



In-person Meeting Guidelines | Updated, November 2020

It's important that we keep mentors, mentees, and families safe during COVID-19. Therefore, before you consider meeting in-person during the colder months, please familiarize yourself with the following guidelines

- If you do not feel comfortable meeting in-person with your Little, that's OK! We request that you clearly communicate that with your mentee. Until you feel it's safe to do so, we recommend you connect with your Little via phone, FaceTime, letters, [virtual S.T.A.G.E. events](#), etc.
 - Note that no Matches will be closed for lack of in-person meetings for the foreseeable future, as long as effort is made to connect virtually. For resources and virtual Match activities, visit TennesseeBig.org/COVID19.
 - Any member of a match – Big, Little, or parent/caregiver – may choose to stop in-person match activities until they feel safe to resume.
- Check with your Little and Little's parent/guardian to ensure all parties approve of the meeting. If anyone is uncomfortable with in-person activities, we ask that you not meet.
- If any member of the match (or family members of Bigs/Littles) is at heightened risk from COVID-19, we ask that you take extra precautions or that you simply do not meet in person at this time.
 - Heightened risk factors include advanced age, respiratory illness, diabetes and compromised immune systems. The CDC has further guidance at cdc.gov.
- If any member of a match is ill or lives in a home where a relative has been ill, we ask that you wait for *at least two weeks* before considering an in-person outing.
- Matches should notify BBBS if they have had any exposure to someone (family member, friend, coworker) diagnosed with COVID-19. Please include date of diagnosis and the date of the last match outing.
 - Matches should not meet in-person for two weeks after exposure, assuming the party or parties does not develop symptoms of COVID-19. Should a Big or Little develop symptoms or test positive after exposure, in-person meetings should not resume until all members of the household receive a negative COVID-19 test.

Should you, your Little, and your Little's parents/guardians determine an in-person meeting is acceptable, please follow these guidelines:

On the day of a scheduled match activity, the Big and Little's parent or guardian must confirm that all parties:

- Have not had a temperature above 100.4 in the past three days.
- Have not had any of the following in the past 10 days:
 - Cough
 - Shortness of breath/difficulty breathing
 - Tiredness

- A sudden loss of smell or taste
- Chills and/or body aches
- Nausea or diarrhea
- Positive test for COVID-19
- Contact with a person suffering from any of the above
- Contact with a person who has tested positive or has been told to quarantine

When you meet in-person, we ask that you the following.

- Follow social distancing guidelines.
- We are still discouraging car rides; however, if you must be in car all parties should wear masks with the Little sitting furthest from the driver.
 - We recommend car rides be less than 15 minutes in order to limit exposure.
- We encourage you to wear a mask when meeting with your Little.
- Consider uncrowded outdoor activities, if possible. If you'd like ideas, contact your Match Support Specialist, or visit TennesseeBig.org/COVID19.
- Avoid all physical contact. Please do not shake hands, high five, or hug.
- Wash your hands and bring hand sanitizer with you.
- Encourage your Little to use the restroom prior to your meeting, and limit use of public restrooms.
- Check in with your Little's parents re: any restrictions they have, and request that they provide approval specific to each outing.
- Stay local and keep outings to a reasonable length.

Additional Resources

>> Do not forget to look through this amazing list of resources for you and your Little:

<https://www.tennesseebig.org/wp-content/uploads/2020/11/COVID-Guide-20201117.pdf>

>> Have you joined our [Bigs Facebook Page](#)? If not, search for "East Tennessee Bigs" and request to become a member. (Our team recently posted a fantastic tutorial on Digital Vision Boards that would a great activity!)

>> Looking for fun activities you can participate in with your Little virtually? Check out our YouTube channel: [YouTube.com/BigBroBigSisETN](https://www.youtube.com/channel/UCBjBjBjBjBjBjBjBjBjBjBj). You'll find arts and crafts, STEM, and wellness videos all housed on our S.T.A.G.E playlist!

Finally, keep up to date on events and new activities through our monthly events email. Not receiving this? Let us know by emailing Programs@TennesseeBig.org, so we can check your email address and settings.