

## **Volunteer Roles and Expectations at Retreat & Refresh Stroke Camp**

- For most camps, the time commitment starting by 10 am on Friday until 2 pm on Sunday. Your lodging (double occupancy with another volunteer of the same gender) and meals are provided as a thank you for you giving of your time and talents.
- Participate in volunteer orientation meeting and lunch starting at 10 am on Friday (or the start date of your camp). Volunteer roles, expectations, and participation will be clarified and some volunteer assignments will be made during this time.
- Greet survivors and caregivers (campers) at their vehicle upon their arrival, and assist them with registration, take their belongings to their room, and get them settled in.
- Actively participate in all activities throughout the weekend, such as drum circles, games, pampering, entertainment, relaxation, crafts, etc...
- Assist RRSC staff with rearranging the tables and chairs throughout the weekend during the transition time between various activities.
- Assist campers through the buffet line by carrying tray/plate, getting food/drinks for them, cutting meat/food if needed, and assisting with condiments.
- Push survivors in wheelchairs from activity to activity as needed.
- Assist RRSC staff in unloading the van at the beginning of the weekend and reloading the van at the completion of the weekend.
- Be available to talk with survivors and caregivers one on one about your field of expertise.
- Actively engage and get to know survivors and caregivers throughout the weekend.
- While we understand that volunteers have families of their own and that emergencies do arise, we ask that volunteers limit cell phone use throughout the weekend.
- Volunteers are NOT asked to assist campers with any activities of daily living. Volunteers are at camp in a supportive role so that the survivors are well cared for and the caregivers have an opportunity for some respite during the day's activities.