

# VOLUNTEERING

## @ BRIDGE II SPORTS

### Welcome & General Information



# BRIDGE BUILDER

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### WHAT IS A BRIDGE BUILDER?

At BIIIS our volunteers aren't just volunteers.

They are unique individuals donating their **ENERGY, STRENGTHS, TALENTS AND TIME** to **BUILD** a community that understands the power of sport for people with physical disabilities.

YOU help us challenge perceptions of disability, creating **BRIDGES of connection** which lead to a more inclusive community for **everyBODY**.

Thank you for believing in our important mission. We are excited **YOU** have chosen to join us on this journey — Let the fun begin!

*Ashley Thomas*

Founder & CEO Bridge II Sports



*You'll receive an official Bridge Builder Volunteer T-Shirt after your 5th time volunteering. Wear it to our events, programs, and around town!*

### Who We Are

Bridge II Sports creates opportunities for youth and adults with physical disabilities to 'Find The Player Within' through the power of adapted sports.

We believe sport empowers and changes lives on and off the court and challenges perceptions of disability in our community.

### Our Vision

By creating opportunities, Bridge II Sports develops a culture of empowerment that fosters respect for all abilities and has a life changing impact on all humanity.

### Our Core Principles

- We are about people development. Sport is the tool that is used to build: Confidence, Self-control, Independence, and Expectation of Ability.
- We are a community where everybody belongs.
- As experts, we create safety for those at risk to try.
- Each person is an individual; each disability is different.
- We must respect those differences and work with each person as an individual.
- There is a sport for everybody, we provide the space to enjoy the journey of discovery.

### Contacts:

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### Policies & Expectations



*Review and keep for your reference.*

#### **Dress Code**

Volunteers are expected to dress appropriately based on activity and weather. Closed toe-shoes and modest dress (no short-shorts, tank tops, or revealing tops). Please wear your BIIS Volunteer shirt to programs/events so you are easily identifiable.

#### **Athlete Safeguarding**

We seek to ensure that sport provision to our athletes takes place in a safe environment. We have adopted protocols to safeguard our athletes. North Carolina is a mandatory report state if abuse is suspected. BIIS will receive disclosures with sensitivity and all reports will be treated seriously and with confidentiality.

**If you see or hear ANYTHING that concerns you, it is your responsibility to alert a Staff Member or Program Lead Volunteer immediately.**

#### **Disability Etiquette**

**All people should be treated with respect and dignity. Be mindful of the following:**

- Offer assistance, but avoid 'over assisting' or assuming someone 'can't' and allow athletes to make their own decisions and direct what they need from you.
- A wheelchair is considered part of someone's body— do not lean on, grab, or push without permission.
- DO NOT ask how an athlete became injured or disabled.
- Position yourself at eye level during conversations when possible.
- When in doubt, **treat others how you wish to be treated.**

#### **COVID-19 Health Guidelines**

We are "Playing it Safe" and following the 3 W's (Wear, Wait, Wash) at ALL Bridge II Sports events, programs, and in the office. You must wear a cloth face covering, participate 6 feet apart, and wash & sanitize often.

**Refrain from volunteering if you:**

- 1) have tested positive or are presumed to be positive for coronavirus,**
- 2) have been exposed to anyone who has tested positive for COVID-19 in the past 14-days, or**
- 3) have/had symptoms of COVID-19, (cough, fever/chills, shortness of breath, etc.) within the past 14 days.**

#### **Communication and Social Media**

As a volunteer you **cannot** exchange personal contact information with any BIIS athletes or family members— this includes email, phone number, address, or social media accounts.

We love for you to share your experiences on your social media channels. **Please remember to:**

- Tag in **@bridge2sports**
- **ALWAYS ask everyone in your picture for permission to post.**
- **Do NOT tag any athletes in your post** or share any identifying information other than first name.
- **ALWAYS use language and images that express empowerment**— not pity or 'less than.'
- **Use 'person-first' language** meaning identifying the person first and then the condition (i.e. say 'people with disabilities' vs 'disabled people' or 'Bob who uses a wheelchair' vs 'wheelchair guy'. Do not use the word 'handicapped').