



JUNIOR PROGRAMS

Program types

- **Year-Round Program** - The program will run from September to June. Runs for a longer duration and requires longer commitment. The program will run from September to June like the school year.
- **Seasonal Program** – Has 4 programs within it coinciding with the season. Students can choose to enroll for one or more seasons.
 - **Summer Program** - runs for 8 weeks from July to August
 - **Fall Program** - runs for 12 weeks from October to December
 - **Winter Program** - runs for 12 weeks from January - March
 - **Spring Program** – runs for 12 weeks from April – June

Program timelines and duration

Year Round and Seasonal programs are offered for weekdays 4:00pm – 6:00pm only. Summer program is an 8-week program with a requirement of 8 hours per week commitment. Timing will be 8:00am – 4:00pm and offered on weekdays only.

Requirements for the Year-Round/Seasonal Program

- Eligibility Age: 15 to 18 years (student should be 15 years at the time of the program orientation)
- Commit to entire length of program and consistent attendance.
- Submit the Junior Volunteer application form online.
- Submit all required paperwork on time.
- Submit all required vaccination details to get medical clearance.
- Purchase uniform.
- Attend the orientation and training program.
- Ready to start volunteering!

Documents required completing and submitting –

You will receive the following forms upon successful completion of an online application -

1. **Reference Letter** - Completed and signed by your homeroom teacher or guidance counsellor.



2. **Junior Volunteer Agreement & Parental Consent Form** - Completed & signed by student and parent/guardian.
3. **Junior Volunteer Health Screening** – Completed by parent with a copy of current immunization records. Completed and attested by physician incase separate copy of immunization is not provided.
4. **Authorization for Capture and Use of Images Volunteers** - Completed & signed by parent/guardian.

Please note that all applications will be withdrawn from the program incase of failure to complete and submit all the above requirements within the timelines provided for each program.

Uniforms –

All Junior Volunteers have to wear their uniforms – blue polo shirt and badges while they are in the hospital volunteering. Polo shirts will be provided at orientation for a cost of \$20.00. Payment only accepted via checks, made out to Capital Health with Volunteer Uniform in Memo.

Returning Juniors –

If you are a returning Junior (you have already volunteered with us within the last 4 years) please do not re-apply; you can contact out office directly via email with your full name and program interest details.