



## COVID-19 Match Contact Guidelines

Prior to resuming in-person Match contact, each Match participant (including Big, Little, and Parent/Guardian) is required to review and agree to the guidelines outlined below.

This form must be signed by each Match participant (physically or electronically) prior to, or at, the first in-person Match interaction. Once completed, mail or email the signed form to your Program Specialist.

### **Before we consider meeting in-person, we will do the following:**

1. Check in with your Big/Little/Little's family to ensure all parties approve of an in-person meeting. If anyone is uncomfortable with an in-person meeting, we will plan a virtual activity instead.
2. If any member of the Match (or family members of Bigs/Littles) is at heightened risk from the coronavirus, or becomes heightened risk, (visit the Centers for Disease Control website for more information at [www.cdc.gov](http://www.cdc.gov)) we will not meet in-person and will plan virtual activities instead.
3. If any Match participant is ill or lives in a home where a relative or roommate has been ill, we will wait at least two weeks before considering an in-person outing.
4. If any Match participant has traveled outside of Iowa/Illinois in the last 14 days, we will wait at least two weeks before considering an in-person activity.

### **If all Match participants determine an in-person meeting is acceptable, we will follow these guidelines:**

1. Initiate a conversation to discuss specific activities and agree to the details of the meeting. We will be respectful of each other's boundaries and only plan activities that all Match participants are comfortable with.
2. Take your temperature prior to the outing to ensure Big or Little is not running a fever of 100.4 or higher.
3. Follow social distancing guidelines (visit the Centers for Disease Control website for more information at [www.cdc.gov](http://www.cdc.gov) )

### **When planning and participating in an in-person Match meeting, we agree to the following:**

1. Bigs and Littles will each wear a mask. If Little does not have a mask, Big will provide one, reach out to BBBSMV to obtain one, or work with Little and family to make one.
2. Activities will take place outdoors, in uncrowded spaces, as much as possible.
3. We will avoid crowds of more than 10 people.
4. We will avoid physical contact like hugs, high fives, and shaking hands.
5. We will wash our hands before our activity, and as appropriate throughout our activity.
6. Bigs will bring hand sanitizer and/or disinfecting wipes.
7. If Big feels comfortable transporting the Little, both the Big and Little will wear masks, and the Little will sit in the back seat.
8. If the Big is not comfortable transporting the Little, we will plan activities that are within walking distance of the Little's home or work with the Little's family to arrange for the Little's transportation.

## Acknowledgement and Agreement

I have read BBBSMV'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 Program Specialist. I will not hold Big Brothers Big Sisters of the Mississippi Valley (BBBSMV) responsible if I, or a family member, contracts COVID-19 or any other illness. I will not hold BBBSMV responsible for any damages that may result from contracting an illness.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Little Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Big Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### **As of today, all Match participants are comfortable with the following (check all that apply):**

- Resuming in-person meetings
- Allowing the Big to transport the Little to and from in-person activities
- Parent/Guardian will/can transport Little to and from in-person activities
- Participating in activities at the Little's home
- Participating in activities at the Big's home