

We ask that matches refrain from meeting in-person until July 1, 2020.

Please review the guidelines listed here and discuss with each person in your match. Each match must decide together if and when it is appropriate for their match to resume in-person contact - the timing will vary for our matches based on their needs and considerations.

Before resuming in-person meetings with your Little, Bigs must email a reply to their Match Support Specialist (MSS), stating that you acknowledge and agree to abide by these guidelines.

When deciding if you should have in-person contact, first acknowledge the following:

- No match is required to resume meeting in-person at this time. Relationships can continue to grow and be meaningful in the absence of in-person contact. We also know that in-person contact is important for connection, mental health, and overall well-being. Whether virtual or in-person, remember that consistent contact is important.
- Please check on your Little weekly. This could be as simple as sending a text, emoji, or postcard. Let them know you are thinking of them!
- Any in-person contact carries a risk for COVID-19 transmission. A person with no symptoms can be a carrier and infect others. Please follow recommendations from the Centers for Disease Control & Prevention (CDC) to help lower risk of transmission.
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.
- Deciding whether or not to have in-person contact will be an ongoing personal decision that will change repeatedly depending on pandemic updates, contacts with other people, and personal symptoms day-by-day. The decision will need to be assessed for each outing.
- Each person needs to make a thoughtful choice about what is the best decision for themselves and their own health. Members of the match need to respect each other's needs and put safety first. Consider ripple effects – who have you been exposed to recently? Will either of you be near someone who is immunocompromised or at heightened risk?
- Do not pressure each other into having in person contact. Be careful and sensitive in assessing if anyone feels anxious or concerned about safety and wellness. If you need some support around how to have this conversation, contact your MSS.
- Part of being a Big is to be a role model. This includes modeling healthy behavior, responsible decision making, self-care, and being a rule-abiding and conscientious community member. It also means modeling ways to cope with frustrating and stressful situations – talking about feelings, finding healthy self-care activities, being open about good days as well as bad days.
- The agency will continue to monitor and follow advice of the CDC and state guidance. Agency may choose to revise or revoke guidelines around in-person contact as needed.

Protocol for In-Person Contact:

1. Each person in the match needs to assess their health directly before each outing. Have you experienced any of the following symptoms in the last 14 days: difficulty breathing, headaches, fever, chills, aches, sore throat, coughing or loss of taste/smell? Before each outing, all parties should do this self-evaluation and discuss with each other to determine if outing should occur or be a virtual visit instead.
2. Share with your match if you have been exposed to someone with COVID-19, or had exposure to a large amount of people – consider your recent contacts. We need to be open and honest with each other so we can protect each other and work together to make the best informed decision about an outing.
3. When you get together, remind each other about rules for the day and how you will help keep each other healthy. Make a plan and discuss your plan. Consider limiting your meeting to an hour. Check in throughout your outing, including washing or sanitizing hands frequently and maintaining six feet of distance.
4. Wear a mask during outings when it is not possible to maintain social distance. Refer to the Center for Disease Control & Prevention for further details about mask best practice.
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
5. Big is responsible for supplying a clean mask for self and Little for each outing—either a new disposable mask for youth each time (BBBS has them available), or Big will take a reusable mask at end of the outing to launder it. Big must also supply hand sanitizer. If you need disposable masks, contact your MSS.
6. Riding in the car together can be a challenge with social distancing. You may choose to avoid it all together. If transporting child, use the following:
 - Big and youth wear mask.
 - Consider having windows down and keep ride short.
 - Youth should sit in backseat.
 - Hand hygiene: Use hand sanitizer directly before car ride and directly after.
 - Big should wipe down car before and after outing.
 - If it seems best to avoid transporting Little, Big should consider outings in the child's neighborhood: walk, bike ride, bringing ball, sidewalk chalk, or game to use in yard or nearby park.
7. Outdoor activities are best – view our list for ideas. Consider bathroom needs – where is there access to a restroom? Facilities are locked at some parks, but not all. Consider where you can find shade. Bring plenty of water for hydration.
8. Because of the additional risks, no guests (not even siblings), no out-of-state trips, and no overnights will be considered at this time.

Suggested supplies for each outing:

- masks for Big and Little
- hand sanitizer and/or hand soap
- sanitation wipes
- sunscreen
- outdoor folding chairs or blanket
- individually wrapped snacks
- water (for drinking and hand-washing)
- materials for planned activity
- agency COVID-19 Match Contact Guidelines

Acknowledgement & Agreement

I have read the agency's COVID-19 Match Contact Guidelines and I agree to adhere to all items listed to the best of my ability. I understand I am not obligated to have in-person contact with my match, and that I am expected to continue virtual contact if not having in-person contact. I will make decisions based on what is best for the safety, health, and wellness of each person in my match and our families. I will discuss these considerations in depth with each person in my match and ensure we are all in agreement before proceeding. If I have questions or concerns about how best to do this, or about any of the guidelines listed here or any other concerns related to the BBBS program, I will contact my MSS. I will not hold Big Brothers Big Sisters of Northern Nevada (BBBSNN) responsible if I or one of my family members contracts COVID-19 or any illness. I will not hold BBBSNN responsible for any damages that may result from contracting an illness.

Big Signature

Date

Outdoor Activity Ideas

- Walk/hike
- Bike Ride
- Explore various neighborhoods and outdoor landmarks
- Walk to get an ice cream or other treat
- Have a picnic at the park
- Throw a football
- Take a pet for a walk
- Play a game: Charades, I Spy, Who Am I, checkers, board game, hopscotch, dominoes,
- Create a scavenger hunt, do nature bingo, or create a challenge – find and snap photos of as many different shaped leaves as you can. Or find and snap photos of objects that show range of colors – nature’s rainbow.
- Trash pick-up (service project) – use gloves!
- Kayak or canoe
- Workout together at the park or in a backyard (yoga, squats, burpees, jumps, push-ups, relays, lunges, jump rope)
- Garden: plant flowers or trees for someone. Weeding. (service project)
- Outdoor art project: Tie-dye. Paint hopeful signs to share with others, coloring, knitting.
- Read aloud.
- Backyard jigsaw puzzle (a puzzle mat allows you to roll up and travel with puzzle in progress)
- Make cloth masks for self or others (service project)
- Wade in a creek or try your hand at fishing
- Hula hoop
- Roller blade
- Fence art: Use ribbon to weave into chain link fence – various designs and patterns
- Outdoor Lego build competition – sit apart from each other with a timer to build a certain object, theme. At time, compare or swap projects. Or find way to unite them together.
- Learn and practice dance moves together
- Learn and practice a new language
- Wash the car
- Build something (bookshelf. Bird house. Bench. Table)