



CARS

CHARLOTTESVILLE ALBEMARLE RESCUE SQUAD

FAQs for Ride-Alongs

Updated 12/18/24

Q: What should I wear?

A: For the dress code, ride-alongs are expected to wear a navy blue polo tucked into navy blue pants, a belt (optional), and dark, closed toed shoes/boots. No hats, large logos/bright colors, open toed shoes, scrubs, jeans, shorts, sweatpants are permitted. If you will need to borrow a uniform (polo, pants, jobshirt, jacket), *no need to let us know ahead of time*– just let the on duty crew captain know when you arrive.

Q: Where is the station? Where can I park?

A: We are located at 828 McIntire Road, Charlottesville, VA 22902. You are welcome to park in any *unmarked* spot in the parking lot closest to the building. Overflow parking is available in the lot immediately to the left when you turn into our station.

Q: What if I need a ride?

A: Please contact the crew captain for your assigned shift to coordinate a ride. They will always be CC'd in the confirmation email.

Q: How long does the ride-along last?

A: Our shifts last 12 hours (0600-1800 or 1800-0600). The pre-shift meeting, led by the crew captain, occurs 15 minutes till shift change, so please plan to arrive at least a quarter hour before your assigned shift (so either 0545 or 1745). To get the full ride-along experience, we advise ride-alongs to stay for a full 12 hour shift. However, if special circumstances prevent you from doing a 12 hour ride-along, we also offer 6 hour shifts.

Q: Is there anything I should bring besides myself?

A: Unless there are things you would like to do during any downtime there may be on shift (e.g., homework, read), we do not require ride-alongs to bring anything in particular. However, you should consider whether you will need to take any personal medications, use any hygiene products (e.g., toothbrush, feminine products, etc.), or complete patient contact worksheets for an EMT course while on shift, just to name a few suggestions.

Q: What about meals? What if I have dietary restrictions?

A: Please reply-all to your confirmation email noting any transportation needs or dietary restrictions so that the crew captain for your assigned shift can accommodate accordingly.



CARS

CHARLOTTESVILLE ALBEMARLE RESCUE SQUAD

FAQs for Ride-Alongs

Q: Do I need to bring my own PPE?

A: Nope! All PPE will be provided.

Q: What if I need to cancel?

A: We understand that life happens and things may come up that require you to urgently cancel your ride-along. To cancel, please reply-all to your original confirmation email, which will allow for both the Prospective Member Coordinator and the crew captain for your assigned shift to be notified. To reschedule, please fill out the ride-along form again.

Q: What if I am sick?

A: For the safety of our providers and patients, we advise you to stay home, should you feel unwell leading up to your ride-along. We are happy to schedule you again at a later date but for the meantime, please see above for information on canceling a ride-along.

Q: How can I schedule more ride-alongs?

A: Please fill out the ride-along again to schedule more ride-alongs.

Q: How much availability do I need to provide?

A: Generally, we advise prospective ride-alongs to provide up to 1 month of availability as some shifts may be more popular than others.

Q: Can I do a ride-along if I'm a minor?

A: To come ride-along with us, you must be at least 16 years old and you must arrive with a parent or guardian who can sign off on a ride-along waiver on the day of your assigned shift. Additionally, per our standard operating procedures, minors may not be scheduled for overnight shifts so please only provide *day shift* availability.

Q: How can I make the most of my ride-along experience?

A: Come with questions and an open mind! We encourage all ride-alongs to participate in all aspects of being a member at CARS including crew bonding exercises, training, cooking dinner, and helping out with chores.