GETTING STARTED

**What is volunteering?**

Volunteering is defined as the commitment of time and energy, for the benefit of the society and community, the environment or individuals, outside of one’s immediate family. It is undertaken freely and by choice, without concern for financial gain.

**What is a Volunteer?**

A volunteer is someone from the community who contributes to the development of the community. They are valued as individuals who bring a unique contribution to the group with whom they work. Volunteers work for no reward other than the development of themselves and the community.

**Who can volunteer?**

Anyone can volunteer. It doesn’t matter whether they are young, old, male, female, able bodied, disabled, employed, unemployed; there is something they can do.

Some people volunteer a few times a year when they have spare time, others give a regular commitment of several hours per week, and some even volunteer on a full time basis.

**The Importance of Volunteers**

Volunteers are vital to the organisation and management of every club. The time, dedication and energy they devote are of the utmost importance in keeping clubs running and working well. Without volunteers many clubs would find it difficult to function and may cease to exist. This shows volunteers are extremely valuable and deserve praise, thanks and recognition.

There are many roles that a volunteer can fulfil (e.g. administrators, coaches, officials, committee members etc.) which are all equally important. The key to success in clubs is how volunteers are managed and utilised by the people who are overlooking them.