



## **Returning to In-Person Troop Meetings and Activities Interim COVID-19 Guidance for Volunteers**

### **Overview:**

This guidance is being provided as of the edition date in the footer section of this document (when a vaccine has not been made readily available). Girl Scouts of California's Central Coast may modify this guidance, as circumstances change. This document is intended to help volunteers determine if they are prepared to hold in person activities with their troop and elements to consider in planning those activities.

To keep your family safe please follow all reasonable precautions to limit potential exposure for girls, volunteers, and families. The COVID-19 pandemic continues to change as infection rates rise and fall in different areas. There may be regional differences or developments since this guidance was published. Continue to follow [local](#) and [national](#) directives. Discuss plans with families. Implementation of these guidelines should be tailored for each setting and at the sole discrepancy of the girl's parent or guardian. The following guidelines will outline general measures, promoting healthy hygiene practices, implementation of distancing, limiting sharing physical items, and keeping your troop informed of changes in your specific county.

### **Troop Specific Guidance:**

Use these questions and reminders to help decide how and when to return to troop activities.

**Troop Meeting Space.** At this time, troops should keep activities within their own county. Outdoor spaces where social distancing can be maintained are strongly recommended for meetings. Get advance permission from the property owner or the jurisdiction that provides the location.

For meetings held at public facilities, contact the facility ahead of time and ask:

- Is the space cleaned, and touch surfaces (i.e., tabletops, light switches, chairs, etc.) sanitized, at least daily?
- Who else uses the space (how often, what size is the group)? Is the space cleaned between groups?
- What type of faucets / soap dispensers are available in the restroom (sensory or manual)?

Then, consider whether you can supplement any practices that are less ideal. For example, if you will arrive after another user group, plan to bring sanitizing wipes to get the space ready for your



troop. Another example: if faucets are manual, take some time to show girls how to shut them off with a paper towel. Use paper towels for doorknobs whenever possible.

Meetings may not be held in fitness centers or gyms, where a greater risk for contracting the virus may exist. Schools or churches may not permit outside groups on premises, so always check and confirm ahead of time.

**Troop Meeting Size.** The more people a girl or volunteer interacts with, and the longer that interaction, the higher the risk of COVID-19 spread. The risk of COVID-19 spread increases in group settings as follows:

**Lowest Risk:** Small groups of girls stay together all day, each day. Girls remain at least 6 feet apart and do not share objects. Outdoor activities are prioritized. All girls are from the same local geographic area (e.g., town, city or county).

**Highest Risk:** Girls mix between groups and do not remain spaced apart. All girls are not from the local geographic area (e.g., town, city or county).

It's best to wait for a safer time for everyone to gather when we enter into Phase 4 in our state. Some ideas:

- Host virtual troop meetings (see below).
- Gather up in smaller groups—such as age-level groups, patrols, or groups of girls with a particular badge they'd like to work on. Each group must maintain volunteer to girl ratio

**Transportation.** Individual parents drop off and pick up their own girls from meetings. Carpooling and public transportation should be avoided, to maintain social distancing.

**Virtual meetings.** Meeting options may need to be flexible based on the fluid nature of COVID19 risk. Troops that can run online meetings as needed (or wanted) should do so. GSUSA recommends continuing occasional virtual meetings to keep tech skills and virtual meeting habits fresh. Virtual meetings are also a great alternative for inclement weather. Use the Safety Activity Checkpoints for Virtual Meetings, to guide your meeting plans: [Virtual Troop Meetings](#). Other helpful resources can be found [here](#).

**Day trips and activities.** At this time, troops should keep activities within their own county. In conjunction with Safety Activity Checkpoints, follow the same guidance as the Troop Meetings and Hygiene and the COVID-19 Risk Mitigation guidance in this document. Call ahead to the facility or vendor to confirm that they are following CDC and state health department guidelines. If activity or sporting equipment is being provided, ask the provider if they wipe down equipment in between uses, similar to equipment at the gym. Make whatever appropriate accommodations



that are necessary. For example, bring extra sanitizer if none will be provided for public use at the activity location.

**Travel and overnight stays.** Overnight trips are not permitted until after the home state is successfully past Phase 3 of its re-opening process. The timeframes will vary from county to county in some cases. At this time, GSCCC is not approving troop overnight activities. Additional guidance will be provided when this restriction is lifted.

**Hygiene and COVID-19 Risk Mitigation.** [Follow the resources developed by credible public health sources such as CDC](#) or your local public health department. Share these with girls and volunteers and ensure that they are practiced during meetings and activities. Place signs in the meeting or activity space to remind girls and volunteers to engage [in everyday preventive actions](#) to help prevent the spread of COVID-19. Signs should include:

- Stay home if you are sick.
- Cough and sneeze into a tissue, throw the tissue in the trash, and wash or sanitize your hands.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth. Wash hands if you do touch.
- Parents/guardians should be reminded to make sure temperatures are taken prior to group interaction to confirm the individual is not running a fever and temperature is a normal 98.6 degrees. Members with fever or temperature higher than 98.6 should skip the in-person gathering until their temperature is normal.

**Personal contact.** Hugs, handshakes, “high-fives,” and even activities like the friendship circle or squeeze can transmit COVID-19 from person to person. Refrain from these gestures for the time being. Create a safe way for girls and volunteers to greet and end meetings instead (like tapping elbows).

**First Aid Supplies.** Troop first aid supplies should include COVID-19 prevention items including hand sanitizer (at least 60% alcohol), tissues, disposable facemasks, and disinfectants. Trash baskets or bags should be supplied for meeting and activity spaces, if not already available. Make sure that the trash baskets (or bags) are easily accessible for girls. Disposable or no-contact thermometers may be added to supplies if available and not cost prohibitive, however, parents should be checking temperatures and allowing their girl(s) to join group activities only when temperatures are normal.

**First Aid / CPR Training.** Keep skills up-to-date for any emergency. Talk to your council about training that may be available during this time.



**Disinfectants and Disinfecting.** [Routinely clean and disinfect surfaces](#) and objects that are frequently touched (i.e., table tops, markers, scissors, etc.). Use a household cleaner, or see the [EPA's list of effective cleaners](#) approved for use against COVID-19. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.). Cleaning and disinfecting should be done by adults and older girls.

Household bleach is effective against COVID-19 for up to 24 hours when properly diluted. Check that the bleach is not expired and determine if it can be used on a given surface. Follow the manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

To prepare a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water or
- 4 teaspoons bleach per quart of water

See the [CDC's website](#) for more on cleaning and disinfecting community facilities.

**Face Coverings.** Volunteers should remind girls that Girl Scouts wear face coverings (masks) not only to protect themselves but also to protect others. Face coverings are a civic responsibility and a sign of caring for the community. Girls can bring their own face coverings. Have disposable masks on hand for those who need them. Volunteers can teach girls [how to handle their face coverings](#) so that the coverings are effective. Some girls or volunteers may not be able to wear masks, due to medical conditions such as asthma. Contact your council for guidance on how best to handle these exceptional circumstances as they arise. Note that more and more cities in our Council are mandating masks be worn for anyone over the age of 12. Children younger than 3 are not advised to wear masks and masks will be recommended but not required for children ages 3 to 12.