

RECONNECTION UPDATES FOR BIGS AND FAMILIES

BBBS has developed phases for our matches to know how and when they can meet during COVID-19. This is all with safety in mind. The phases will change as COVID-19 changes. Check back frequently and before every match activity.

CURRENT PHASE 11/18/2020: YELLOW PHASE



BBBS YELLOW PHASE DURING IDAHO'S STAGE

During this season of sickness, whether it be COVID-19, cold or flu, we ask that each Match take into consideration those in the match who are the most cautious about their activity and protect them by following their lead. (i.e If your Little is wearing a mask, you need to also.) All parties must be comfortable with the actions each is taking when you meet in person.

BBBS staff recognizes and appreciates that as Bigs, you want to comply with the COVID-19 guidelines to stay safe, but also want a warm environment to do your activities when the weather is cold and wet. We can meet you in the middle.

Ways to Minimize Risk Indoors:

- Continue to wear masks
- Sanitize your vehicle before/after driving your Little
- Little sits in the back of the car
- Social distance whenever possible
- Consider air flow. Can you crack open a window or door to let fresh air in?
- Consider duration of activity. Shorten the time if you can or split time into multiple meetings.
- Be courteous to the other parties in your match. If you are sick or have been sick recently, please tell them and avoid seeing them until you are free from symptoms.

QUESTIONS TO ASK EACH TIME BEFORE YOU MEET IN-PERSON

- Do you have any of the following symptoms that are not caused by another condition?
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - Recent loss of taste or smell
 - Sore throat
 - Congestion
 - Nausea or vomiting
 - Diarrhea
- Within the past 14 days, have you had contact with anyone you know had COVID-19 or COVID-like symptoms? Contact is being 6 feet (2 meters) or closer for more than 15 minutes with a person or having direct contact with fluids from a person with COVID-19 (for example, being coughed or sneezed on).
- Have you had a positive COVID-19 test for active virus in the past 10 days? (If you or someone in your immediate family is waiting for a COVID-19 test result, please do not meet until you have a negative test result.)
- Within the past 14 days, has a public health or medical professional told you to separate yourself or quarantine for any reason?

If you answered yes any of these questions, please reschedule your Match Activity or change it to virtual. Rescheduling is unfortunate, but during this time we all understand the need.

MASKS ARE REQUIRED FOR ALL MATCH ACTIVITIES - INSIDE AND OUTSIDE

By wearing masks we are doing our part to not only keep ourselves safe but the community around us.

Because we believe in leading by example, the leadership of BBBS is requiring all of our matches to wear face coverings when they are together. This decision comes from the recommendations of the medical and health professionals in our community, as well as aligning with local mandates. Face coverings should be worn inside public spaces and outside when six feet of social distancing can't be maintained. We have plenty of masks in our office, if you or your Littles need one.

Mask wearing is in addition to all Yellow Phase Protocols we have in place. To review these protocols and FAQs about scenarios, see below. For questions, contact your Match Support Specialist. Our Staff Directory can help you find their phone number and email address.

DEFINITION OF PHASES:

RED PHASE – No in-person outings allowed. All activities are virtual. [Click here for the protocols.](#)

YELLOW PHASE – In-person outings allowed with modifications. General policies and COVID-19 recommendations are in place. Signed waiver must be on file. [Click here for the protocols.](#)

GREEN PHASE – In-person outings allowed. Regular structure and general policies are in place.

FREQUENTLY ASKED QUESTIONS

As with all scenarios, please use your best judgement. When in doubt wear your mask. It's better to have had that extra layer of safety if you come into contact with someone who becomes sick.

What about swimming? Do I have to wear a mask?

- Always have a mask with you no matter what the activity.
- Wear a mask to the swimming pool area.
- Masks can be left with your towel while in the water.
- Be sure to social distance when masks are off

What about bike riding? Do I have to wear a mask?

- Always have a mask with you no matter what the activity.
- Bike riding allows for social distancing of more than 6 feet and therefore masks do not have to be on your face while riding.
- If you come to a stop and there is a group of people less than 6 feet apart (at stop lights, along the Greenbelt, etc.), put on your mask.

It is going to be hot and the mask is uncomfortable. Do I have to wear a mask?

- If you will come into contact with people less than 6 feet away, put on your mask.
- Schedule the activity to last a shorter time than usual or choose an activity that is less strenuous.
- Remember to stay hydrated. You may pull the mask down to take drinks of water.
- We are meeting in Canyon County. Do I have to wear a mask?
- Wear a mask no matter where you are. We believe in leading by example so by wearing masks we are doing our part to not only keep ourselves safe but the community around us.

What about riding in a car? How do I sanitize it for my Little?

- Before you Little gets in the car, wipe down common used areas (door handles, leather seats, anywhere a Little might come into contact.)
- Both Little and Big wear masks while both in the car.
- Open windows to allow for good air flow during ride.
- After Little has been dropped off at the end of the outing, sanitize the areas the Little came in contact with.