



Match Guidelines, Assumption of Risk and Release of Liability Relating to Coronavirus/Covid-19

Thank you for your commitment to your match during these unprecedented times. At Big Brothers Big Sisters of Long Island, the health and safety of our Littles, volunteers, families, and staff remains paramount. We will continue to monitor developments regarding Covid-19 and adhere to federal, state, and local guidelines to help protect all BBBSLI program participants and staff.

With the fall season upon us and winter approaching, BBBSLI provides the following reminders and updated guidance to our Bigs, Littles, and Parents/Guardians regarding safe contact for our matches. We ask each match participant to review these guidelines thoroughly before continuing in person match outing. As always, please contact your BBBSLI staff with any questions, concerns, or for support in keeping connected.

Communicating about Covid-19 Risk Factors and Deciding to Meet

- In person outings remain at the discretion of each match and its participants and are not required at this time. Matches not meeting in person are encouraged to maintain weekly regular communication via virtual, phone text and/or face time.
 - If any party in the match relationship is at heightened risk for severe illness from Covid-19, identified by the Centers for Disease Control as older adults and people of any age who have serious underlying medical conditions, we do not recommend meeting in person at this time. This may also include family members or others living in a Big or Little's household. Please refer to the CDC for further guidance.
 - If anyone in the Big or Little's household works in healthcare or is a frontline worker, who could have been exposed to Covid-19 through their profession, this should be acknowledged and it is the Big and parent/guardian of said Little's decision to meet.
- Each person in the match must assess their health before every in-person outing. Please be open and honest about illness symptoms to protect one another and make the best informed decision about meeting. Matches should not meet if either party has any of the following symptoms:
 - fever, cough, shortness of breath
 - chills, muscle pain, headache
 - sore throat, congestion, loss of taste or smell, or
 - nausea, vomiting, diarrhea
- In person meetings shall not take place if a Big, Little or another member in either household is diagnosed with Covid-19, or has been exposed to Covid-19.
 - If any match party has been diagnosed with Covid-19 or had symptoms, the match should not meet for at least:
 - 10 days after symptoms first appeared and
 - 24 hours with no fever without the use of fever-reducing medications and
 - Other symptoms are improving
 - Matches must wait 14 days after an exposure to Covid-19 to resume in person meetings and continue to follow all social distancing guidelines.
 - For matches who are meeting in person, Bigs and Parent/Guardians must notify BBBSLI Staff if they or members of their household have been diagnosed with Covid-19.
 - Please visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for further guidance on what to do if you are sick, or have been exposed or think you may have been exposed to COVID19.



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○ **Choosing Activities/Outing Locations**

If match parties agree to meeting in person:

- Outings should occur in locations that allow for social distancing.
- Bigs and Littles should avoid crowded places and gatherings.
- Regardless of the Little's age, each outing and activity must be approved by the Parent/ Guardian ahead of time.

Transportation:

BBBSLI does not recommend Bigs transport Littles at this time and strongly encourage Parent/Guardians provide their child transportation to and from outings while social distancing measures are in place.

- If a Big does transport their Little, the Parent/Guardian must grant permission first.
- Bigs must take reasonable steps to disinfect surfaces before and after transporting (cleaning handles, seatbelts, etc.).
- Bigs should limit transport to short distances only.
- Littles should sit in the back seat of the car.
- Bigs and Littles should wear a mask at all times while riding in a vehicle together.

Protective Measures:

The following protective measures must be implemented prior to and during each in-person visit:

- Make sure to wash your hands thoroughly before and after the visit. Washing hands and/or sanitizing regularly during outings is encouraged.
- Anyone participating in the visit must adhere to social distancing guidelines and stay at least six feet apart.
- Refrain from any physical contact, including high fiving, hand holding, hand shaking, or hugging.
- Bigs and Littles wear a mask that covers mouth and nose during the outing.

I have read Big Brothers Big Sisters of Long Island (BBBSLI) Safe In-Person Match Contact Policy and I agree to adhere to all requirements. I understand I am not obligated to have in-person contact with my match at this time and that I am expected to continue virtual contact if I decide to remain in the program and refrain from having in-person contact at this time. I will make decisions based on what is best for my safety, health, and wellness and will be respectful of the decisions made by other parties in my match. I will discuss these considerations in depth with each person in my match and ensure we are all in agreement before having any in-person contact. If I have questions or concerns about this policy or any aspect of the BBBSLI mentoring program, I will contact the BBBSLI staff. I understand that BBBSLI is not responsible if one of my family members or I contract COVID-19 or any other illness.

Signature or e-Signature of Volunteer Big

Date