350 NW1st Ave
Grand Rapids, MN 55744
218-999-7570

DAY OF ACTION VOLUNTEER WAIVER OF LIABILITY

Liability Release In consideration of the opportunity afforded me to assist on a voluntary basis in the United Way of 1000 Lakes or its agency(s) of Day of Action, in which the building and property of disadvantaged persons or community organizations serving this population will be repaired by volunteers, and in light of the aims and purposes of the community service provided by United Way of 1000 Lakes or its agency(s) in organizing this project, I hereby waive any right or cause of action arising as a result of my participation in said project from which any liability may or could accrue against United Way of 1000 Lakes, its agency(s), any of their officers, directors or employees, collectively and individually. Without limiting the generality of the foregoing, I agree that this waiver shall include any rights or causes of action resulting from personal injury to me or damage to my property, sustained in connection with my activities for the Day of Action.

Communications Release

I hereby assign the rights to video and/or photographic recording(s) made of me during the Day of Action to United Way of 1000 Lakes or its agency(s). I hereby authorize the editing, duplication, reproduction, copyright, exhibition, broadcast and/or non-profit use and distribution of said recording(s) for purpose deemed suitable by United Way of 1000 Lakes. I hereby wave any right to approve the finished products.

Confidentiality Agreement

I understand it is my responsibility to keep confidential all information that I may gain or become privy to as a Day of Action volunteer. I will respect all individuals' rights to privacy and their confidentiality. I will not discuss or in any other way disclose any information concerning any individual I come into contact with at United Way Day of Action. This includes, but is not limited to: any information regarding United Way of 1000 Lakes or its agency(s), their guests, administrative operations, and any other information accessed through volunteering at the Day of Action.

By signing this waiver, I certify that: I have read and agree to the waiver, and I certify that I am over 18 years of age, in good health and able to participate in the program activities on Day of Action. I have read the foregoing release, authorization and agreement, and I fully understand the contents.

Signature: _____ **Date**:___ _____

Printed Name:_____

Signature of Parent/Guardian (if under 18):_____

Name of Parent/Guardian (if under 18): _____

Company/Group:_____

Address:_____

City, State, Zip _____ **This is my address for**: ☐ Home ☐ Work

Phone Number: _____ **My phone number for:** ☐ Home ☐ Work ☐ Cell

Email address: _____

Emergency Contact's Name and Phone Number:

_____

United Way of 1000 Lakes is looking for volunteers to help in Cohasset on June 17th! The largest of United Way's volunteer initiatives, Day of Action is a time to roll up our sleeves and make a real difference in our communities. Held near the summer solstice, this day is about neighbors helping neighbors — through projects that strengthen, beautify, and support the places we call home.

This year's projects include distributing Home Energy Reduction Kits in partnership with Lake Country Power, beautifying Tioga Beach and Portage Park, trail improvements with the Arrowhead Chapter of the North Country Trail Association and Grand Rapids Itasca Mountain Bike Association (GRIMBA), painting, landscaping, and light home repairs.

If you'd like to volunteer your time on **Day of Action**, sign up below. Full- and half-day shifts are available (Morning 8 – 11:30 am; Afternoon Noon – 3 pm; All Day 8 am – 3 pm).

United Way Day of Action
Tuesday, June 17, 8 a.m. - 3 p.m.
Cohasset Community Center (305 1st Ave NW, Cohasset)
Learn more: uwlakes.org/day-of-action

Name	Email	T-shirt Size	Shift

Company/Group Volunteer Leader: _____

Your Group Volunteer Leader will return this form to United Way on _____. Your information will be shared with United Way of 1000 Lakes, and you will receive communications about this year's Day of Action plans.

DAY OF ACTION
JUNE 17, 2025
CITY OF COHASSET

SCAN QR CODE FOR DETAILS & VOLUNTEER REGISTRATION

UNITED WAY
1000 Lakes

JOIN US IN MAKING A DIFFERENCE

Each summer, United Way of 1000 Lakes brings people together for **Day of Action**, a time to roll up our sleeves and make a real difference in our communities. Held near the summer solstice, this day is about neighbors helping neighbors – through projects that strengthen, beautify, and support the places we call home.

Across the country, volunteers are building playgrounds, painting schools and childcare centers, delivering nutritious meals, and more. Here at home, Day of Action has been part of our story since 2013. Together, over 1,155 local volunteers have given more than 6,807 hours of service–valued at over $173,680 to our community!

By teaming up with cities, businesses, and local organizations, we're working to revitalize neighborhoods, help residents live safely and comfortably in their homes, and support the health of our public spaces and businesses.

This year's projects include:

- Handing out Home Energy Reduction Kits to help families save on energy costs in partnership with Lake Country Power
- Enhancing Portage Park and Tioga Beach recreation areas
- Beautifying trails in partnership with the Arrowhead Chapter of North Country Trail Association (NCTA) and the Grand Rapids Itasca Mountain Bike Association (GRIMBA)
- Painting, landscaping, and sprucing up public spaces
- Pitching in on minor home repairs for local residents

Whether you lend a hand for a few hours or a full day, you'll be part of something bigger–building a stronger, more connected community for everyone.

Ready to get involved? Visit **uwlakes.org/day-of-action** or call 218-999-7570.

Tuesday, June 17, 2025

8:00 A.M. -3:00 P.M.

Cohasset Community Center
305 1st Ave NW
Cohasset, MN

Free Bus Fare provided by Arrowhead Transit

WAYS TO GET INVOLVED

Lend a Hand.

With a variety of projects to choose from, there's a place for everyone to pitch in–whether you come solo or bring your family, friends, coworkers, or teammates along. All kinds of skills are welcome!

Volunteers will receive a **Day of Action** t-shirt, light snacks, and a big dose of community pride.

Sign up today at **volunteer.uwlakes.org**!

Know Someone Who Could Use a Hand?

We're also looking for project ideas! If you or someone you know could use a little extra help caring for their home or small business, we'd love to hear from you.

If they're located in the Day of Action project area, they can request help at **uwlakes.org/day-of-action/#gethelp.**

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