

# Big Brothers Big Sisters of Long Island, Inc.

## SAFE In-Person Match Contact **REQUIREMENTS** Checklist

Effective June 26, 2020 and until BBBSLI issues alternative requirements/guidance



### **BEFORE EVERY in-person contact of ANY KIND, matches MUST review these wellness considerations:**

- At any time during the last two weeks, have you or has anyone in your household, your Little, or anyone in your Little's household felt ill?
- Been diagnosed with COVID-19?  
*(Bigs and families MUST inform BBBSLI if any party has received a positive diagnosis.)*
- Experienced fever or chills?
- Felt unusual fatigue?
- Unexplained bruising or bleeding
- Headache with a stiff neck?
- Had a cough, difficulty breathing, or felt tightness in the chest?
- Experienced unusual digestive issues?
- Had an unknown skin rash?

### **If the answer is "YES" to any of these questions, DO NOT meet in person until:**

- Two weeks have passed since the last day symptoms were present  
-OR-
- The sick individual has received a negative COVID-19 test result

### **Before EVERY in-person contact of ANY KIND, you MUST have the following discussion:**

- Discuss your recent exposure(s) and disclose your personal social distancing practices with parent/guardian (parents deserve to make INFORMED decisions)
- Collaboratively with the parent, make a plan for keeping yourself and your Little safe during your outing.

### **If Big and Parent/Guardian decide to move forward with in-person contact of any kind, please note the following REQUIREMENTS:**

- Take your temperature before each outing and make sure your Little's temperature has also been taken
- Masks are always required (no exceptions)
- Maintain 6-feet of distance between you and your little at ALL times (even when masked)
- Absolutely NO physical contact of any kind
- Use hand sanitizer/wipes/soap after touching surfaces
- Wipe down car surfaces before/after transporting your Little (if parent approves transport)
- Avoid long distance car rides and consider local or no-transport activities in your Little's neighborhood
- Avoid congested areas and events
- Prioritize outdoor activities over indoor activities and keep in mind time of day/ location (crowds) and restroom access

### **SUPPLIES to bring:**

- **REQUIRED:** Masks for BOTH Big and Little (no mask, no meeting)
- **REQUIRED:** Hand sanitizer, sanitation wipes, hand soap, etc. to ensure proper disinfection of hands and surfaces
- **SUGGESTED:** Safe In-Person Match Contact Requirements Checklist
- 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

**Review this checklist as well as the policy prior to all outings.  
Failure to adhere to these guidelines could result in match suspension or closure.**