



## SAFE IN-PERSON MATCH OUTING DURING COVID-19 GUIDELINES

Dear Big Brothers Big Sisters Families and Bigs,

Big Brothers Big Sisters of Metro Milwaukee (BBBS) is committed to the safety and well-being of our youth, families, volunteers, staff, and community. To that end, we placed a suspension on in-person match outings beginning March 16, 2020 to follow public health guidelines during the COVID-19 pandemic. Beginning July 15, we updated our program guidelines to allow in-person outings. **And effective October 1, we are updating our guidelines to allow indoor in-person outings that follow the recommendations provided. Note: 10/1/20 changes to the guidelines are in red below.**

Recognizing each relationship is different, and that the home lives and professional exposures faced by each match vary, we developed "Safe In-Person Match Outings during COVID-19 Guidelines" that respect the comfort of our matches, permit **outdoor and indoor** in-person match outings when deemed safe, stress the importance of constant and transparent communication among match participants, comply with CDC guidelines, and permit mentoring pairs to:

1. Continue exclusive virtual contact until both parties feel safe to pursue in-person contact
2. Permit matches that are ready to meet in-person to move back and forth between virtual and **outdoor or indoor** face-to-face contact at any time

### **Virtual Interactions Continue to Be Permitted**

1. Relationships can continue to grow and be meaningful in the absence of in-person contact. Whether virtual or in-person, remember that consistent match contact is important.
2. At this time, in-person interactions are NOT required.
3. Matches ARE permitted to engage in a blend of virtual and **outdoor or indoor** in-person interactions if desired and if it is deemed safe by the Big, Parent/Guardian, and Little to do so.

### **Decision to Meet**

1. Any in-person contact carries a risk for COVID-19 transmission. A person with no symptoms can be a carrier and infect others. Deciding whether or not to have an in-person match outing will be an ongoing personal decision that will change depending on updated pandemic information, contacts with other people, and personal wellness or symptoms day by day. This is a decision that will need to be assessed each time when planning an outing.
2. Bigs and Parents/Guardians need to make a thoughtful choice about what is best for themselves/their child. Match participants should refrain from placing pressure on each other and must respect each other's needs and put safety first. Match participants should be sensitive in assessing if anyone feels concerned about safety and wellness. Should anyone need support around how to have such conversations, they should contact their Match Support Specialist for guidance.

### **In-person Match Outing Recommendations**

1. Matches should not meet if they feel unwell. This might include 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 or vomiting, or

diarrhea. Before each outing, matches should do this self-evaluation and discuss their health with each other to determine if the outing should occur or if it should be a virtual visit instead.

2. Matches should share with one another and with BBBS if they **or anyone in their household have tested positive or been exposed to someone with COVID-19**. They should also be honest with one another about whether they have been adhering to social distancing guidelines, have been exposed to a large group of people, or traveled out of state. This will help everyone make the best informed decision about an outing.
3. When matches get together, they should remind each other about rules for the outing and the steps they will take to keep each other healthy. Make a plan, discuss your plan with each other, and check in with each other throughout your outing about your plan.
4. Maintain at least six feet of distance between each other.
5. Bigs and Littles should each wear a cloth face covering mask during outings. Parents/Guardians and Bigs should decide who will be responsible for ensuring the Little's mask is available for future in-person meetings. Note: If someone has COVID-19 but doesn't know it, covering their nose and mouth helps protect others. A cloth face cover mask is not a substitute for physical distancing or other preventive measures. Continue to keep 6 feet between each other.
6. The Big should supply hand sanitizer and/or anything else needed for hand hygiene. Wash or sanitize hands frequently. Remind each other during the outing. Avoid touching your face, eyes, and mouth when in public.
7. Riding in the car together can be a challenge with social distancing. To avoid riding in the car, consider local or no-transport activities in Little's neighborhood or outings such as taking a walk, riding bikes, playing ball, using sidewalk chalk, or playing a game in the yard or at a nearby park, or have Little's family transport Little.
8. If the Big and Parent/Guardian agree to the Big transporting the Little:
  - Big and Little will wear masks
  - Consider having windows down and keeping ride short
  - Little should sit in back seat and on the passenger side
  - Use hand sanitizer directly before and after car ride
  - Big should wipe down car before and after outing
9. Outdoor activities are best. Ideally, activities will take place outdoors (**weather permitting**), in uncrowded spaces, as much as possible.
10. **Bigs and Littles are allowed to choose indoor activities, based on comfort level of all match participants.**
11. Avoid attending events or visiting places that are congested, compromise adhering to small group gathering CDC guidelines, or have poor ventilation.
12. **When going to an event or venue, matches should call or check online ahead to make sure they are comfortable with safety precautions. Bigs and Littles should be ready and prepared for the possibility to leave if they arrive and do not feel safe.**
13. Limit non-BBBS people from participating during in-person match outings. If there will be any other person involved in the in-person outing, the Parent/Guardian must be informed and agree, and the person should also adhere to the match outing recommendations.

Prior to resuming in-person match outings, each match participant (including Big, Parent/Guardian, and Little) should review these guidelines. **BBBS will continue to monitor and follow advice of the CDC and state guidance and may choose to revise guidelines around in-person contact as needed.**

Please follow recommendations from the Centers for Disease Control & Prevention and Wisconsin Department of Human Services to help lower risk of transmission. Check back frequently as information and recommendations continue to be revised.

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- <https://www.dhs.wisconsin.gov/covid-19/protect.htm>

## SAFE IN-PERSON MATCH OUTINGS DURING COVID-19 CHECKLIST

Effective October 1, 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 and one another if they or anyone in their household have tested positive or been exposed to COVID-19**)

### 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 outings, 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 (**weather permitting**) over indoor activities and keep in mind time of day/location (crowds) and restroom access
- **Bigs and Littles are allowed to choose indoor activities, based on comfort level of all match participants.**
- Avoid attending events or visiting places that are congested, compromise adhering to small group gathering CDC guidelines, or have poor ventilation.
- **When going to an event or venue, matches should check ahead to make sure they are comfortable with safety precautions. Bigs and Littles should be ready and prepared for the possibility to leave if they arrive and do not feel safe.**
- 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
- Individually wrapped snacks
- 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.**