

# COVID-19 Match Contact Guidelines

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is very contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend and/or require social distancing when possible and other preventive measures. However, in accordance with guidance provided by the State of Ohio and the Center for Disease Control, Big Brothers Big Sisters of Central Ohio is once again permitting in-person visits between Bigs and Littles under the guidelines listed below. Please review the guidelines listed and discuss them with each person in your match. All parties need to be comfortable meeting in person before in-person visits may resume. **This form must be signed by each person in the match before in-person visits can take place.**

- BBBS aligns our recommendations for mask-wearing with the CDC guidelines which can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>. We suggest Bigs and Littles wear face coverings when together.
  - If you do not have a face covering, please contact your Match Support Specialist to obtain one.
  - Bigs should be prepared to provide an extra face covering in the event the Little does not have one available in order for the in-person visit to continue.
- Prior to in-person visits, Big and Little should take their temperatures. If either person's temperature exceeds 100.4F, the in-person visit should be rescheduled.
- The activity is to include only the Big(s) and Little at this time.
- Big and Little should practice social distancing, keeping a minimum of 6 feet distance between themselves as feasible. Riding in the car together can be a challenge with social distancing. You may choose to avoid it altogether. Please review CDC guidelines for ridesharing here: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/rideshare-drivers-for-hire.html>
  - If transporting child, use the following:
    - Big and youth wear mask
    - Consider having windows down or keeping ride short
    - Youth should sit in backseat
    - 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
- We are strongly encouraging our matches to limit their indoor activities. We suggest Bigs and Littles participate in outdoor activities such as hikes, bike rides, fishing, etc. Please visit our website for more ideas: [www.bbbscentralohio.org](http://www.bbbscentralohio.org).
- If a Big or Little has knowingly been exposed to someone who has recently tested positive for COVID-19 or has traveled internationally within 14 days of scheduled in-person visit, in-person visits must cease for at least 14 days, and your Match Support Specialist should be notified. If a Big or Little is experiencing symptoms (e.g., fever, coughing, shortness of breath), in-person visits must cease until it is safe to be around others. Per CDC guidelines, if you are experiencing symptoms of COVID-19, it is safe to be around others after 3 days with no fever, respiratory symptoms have improved, and 10 days have passed since symptoms first appeared.

**Follow the Center for Disease Control's Recommendations**

As a reminder: Our agency recommends that you follow the advice of the Center for Disease Control (CDC) by following guidelines to help keep you and others healthy. These include:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
- Cover your mouth and nose with a cloth face cover when around others. Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash; if you have no tissue with you, turn away and cough or sneeze into your elbow or sleeve.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Per CDC recommendations, we encourage you to seek medical attention if you have been in close contact with a person known to have COVID-19, or who has been experiencing flu-like symptoms.

### **Waiver, Release of Liability, and Assumption of the Risk 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 my decision to engage in in-person contact with my match is strictly voluntary. I understand that I may and 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. By signing this Acknowledgment, I acknowledge the contagious nature of COVID-19 and understand and voluntarily assume the risk that my decision to engage in in-person contact with my match includes possible exposure to and serious illness from COVID-19. I understand the risks and hazards associated with in-person contact with my match and willingly accept those risks. I expressly waive, release, forever discharge, and covenant not to sue Big Brothers Big Sisters of Central Ohio and their agents, heirs, and assigns, from all liability in connection with exposure, infection, and/or spread of COVID-19 arising out of my decision to participate in in-person contact with my match. I understand that this waiver means I give up my right to bring any claims for personal injuries, death, disease, or property losses, or any other loss, including but not limited to claims of negligence, and give up any claim I may have to seek damages, whether know or unknown, foreseen or unforeseen.

I have read this Waiver, Release of Liability, and Assumption of the Risk Acknowledgement & Agreement, have had an opportunity to ask questions, fully understand and appreciate the legal effect of signing this document, and have signed it freely and voluntarily without inducement, assurance or guarantee.

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

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

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_