

Please review the guidelines listed here and discuss with each person in your match. Each match must decide together 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.

This form must be signed by each person in the match and returned to your Match Support Specialist (MSS) before you can resume in-person contact with your match.

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

- 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 meme, emoji, or postcard. Let them know you are thinking of them, and keep sending encouragement and a way to make them smile.
- 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. Check back frequently as information and recommendations continue to be revised. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>. Stay up to date on your state requirements regarding COVID-19 as well.
- Deciding whether or not to have in-person contact will be an ongoing personal decision that will change repeatedly depending on updates within the pandemic, contacts with other people, personal wellness or symptoms day by day. This is a decision that will need to be assessed each time when planning an 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? If so, consider what is best for their health too.
- 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 Match Support Specialist (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: Are you feeling achy? Fever or chills? Fatigued? Cough or tightness in chest? Unusual digestive issues? Unknown rash? 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. How will we help keep each other healthy? There are many logistics to think through. Make a plan and discuss your plan. Check in throughout your outing.
4. Wear a mask during outings. 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. Bring a new mask for youth each time, or Big will take the mask at end of the outing to launder it – follow CDC guidelines for safe handling and washing. Big must also supply hand sanitizer and anything else needed for hand hygiene or protection. If match needs help accessing these materials – contact your MSS.
6. Wash or sanitize hands frequently – remind each other during the outing.
7. Maintain at least 6 feet of distance.
8. 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 or keeping ride short.
 - Youth should sit in backseat.
 - Hand hygiene: Use hand sanitizer directly before car ride and directly after to help reduce germs in car.
 - 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.
9. Outdoor activities are best – view our list for ideas. Consider time of day – morning activities will help beat the heat and the crowds. 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. Bring and use sun screen and insect repellent.

Suggested supplies for each outing

- Masks for Big and Little
- Hand sanitizer
- Sanitation wipes
- Hand soap
- Disposable gloves
- Sunscreen
- Insect repellent
- Individually wrapped snacks
- Outdoor fold-up chairs or blanket
- Water (for drinking and hand-washing)
- Materials for your planned activity and a back-up 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 Match Support Specialist. I will not hold Big Brothers Big Sisters of the Texas Panhandle (BBBSTxPan) responsible if I or one of my family members contracts COVID-19 or any illness. I will not hold BBBSTxPan responsible for any damages that may result from contracting an illness.

Parent Signature* _____

Date _____

Little Signature* _____

Date _____

Big Signature* _____

Date _____

*By printing your name on this document, or using a keypad, mouse or other device to select an item, mark initials or create a signature for this document, you are signing this Agreement electronically. You agree your electronic signature is the legal equivalent of your manual signature on this Agreement. You also agree that no certification authority or other third party verification is necessary to validate your electronic signature.

Outdoor Activity Ideas

- Hike
- Walk
- Bike Ride
- Explore various neighborhoods and outdoor landmarks (City Parks, Palo Duro Canyon, Wildcat Bluff)
- 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)
- Do workout together at the park or in a backyard (yoga, squats, burpees, jumps, push-ups, relays, lunges, jump rope)
- Gardening: plant flowers or trees for someone. Weeding. (service project)
- Outdoor art project: sidewalk chalk. 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)
- Hula hoop
- Fishing
- 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)