Do not ride on trailer or tractor attachments.
- All tools and equipment are to be carefully maintained and returned nightly to its proper location.

Weather

All work team members, visitors, and farm staff must immediately move to the inside of a building with electricity at the first sign of thunder or lightning. Do not attempt to seek shelter in a shed or under a tree.

Heat Safety Guidelines and Awareness

Prevention of Heat Exhaustion & Heat Stroke:

- Monitor self and coworkers
- Block out direct sun or heat sources
- Use cooling fans/air conditioning to bring down temperature
- Rest regularly in the shade
- Keep hydrated by drinking one cup of water every 15 minutes (1 gallon every 4 hours)
- Wear light weight, light colored, loose fitting clothing
- Avoid caffeinated or alcoholic drinks as these can cause dehydration
- Avoid heavy meals during lunch
- Know signs and symptoms

Signs and Symptoms of Heat Exhaustion:

- Headaches
- Dizziness
- Lightheadedness
- Fainting
- Weakness
- Moist skin
- Mood changes/irritability
- Confusion
- Upset stomach
- Vomiting
Signs and Symptoms of Heat Stroke:

- Dry, hot skin with no sweating
- Mental confusion
- Unconsciousness
- Seizures
- Convulsions

Health

If you are planning on volunteering with ECHO, we ask you to please inform us of any pre-existing health conditions that could potentially pose a problem while performing farm labor in subtropical conditions. This includes, but is not limited to, allergic reactions to plants, insects, foods, or any medications that may make you sensitive to the sun, low heat tolerance or any existing tendencies, lifting limitations or physical limitations that may be exacerbated by physical labor. If you are unsure of your general health condition or limits please consult your primary care physician before committing to your trip.

*Team Leaders: It is required for each team member to be covered by health/accident insurance and have their card and identification with them or with their leader.*
Housing Accommodations

ECHO is occasionally able to offer housing for small work teams on a first come/first serve basis. In accordance with ECHO's desire to be wise stewards of all donations, there is a fee to cover utilities and maintenance of the housing facilities.

Our primary housing facility is the A-frame building. The A-frame has three floors and has dorm-style accommodations. There are eight beds on one floor and four beds on another with a kitchen facility on the middle floor for work teams use. There is a one-week maximum use of this facility, unless approved in advance by ECHO management or the work team committee.

Other housing options may be available for couples and as overflow for larger groups. ECHO staff determines the housing to be used for work teams and individuals based on availability, size of team, and with consideration for couples wishing to stay together.

Please indicate your desire to stay on campus during the application process.

Local off site accommodations that may be of assistance to you while you are planning your stay are listed under the ‘Resource’ section of this manual.

Other facility use, for those staying off campus:

Showers: If you have accommodations with a local church or campgrounds, you may want to use the shower facilities at ECHO. There is a small fee. If using the showers, please keep all towels and personal belongings in the shower area only.

A-frame Kitchen: If you wish to use the A-frame kitchen for meals, it is critical that the kitchen is left clean and orderly each day. If the kitchen is not left in a clean and orderly state, an additional fee may be charged for cleaning.

Please Note:

• All fees and costs are subject to Florida Sales tax of 6%, unless a tax exempt certificate is provided. In order to best place you, we need to know the number of single males, females, and couples in your group.
• There are NO RV hook-ups or camping allowed on the ECHO Campus.
Supervision

While volunteering at ECHO, we ask that a team leader from your group be present on campus at all times. For teams that have members younger than 18, one adult team leader chaperone is required for every 10 students. This will greatly assist the ECHO Supervisor you are working with.

**Accountability:** Your team leader must ensure the team is on time, dressed appropriately, has water bottles, wears their name tags, and is ready to begin their day when they meet their ECHO Supervisor at the designated time and location.

**Attendance:** Please provide the ECHO Volunteer Coordinator with an accurate list of all team members who will be attending at least one week prior to your arrival.

**Tidiness:** Please be sure your team cleans up their work area at the end of each session and returns all tools in good condition to the appropriate place. Please also make sure the housing quarters are respectfully cared for and left in good condition.

**Lost and Found:** Please check with the Front Desk at the Visitor Center for any items that may be lost or found.

**Attitude:** Remember, while you are here you are a face representing ECHO to visitors arriving to tour our Global Farm. If you encounter questions about the farm, please direct them to ECHO Staff.

**Emergency Contact:** Always have name, address, phone, and emergency contact information for each team member with you and provide a list to the ECHO Supervisor.

**Returning to ECHO**

Many work teams find their time here with us at ECHO a rewarding and fulfilling experience and wish to return year after year. If you desire to return, please complete a new application as soon as you leave. Your application will be submitted for review by the work team committee.

**Volunteer Hours**

It is *VERY IMPORTANT* that we have an accurate record of the hours you serve at ECHO. You will be provided with a binder with log sheets to record all volunteer hours and additional instructions. Be sure to include your travel time in your hours. (Check with your tax advisor; your travel expenses may be tax-deductible.) This includes students and leaders.

Thank you for your time, heart, and dedication in serving as an ECHO Volunteer!

For more information or questions please contact us: ECHO Volunteer Coordinator, 17391 Durrance Rd. North Fort Myers, Fl 33917 • 239-567-3314 • volunteer@echonet.org
Resources

Web Resources

**ECHO’s Website**
As a volunteer we encourage you to visit our ECHO website at [www.echonet.org](http://www.echonet.org) To learn more, explore our entire website and learn more about ECHO’s mission and the impact you make possible, throughout the world.

Visit our BLOG, under the “ABOUT US” tab, a dynamic news source where you can find out about current events, projects on the farm, and read different perspectives about ECHO’s international ministry.

To apply for a work team opportunity go to the “GET INVOLVED” tab at the top of the “Home” page, and click on “VOLUNTEER”. You will then see a “Please click here” under “We have work team Opportunities.” This will direct you to our application. It is important to know your estimated arrival and departure dates, as well as the total number in the group. If you are requesting housing, we need to know the number of single men and women, as well as the total number of married couples.

**ECHO’s Online Bookstore**
Shop our online book and gift store to find books on various plants, farming and gardening, research notes, as well as, plants, seeds, plant-based health products, and gift items from all around the world.
[www.echobooks.net](http://www.echobooks.net)

**ECHOcommunity Website**
ECHOcommunity is a network of people focused primarily on the advancement of small-scale farmers through knowledge sharing. Every day we are helping agricultural development workers, missionaries, Peace Corp workers and small-scale farmers, discover new techniques, resources and relationships to empower the undernourished with sustainable hunger solutions. Check us out at: [www.ECHOcommunity.org](http://www.ECHOcommunity.org)

**Discounts**
All work team members receive a 10% discount in our ECHO Retail and Bookstore. Show the cashiers your work team name tag to receive your discount.
Annual Events & Volunteer Opportunities

Global Food and Farm Festival
Usually held the third Saturday in March, this festival is an open-house day for the community featuring demonstrations, special tours of the farm, workshops, children’s activities, and food vendors. There are many special volunteer opportunities before, during, and after the event. It takes over 200 volunteers to run this event.

Get Into Gardening
Get Into Gardening is held at ECHO’s Global Nursery and Bookstore. From 9 a.m. - 3 p.m., this event will feature workshops for both new and experienced gardeners. Workshops are offered free of charge. Volunteers are needed to help run this event. Volunteers meet at 8 a.m. for positions.

ECHO International Agriculture Conference
Held in November, the conference is a three-day annual event for missionaries and agricultural workers from around the world with morning speakers at a hotel and afternoon workshops and discussion groups at the ECHO farm. This is a busy, exciting time at ECHO with lots of special volunteer opportunities before and during the conference.
Area Hotels

**Comfort Inn**
4171 Boatways Rd.
Fort Myers, FL 3395
239-694-9200
800-424-6423

**Hyatt Place**
Fort Myers at the Forum
2600 Champion Ring Rd.
Fort Myers, FL 33905
239-418-1844

**Fort Myers Shores Hotel**
13814 Palm Beach Blvd.
Fort Myers, FL 33905
239-694-4046

**Rock Lake Resort**
2937 Palm Beach Blvd.
Fort Myers, FL 33916
239-694-4046
800-325-7596

**Hotel Indigo**
Fort Myers Downtown River District
1520 Broadway, #104
Fort Myers, FL 33901
239-337-3446

**Legacy Harbour Hotel & Suites**
Downtown Fort Myers
2038 W. First St.
Fort Myers, FL 33901
239-332-2048

**Holiday Inn**
Fort Myers Downtown Historic
2431 Cleveland Ave.
Fort Myers, FL 33901
239-332-3232

**Best Western**
Waterfront
13021 N. Cleveland Ave.
North Fort Myers, FL 33903

**Red Roof Inn**
13000 N. Cleveland Ave.
North Fort Myers, FL 33903
239-656-4000

Area Stores

**Walmart**
5690 Bayshore Rd.
North Fort Myers, FL 33917
Pharmacy: 239-731-1119

**Winn-Dixie Grocery**
5660 Bayshore Rd.
North Fort Myers, FL 33917
Pharmacy: 239-731-1007

**Publix Grocery**
11851 Palm Beach Blvd.
Fort Myers, FL 33905
Pharmacy: 239-690-9570

**Publix Grocery**
6700 Bayshore Rd.
North Fort Myers, FL 33917
239-567-1827

**Lawhons Grocery**
9491 Bayshore Rd
Fort Myers, FL 33917
239-543-1255
Campgrounds

RIVERSIDE RETREAT
863-675-0334
Riverside Retreat is located 30 minutes east of ECHO. It has male/female dorms, rustic cabins, tent sites, pavilion kitchen, kitchen area, meeting room, pool (must hire a lifeguard), and optional air-conditioning available. The 30-site RV village has full hookup with 50 amp service and pets are allowed. We feel this is the best option for those bringing work teams to ECHO as they are geared to housing and entertaining youth. They book up early and should be contacted as soon as possible. Call between 8:30 am and 4 p.m. for reservations. Their address is: 7305 County Road 78, LaBelle, FL 33935

UPRIVER CAMPGROUND
239-543-3330 • www.upriver.com
Located 0.8 mi east of ECHO. This river front campground has three shower houses, three laundry rooms, shuffleboard, recreation hall, tennis court, a nine-hole (non-regulation) chipping golf course, seasonal activity director and a heated swimming pool. Though they cater primarily to retirees, they do accept groups with youth in the summer as space allows. Call 800-848-1652 for rates and reservations.

PIONEER VILLAGE/SUNBURST
239-543-3303 • rvonthego.com
Located about two miles west of ECHO. It has storage and laundry facilities, swimming pool, spa, recreational hall, shuffleboard, tennis, and horseshoe pit. Call 877-897-2757 for reservations. Call 877-897-2757 for reservations.

W.P. FRANKLIN CAMPGROUND
239-694-8770 • www.reserveUSA.com
Located about four miles east of ECHO, directly on the Caloosahatchee River. It has two shower houses, one washer & dryer, dump stations, boat ramps, and fishing pier. Tent and RV camp sites are available. This is also a good option for work teams, maximum stay of two weeks at a time. Call 877-444-6767.

Caloosahatchee Regional Park
239-693-2690 • www.leepark.org
A Lee County facility located in Alva on S.R. 78 about 10 miles east of ECHO. Tents only. Site for two is $12 and site for up to six is $20.00. Facility has showers and toilets. Kayak rentals are available. Call 239-461-7440 for reservations.

SEMINOLE CAMPGROUND
239-543-2919 • www.seminolecampground.com
129 RV sites, tent camping, close to I-75, heated pool, free WIFI, recreation hall, laundry, showers, post office, general store. 8991 Triplett Road, North Fort Myers, FL 33917, email at info@seminolecampground.com
Where to Eat:

If you are hoping to enjoy some of our local food, here are a few suggestions:

**Seafood/Fish**

- **OK UK Fish-n-Chips**
  13971 N. Cleveland Ave. #24
  North Fort Myers, FL 33903
  239-599-2328

- **Three Fisherman Seafood**
  On the Water
  13021 N. Cleveland Ave.
  North Fort Myers, FL 33903
  239-599-8568

- **Pinchers**
  2360 W. First St.
  Fort Myers, FL 33901
  239-245-7049

**Casual Local Fair**

- **Horsin’ Around Deli**
  Close to ECHO
  10440 Bayshore Rd.
  North Fort Myers, FL 33917
  239-567-4663

- **Hog Body’s Grill**
  Close to ECHO
  10440 Bayshore Rd.
  North Fort Myers, FL 33917
  239-567-4663

- **The Boathouse Tiki Bar & Grill**
  Close to ECHO
  17101 State Rd 31
  Fort Myers, FL 33905
  239-332-2628

- **Cracker Barrel**
  4260 Boatways Rd.
  Fort Myers, FL 33905
  (239) 693-2244

- **Subway**
  4901 Palm Beach Blvd., # 25
  Fort Myers, FL 33905
  (239) 693-6622

- **The Mix Italian Grill**
  4921 Palm Beach Blvd.
  Fort Myers, FL 33905
  239-204-9065

- **Hardee’s**
  4900 Palm Beach Blvd.
  Fort Myers, FL 33905
  (239) 693-5797

- **Waffle House**
  4050 Boatways Rd.
  Fort Myers, FL 33905
  (239) 693-0844

- **McDonald’s**
  4122 Palm Beach Blvd.
  Fort Myers, FL 33905
  (239) 694-6511

- **Ichiban Japanese Chinese Cuisine**
  Downtown
  1520 Broadway
  Fort Myers, FL 33901
  239-334-6991

**Fords Garage**

- **3 Pepper Burrito Co.**
  Downtown
  2231 First St.
  Fort Myers, FL 33901
  239-308-0480

- **The Lodge**
  Downtown
  2278 First St.
  Fort Myers, FL 33901
  239-433-2739
Pizza

**House of Pizza**
Downtown
1520 Hendry St.
Fort Myers, FL 33901
239-337-3467

**Capones Coal Fired Pizza**
Downtown
2225 First St.
Fort Myers, FL 33901
239-337-2625

**Marrone’s Pizzeria**
5560 Bayshore Rd.
North Fort Myers, FL 33917
239-567-3113

**Sir Pizza**
13302 Palm Beach Blvd.
Fort Myers, FL 33905
239-208-4401

**Tramontana’s Italian Grille**
11861 Palm Beach Blvd.
Fort Myers, FL 33905
239-274-8669

**Little Ceasars Pizza**
560 Pine Island Rd.
North Fort Myers, FL 33903
239-997-1400

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Recreation:

**Manatee Park**
10901 Palm Beach Blvd.
Fort Myers, FL 33905
239-690-5030

Waterfront park providing paved trails, up-close views of manatees, an amphitheater & kayak rentals.

**J.N. “Ding” Darling National Wildlife Refuge**
1 Wildlife Dr.
Sanibel, FL 33957
239-472-1100

The J.N. “Ding” Darling National Wildlife Refuge is located on the subtropical barrier island of Sanibel in the Gulf of Mexico. The refuge is part of the largest undeveloped mangrove ecosystem in the United States. It is world famous for its spectacular migratory bird populations.

**Bowman’s Beach**
1700 Bowmans Beach Rd.
Sanibel, FL 33957
239-395-1860

This beach is popular with beachcombers searching for seashells & offers swimming & picnic areas.
**Bowditch Point Park/Fort Myers Beach**
50 Estero Blvd.
Fort Myers Beach, FL 33931
239-765-6794

Nature preserve & recreation area with panoramic bay views, trails & access to a swimming beach.

**Lovers Key State Park**
8700 Estero Blvd.
Fort Myers Beach, FL 33931
239-463-4588

A haven for wildlife, the islands and their waters are home to West Indian manatees, bottlenose dolphins, roseate spoonbills, marsh rabbits, and bald eagles. The two mile long beach is accessible by boardwalk or tram and is popular for shelling, swimming, picnicking and sunbathing. Black Island has over five miles of multiuse trails for hiking and bicycling. Anglers and boaters can launch their vessels from the park’s boat ramp. The park’s concession offers kayak tours, as well as bicycle, canoe, kayak, paddleboard, beach chair and umbrella rentals.

**Octagon Wildlife Sanctuary**
41660 Horseshoe Rd.
Punta Gorda, FL 33982
239-543-1130

A healthy recovery and living environment for abandoned and abused exotic wildlife.
Monday - Friday: 9 a.m. - noon, Saturday: 11 a.m. - 4 p.m. (Year round), Sunday: 11 a.m. - 4 p.m.
(November - May only)

**Edison and Ford Winter Estates**
2350 McGregor Blvd.
Fort Myers, FL 33901
239-334-7419

The Edison and Ford Winter Estates contain a historical museum and 21 acre botanical garden on the adjacent sites of the winter homes of Thomas Edison and Henry Ford beside the Caloosahatchee River.

**Fleamasters Fleamarket**
4135 Dr. Martin Luther King Jr. Blvd.
Fort Myers, FL 33916
239-334-7001

Friday: 9 a.m. - 3 p.m., Saturday - Sunday: 9 a.m. - 5 p.m.
Volunteer Information Form

Name of Work Team/Group/Event:

<table>
<thead>
<tr>
<th>Volunteer Contact Information: Dates of Work:</th>
<th>Hours:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
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</tr>
<tr>
<td>Street Address</td>
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</tr>
<tr>
<td>City, State, Zip</td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td>E-Mail Address</td>
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</tr>
</tbody>
</table>

**Agreement and Signatures:**

By submitting this application, I affirm that the facts set forth in it are true and complete. I understand that if I am accepted as a volunteer, any false statements, omissions, or other misrepresentations made by me on this application may result in my immediate dismissal. I have read the safety recommendations and will abide by them. I am in good health and have no limitations to participate in outdoor activities.

<table>
<thead>
<tr>
<th>Volunteer Name (printed):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signature:</td>
</tr>
<tr>
<td>Date:</td>
</tr>
</tbody>
</table>

**Please specify if you are below 18 years of age:** ☐

**Must be signed by parent below**

**Person to Notify in Case of Emergency:**

<table>
<thead>
<tr>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Street Address</td>
</tr>
<tr>
<td>City, State, Zip</td>
</tr>
<tr>
<td>Phone</td>
</tr>
<tr>
<td>E-Mail Address</td>
</tr>
</tbody>
</table>

**Agreement and Signature of Parent or Guardian:**

By submitting this application, I affirm that the facts set forth in it are true and complete. I understand the safety recommendations, risks and give my child authorization to volunteer at ECHO.

<table>
<thead>
<tr>
<th>Parent/Guardian Name :</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signature:</td>
</tr>
<tr>
<td>Date:</td>
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</tbody>
</table>
Safety Recommendation:

Your SAFETY at ECHO is our First Concern!

Protect Yourself against Heat Stress
When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress
High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion
- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion
- Upset stomach or vomiting

Symptoms of Heat Stroke
- Dry, hot skin with no sweating
- Mental confusion or losing consciousness
- Seizures or convulsions

Preventing Heat Stress
- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers
- Block out direct sun or other heat sources
- Use cooling fans/air-conditioning; rest regularly

Pesticide Awareness
All volunteers should have knowledge of OSHA recommended pesticide information. Pesticides may be on plants, or in soil so please review the pesticide awareness poster.

Plant and Animal Safety
Please do not pick or eat any plants off the farm unless directed by a staff member to do so. Also, please do not touch or handle the animals unless advised to do so. Thank you for your cooperation.

What to Wear & Items to Bring
- Water!!!
- T-shirt (no tank tops please)
- Long shorts, capris/jeans
- Sturdy shoes (no flip-flops)
- Sunscreen / hat
- Gloves, bug spray

Thank you for completing this information form and for your interest in volunteering with us.