

Returning to In-Person Troop Meetings and Activities

Interim COVID-19 Guidance for Volunteers

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This guidance is being provided as of the Edition Date above (when a vaccine has not been made readily available). Girl Scouts USA may modify this guidance, from time to time as circumstances change.

COVID-19 is an extremely contagious virus that spreads easily in the community. Take 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.

[North Carolina Restrictions](#)

[South Carolina Restrictions](#)

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

Troop Meeting Space. 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 Meetings in the Home. GSUSA strongly suggests no meetings in the home out of concern that there would be greater risk of exposure to other family members. The recommendation is to stay away from in-home meetings for the time being.

Troop Meeting Size. The current suggested maximum is ten people (eight girls and two unrelated adult volunteers). However, check your state and local restrictions for small gatherings. If more restrictive, follow the local restriction. Restrictions vary greatly from state to

state, county to county, and even from town to town--and frequently change. If a state allows more than ten to gather, utilize all social distancing practices and follow all preventative guidance (such as face coverings).

If you have a large troop, stay connected while you wait for a safe time for everyone to gather. Large troops are wonderful, so stay together! 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 would like to work on.

Large Gatherings. If your jurisdiction permits larger gatherings, confirm the number of people that are permitted and remind volunteers to allow for proper girl-to-adult ratios. It is strongly recommended to meet outdoors as opposed to indoors, and only when social distancing can be maintained. For more people or large gatherings, when the time is safely appropriate, follow the CDC guidelines: [Large Gatherings and Community Events](#).

Volunteers should get council prior approval before planning any gatherings of more than ten people. Council staff may consider larger group gatherings greater than 10 people after considering the norms in the local region. Answers to the following questions will help guide this decision:

- Has a successful final phase of re-opening been completed? (several weeks after)
- Do state and local law permit larger gatherings? How many people permitted?
- Have schools been re-opened for in-person classes?
- Is the event indoors or outdoors? (outdoors is safer than indoors provided social distancing is maintained)
- Can social distancing be maintained?
- Always follow CDC guidance and all GSUSA guidance available in this document pertaining to large in-person gatherings and/or hosting council events.

Transportation. Individual caregivers must drop off and pick up their own girls from meetings and activities in order to maintain social distancing. Carpooling may resume when the county, town or region is safely past its final phase of re-opening.

Once a county or region is fully past its final re-opening stage, carpooling may resume as necessary with precautions. For example:

- Girls and adults should wear masks when inside of a motor vehicle
- Keep car window opened, at least slightly, to circulate fresh air
- Consider the personal situation of your girls:
 - Do they live with an immune compromised person that they can put at risk? If so, perhaps make other accommodations for her with her parents.
 - Have the families been isolating, and free from contagion? If so, the troop may essentially be a safe bubble.

Remember, sustained contact within less than six (6) feet for longer than ten (10) minutes within an enclosed area creates high risk for virus transmission, so be very careful with carpool

decisions.

CDC guidance for ride shares and drivers for hire may be helpful as an additional reference when evaluating motor vehicle transportation or carpooling: [Ride Shares and Drivers for Hire](#)

Virtual Meetings. Meeting options may need to be flexible based on the fluid nature of COVID-19 risk. Troops that are able to run online meetings as needed (or wanted) should do so. GSUSA recommends maintaining a virtual to in-person ratio of at least 20/80, which means to maintain virtual troop meetings at least 20% of the time to keep tech skills and virtual meeting habits fresh. Use the Safety Activity Checkpoints for Virtual Meetings, to guide your meeting plans: [Virtual Troop Meetings](#).

Other helpful resources can be found here: [Girl Scouts at Home](#)

Day Trips and Activities. In conjunction with Safety Activity Checkpoints, follow the same guidance as Troop Meetings and Hygiene and 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 your home state is successfully past Phase 3 of its re-opening process. The timeframes will vary from state to state. As always, contact your council before planning any overnight stays where approval is required and follow guidance in Safety Activity Checkpoints.

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.
- Volunteers, girls and parents 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 alternative methods of training that may be available during this time.

Disinfectants and Disinfecting. [Routinely clean and disinfect surfaces](#) and objects that are frequently touched (i.e., tabletops, 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.).

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 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.

Food, Dining and Snacks. Be careful when handling and serving food and have girls be careful with each other when eating. Safety recommendations for food, dining and snacks include:

- Girls should bring their own foods to eat (bag lunch, snack, or dinner)
- Encourage girls not to share their food after having touched it, such as a bag of chips.
- Public dining only as permitted in your local jurisdiction.
- Encourage girls to bring foods they can easily cook themselves (a prepacked foil pack) or hotdog for outdoor cooking.
- If sharing outdoor cooking utensils (roasting forks), they should be washed and sanitized

- between each use or bring enough utensils so that each person gets their own.
- Continue recommendation for 6 foot spacing during mealtimes.

Restrooms. Be very careful in public restrooms. Most public restrooms will regulate the number of people using the restroom at the same time, depending on the size. If there is no regulator or signage, have volunteers ensure girls take appropriate turns to maintain social distancing and that they wear their masks in the restrooms. It is ideal to have automatic flushers and sensory faucets to wash hands. If these are not available, girls and adults should get in the habit of using tissue or paper towel to open doors and latches, touching as little as possible. If the restroom is large, have girls use every other stall and avoid using stalls with a person in the stall next to them at the same time. Restrooms and toilets are fraught with germs normally, and more so now considering the contagion of coronavirus.