



## GUMS Blackout Form

Blackout periods are a period of time where GUMS volunteers may not do any GUMS tasks in order to prevent stress related burnout. This is a GUMS Blackout form that should be completed by the GUMS executive prior to the beginning of the Blackout period as a record of who to contact during the Blackout of a certain volunteer. GUMS recommends a Blackout period of 3-10 days but encourages volunteers to Blackout for a period suitable to them.

Name of GUMS team member \_\_\_\_\_

Role of GUMS team member \_\_\_\_\_

Requested period for GUMS Blackout \_\_\_\_\_ to \_\_\_\_\_

Reason for GUMS Blackout (if confidential, please leave blank)

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Please detail GUMS tasks to be covered during Blackout period and the name of persons covering the tasks:

TASK	PERSON AND BEST CONTACT