



Ramstein Outdoor Recreation (ODR)

Volunteer Application Checklist

Checklist may be completed and submitted in any order

Before becoming a volunteer at Ramstein ODR, you must complete:

- _____ ODR Volunteer Interest Application
- _____ Volunteer Agreement DD Form 2793
- _____ Volunteer Code of Conduct
- _____ Valid US State & USAREUR License (required for trip support)
- _____ CPR Certification (required for trip support)
- _____ First Aid Certification (required for trip support)
- _____ Top Rope Belay Certification (required for belay volunteers)

RAMSTEIN RED CROSS INFORMATION:

Ramstein American Red Cross Office: Building 2118, 4th floor

Contact Red Cross at 06371-47-2171, DSN 480-2171

Or by email at: ramstein@redcross.org

If you have any questions, please contact:

Ramstein ODR

KMC Center - Bldg 3336

DSN: 480-5705

CIV: 06371-47-5705

olivia.decarlo@us.af.mil



Ramstein Outdoor Recreation Outdoor Adventure Programs Volunteer Interest Application

Name: _____ Best contact email (*legible*): _____

Phone #: _____ Date of Birth: _____

Unit or Squadron: _____ Duty Phone #: _____

RODR OAP prides itself on diverse program offerings:

- 1) Please *CIRCLE* disciplines you feel you are **COMPETENT** at.
- 2) Please *STAR* *** disciplines you are ***INTERESTED*** in learning more about.
- 3) Please ~~*STRIKE THROUGH*~~ disciplines you are **NOT WILLING** to support.

Downhill skiing/ snowboarding

Via Ferrata aka 'klettersteig'

Cross Country skiing

Mountaineering

Stand up paddle boarding 'SUP'

Experience on glaciated terrain

Flatwater canoe/ kayak

Ice climbing

Whitewater canoe/ kayak (grade I-III)

Day hiking

Packrafting

Hut to Hut Hiking

Road cycling/ bicycle touring

Tent camping

Mountain Biking

Camp cooking

Indoor rock climbing/ belaying

Private group support

Outdoor rock climbing

Many of our trips also benefit from volunteer support driving our 15 passenger vans.

Do you have experience operating large (automatic) vehicles? YES NO (Circle one)

Interested in van training to support trips requiring volunteer vehicle operation? YES NO (Circle one)

What hours are you available to volunteer? Please indicate hours of availability.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Thank you for your interest!

Our programmer staff will reach out as soon as they're back in the office to coordinate a volunteer intake orientation and complete paperwork.



Volunteer Code of Conduct

1. The consumption of alcohol, or other mind altering substances, is prohibited throughout the duration of the event you have volunteered for. This includes overnight trips.
2. Foul language will not be tolerated. Volunteers are expected to communicate in a professional manner while volunteering.
3. Ensure punctuality for each event you volunteer for. This usually requires arriving before patrons. Often, trips and events require tasks to be completed before clients arrive, and it is important to accomplish those to depart on time.
4. Volunteers are expected to practice the seven "Leave No Trace" principles and set a good example for clients to imitate.
5. Volunteers are expected to follow all safety procedures the trip leader has briefed and to remind clients to follow them as well.
6. Volunteers are expected to treat all clients with dignity and respect. If an interpersonal conflict arises, deescalate the situation and inform the trip leaders.
7. Clearly communicated expectations are the keys to success. Before departing, ensure you understand what the trip leader expects of you. It is important to reflect on performance. Talk to the trip leader after the trip to learn what went well and what needs improvement. The largest room in the world is the room to improve.
8. If you cannot make your commitment, inform the trip leader immediately.

I agree to abide by the Code of Conduct at all times while volunteering for Ramstein Outdoor Recreation.

Printed Name: _____

Signature: _____

Date: _____