

SAFE IN-PERSON MATCH OUTINGS DURING COVID-19 CHECKLIST

Effective July 15, 2020 and until BBBS issues alternative guidance

Before ALL in-person outings, matches should review these wellness considerations:

- During the last 14 days, has the Big or Little or anyone in your households felt ill?
- Fever or chills?
- Cough, shortness of breath, or difficulty breathing?
- Fatigue?
- Muscle or body aches?
- Headache?
- New loss of taste or smell?
- Sore throat?
- Congestion or runny nose?
- Nausea, vomiting, diarrhea?
- Been diagnosed with COVID-19? (Bigs and families must inform BBBS if any party has received a positive diagnosis)

If the answer is "YES" to any of these questions, DO NOT meet in-person until:

- Two weeks have passed since the last day symptoms were present OR
- The sick individual has received a negative COVID-19 test

Before ALL in-person outing, Big, Parent/Guardian, and Little have the following discussion:

- Discuss your recent exposure(s) and disclose your personal social distancing practices with each other so you can make informed decisions.
- Collaboratively make a plan for keeping safe during the outing.

If the Big, Parent/Guardian, and Little decide to move forward with in-person outing, please note the following recommendations:

- Maintain 6 feet of distance between Big and Little at all times (even when wearing masks)

- Wear masks
- Use hand sanitizer/wipes/soap after touching surfaces
- Consider local or no-transport activities in Little's neighborhood
- If Parent/Caregiver and Big agree to Big driving Little
 - Big and Little wear masks
 - Keep ride short and have the windows down
 - Little will sit in back seat, passenger side
 - Use hand sanitizer before and after car ride
 - Big will wipe down car surfaces before/after transporting Little
- Prioritize outdoor activities over indoor activities and keep in mind time of day/location (crowds) and restroom access
- Avoid congested areas and events
- Limit non-BBBS people during match outings. Refrain from including non-BBBS people in the outing unless explicit parent permission is secured and the other person will abide by these requirements.

Supplies to bring:

- Masks for both Big and Little
- Hand sanitizer, sanitation wipes
- This Safe In-Person Match Outing Checklist
- Sunscreen, insect repellent
- Individually wrapped snacks
- Outdoor fold-up chairs or blanket
- Water for drinking and hand-washing
- Materials for your planned activity and back-up activity

Please contact BBBS to request we mail you a free mask.

Contact your Match Support Specialist if you have any questions, concerns, or requests for your match.