

Volunteer Timesheet Notes for Completion

Purpose of the form: The form is used to keep track of the number of hours volunteered by an individual and to enable the placement organisation to verify hours for certificates.

Start date	This should correspond to the start date on the Saltire Awards Registration Form.
Hours	<p>The Saltire Awards recognise all time committed to a volunteering opportunity.</p> <p>The following commitments contribute towards Saltire hours:</p> <ul style="list-style-type: none"> • Time spent on actual volunteering activity. • Time spent on training courses undertaken as part of volunteer role. • Time spent in support and supervision sessions at placement. • Review meetings at placement organisation or Volunteer Centre. • Volunteer team meetings. • Travel to and from any of the above where it exceeds 30 minutes. • All events attended representing the placement organisation.
VAS to complete	Must be completed before this form is used as evidence to issue certificate(s)

Volunteering Definition: In completing the Volunteer Timesheet the hours recorded must be done so under the ethos of volunteering as defined below:

Volunteering has three clear characteristics which must be present and respected in all cases: Volunteering is a free will activity. It must not be undertaken through coercion and under no circumstances can it be mandatory; It is not undertaken for financial gain. Outwith reasonable expenses there must be no financial transaction to encourage someone to volunteer; It is a public and civil good undertaken for the benefit of the community, society at large or an individual other than the volunteer. *Voluntary Action Scotland, Volunteering Principles for Scotland, 2014*

[PLEASE RETURN TO VAS VOLUNTEERING](#)

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