



AVOIDING VOLUNTEER BURNOUT

Volunteering during Covid-19 is an important part of our community response, but the safety and wellbeing of volunteers must also be kept to the forefront during these efforts. Even when restrictions are lifted we may still rely on the generosity of our volunteers to support our GAA clubs and communities. It is therefore important that we recognise the effort being put in by our volunteers at this time and ensure that their safety and wellbeing is kept in mind at all times. Here are a few tips to help avoid volunteer burnout;



01 Set Expectations

Let volunteers know in advance exactly what is required of them and for how long. Be honest about what you are asking from them and ensure that the volunteer's expectations meet the reality of the task.

02 Clear Instructions

Make sure that you give volunteers full, clear instructions before they begin. Ensure that they have all the necessary information and any paperwork required before setting off.

03 Check In

Check in on your volunteers regularly to see how they are getting on. Ensure that there are open and friendly lines of communication at all times.



04 Spread the Work

It is not fair to expect the same volunteers to do everything. Make sure that you are spreading the workload and giving volunteers a break when needed.

05 Say Thank You

Volunteers are giving up their time to help out. Make sure that you regularly show your appreciation to them and thank them often.

06 Remember

Volunteers are not immune to Covid-19, they are putting themselves at risk to help others. It is important to check in on their wellbeing regularly too.



For additional Volunteer support and information during Covid-19 please visit [Volunteer Ireland](#) (ROI) or [Volunteer Now](#) (NI)