

Overnight Volunteer Training

This training is additional information for those who will be overnight hosts.

Overnight Host Training

What are the rules for lights out?

- Lights out are at 10 PM. Only exceptions are Christmas Eve, Christmas Day and New Years.
- Quiet time is 9PM and that means that everyone including volunteers should keep the volume and activity down.
- At 10PM lights are out and everyone must go to his/her sleeping mat.
- Ear plugs are provided in the traveling suitcase if any guest should need them.

Here's what you should expect during this shift:

We ask that volunteers are quiet to allow guests to sleep.

We do ask that you stay awake, unless you are easy to awaken in case you are needed.

We also ask that there be more than one volunteer during this shift. You can have two female volunteers or a male and female volunteer for this shift.

The only exception: There can be one male during the shift IF and ONLY IF there are only male guests present.

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What if a guest wakes up in the middle of the night?

- Often a guest may have difficulty sleeping. If this occurs, a guest has the option of sitting up for about an hour, but not to watch T.V. Unless you happen to have it on already that's fine. The point is that a guest should not be getting up for the purpose of watching T.V.
- Smoking is not typically allowed after lights out.
- Sometimes a guest may need to take some pain medication or request some over the counter pain medication from our first aid kit. Please just follow the procedures for that.

What do I do if a guest is coming later to the Host Site?

Sometimes we have guests that have to work or have meetings that are after normal check-in times. If there is a guest arriving late, follow these guidelines:

1. When the guest arrives check that he/she is only bringing in items necessary for overnight.
2. Give them the alcometer test located in the traveling suitcase (3 step directions provided).
3. Ask for their cell phone, medications (if any) and cigarettes (plus lighter or matches).
4. Allow guest to eat if he/she so desires.

1. Press set
2. Attached plastic tube
3. Hold so tube is not facing you
4. Have guest take deep breath and blow for 3 seconds HARD into tube
5. After 3 seconds have them stop
6. Press and HOLD read button until 000 appear
7. Any other number appears then guest must leave

