

## COVID Safety Requirements

**Members are required to follow all the guidelines below to attend any in-person Girl Scout gathering.**

- **If troop is hosting an in-person troop meeting or girl program activity, the troop leader(s) is not required to replicate as virtual experience.**
- **If families are uncomfortable with in-person gatherings, refer parent to Girl Scout virtual opportunities.**
- **If families are unable or unwilling to meet safety requirements, refer parent to Girl Scout virtual opportunities.**

### **COVID Vaccine and Vaccinated Members**

Volunteers and girls are not required to have the COVID-19 vaccine to attend in-person Girl Scout gatherings.

Members who are fully vaccinated (defined as two weeks past their final COVID vaccine dose) and attending a Girl Scout in-person gathering are expected to meet the following criteria:

1. Free of the following symptoms of COVID-19: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, feeling feverish as well as acute gastrointestinal problems, such as nausea, diarrhea, and vomiting.
2. Not isolating or in quarantine due to a positive COVID test or are concerned about potentially being sick with COVID.

Per CDC guidance, fully vaccinated individuals do not need to quarantine after known exposure to COVID-19 or after travel.

## Screen

The Council has established pre-screen health screening requirements for members who: are fully COVID-19 vaccinated (defined as two weeks past your final COVID vaccine dose), had a documented case of COVID-19 in the last three months, and non-vaccinated individuals.

**All participants must be free of COVID-19 symptoms for 24 hours prior to gathering:** fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, feeling feverish as well as acute gastrointestinal problems, such as nausea, diarrhea, and vomiting.

**Fully vaccinated members and members with documented COVID-19 case in last 3 months must also confirm the following:**

- 1) I am fully vaccinated OR have recovered from a documented COVID-19 infection in the last 3 months.
- 2) I am not isolating or in quarantine because I have tested positive for COVID or am concerned about potentially being sick with COVID.

**Non-vaccinated members must also confirm the following:**

- 1) I have not tested positive for COVID in the last 10 days.
- 2) I am not, nor is anyone in the household waiting on the results of a COVID-19 test. This does not include pre-travel testing.
- 3) I have no known exposure to COVID-19 or been in close contact with a COVID positive individual in the last 10 days.
- 4) One of the following applies to me: (a) I have not traveled outside Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, West Virginia in the past 10 days. OR (b) I did travel in my own vehicle and had limited interaction with people from outside of my household during the trip OR (c) I did travel and completed a 7-day quarantine and took a COVID test 72 hours after return from travel and received a negative test result

The CDC states that 10 days of self-quarantine can be replaced with a negative COVID test taken 3-5 days after travel and 7 full days of self-quarantine. This testing alternative satisfies criteria five (5) above.

Additionally, if a member travels in their own vehicle and has limited interaction with individuals outside of the household then quarantine is not required.

Quarantine is still required in cases where public transportation (bus, train, plane) is used and there is an overnight stay OR if there is an overnight stay and significant interaction with individuals who are not members of the household. Significant interactions include going out to dinner indoors, shopping, visiting areas with large crowds, etc.

### **Pre-screen and Contact Tracing**

A COVID-19 pre-screen health form is required for all in-person Girl Scout gatherings to protect attendees at meetings, trainings, and girl program activities. Troops and other groups can adapt the form to be in an electronic fillable format.

- All attendees are required to complete, sign and submit to the troop leader (or organizer of the gathering). Electronic or digital signatures are acceptable for electronic forms.
- All attendees must complete pre-screen form no more than 24 hours prior to gathering to participate.
- Troop leaders (or event organizers) are required to retain all copies of the pre-screen form for 90 days after the gathering.

If attendee develops symptoms or tests positive for COVID-19 after the event, notify Council staff by contacting [customercare@gscnc.org](mailto:customercare@gscnc.org) M-F or calling emergency answering service at 703- 284-2332 on the weekends. Troop leader will be required to provide original copies of all pre-screen forms to Council staff. Contact information of a COVID positive attendee may be shared with local health department if necessary.

**COVID-19 prescreen form does not replace required parental permission form.**

### **COVID Testing**

For individuals **with symptoms who have tested positive** and are directed to care for themselves at home, you may return to Girl Scout in-person gatherings under the

following conditions:

- **At least 10 days** have passed since symptoms first appeared; AND
- 24 hours have passed with no fever without the use of fever-reducing medications; AND
- Other symptoms are improving (loss of taste and smell may persist for weeks or months after recovery and should not delay the end of isolation).

If you **tested positive** for COVID-19 but **never had any symptoms**, you may join Girl Scout in-person gatherings after 10 days have passed since the first positive diagnostic test.

If you test negative for COVID-19 after exposure, you may return to Girl Scout in-person gatherings on day 7 after receiving a negative test result (test must occur on day 5 after exposure or from first symptom, or later).

## Hand Hygiene

### Hand Washing

All members expected to wash 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. Use hand sanitizer with at least 60% alcohol if soap and water are not available.

For extended in-person gatherings such as camping, have plenty of hand sanitizer or access to wash stations. Anticipate needing 0.5 fl. oz. of sanitizer per girl and adult per day.

### Use of Gloves

Members are responsible for providing and wearing gloves when:

- Cleaning
- Serving food
- Distributing materials (program supplies, recruitment giveaways, etc.)

Recommend using latex free gloves to protect those with allergies or washable gloves to protect the environment.

Gloves are not recommended during food preparation. Volunteers and girls should wash hands and prep surfaces frequently to avoid cross contamination of food.

## Face Masks

### Wear Face Covering

Members are required to provide and wear a facemask at all Girl Scout in-person gatherings. It should be **two or more** layers of breathable fabric; it must cover the nose and mouth and fit the face snugly with no gaps. Gaiters may be used if they have two layers. Click here for the CDC guidelines on [wearing masks](#).

Face masks may be removed when eating, drinking, and sleeping.

### Outdoors

In an outdoor setting, girls and volunteers are expected to wear masks when outside shelter/campsite or unable to maintain 6 feet of social distancing. If all members of the troop are comfortable, masks are not required when in shelter/campsite if practicing social distancing.

## Cohorts

Cohorts are small, stable groups of girls/adults that limit and protect their interactions with other cohorts. Cohorts should be no more than 25 individuals unless state or county guidelines are more restrictive. Programming should be designed to take place within cohort groups.

When camping, consider creating cohorts based on unit/sleeping assignments since masking is not possible when sleeping. Units/sleeping cabins should also consider eating together (another activity where masking is not possible).

## Ventilation

COVID-19 spreads between people more readily indoors than outdoors. When outdoors, the concentration of viral particles rapidly reduces with the wind, even a very light wind. When indoors, ventilation mitigation strategies help to offset the absence of natural wind and reduce the concentration of viral particles in the indoor air.

### Improve Ventilation

CDC offers the following ventilation improvements to consider:

- When weather conditions allow, increase fresh outdoor air by opening windows and doors. Do not open windows and doors if doing so poses a safety or health risk (e.g., risk of falling, triggering asthma symptoms) to occupants in the building.
- Use fans to increase the effectiveness of open windows. Avoid placing fans in a way that could potentially cause contaminated air to flow directly from one person to another.
- Ensure ventilation systems operate properly and provide acceptable indoor air quality for the current occupancy level for each space.
- In homes and buildings where the HVAC fan operation can be controlled at the thermostat, set the fan to the “on” position instead of “auto,” which will operate the fan continuously, even when heating or air-conditioning is not required.

We have only listed a portion of CDC ventilation suggestions. Please visit CDC for a full list of [ventilation considerations](#).

## Social Distancing

All members expected to social distance at in-person Girl Scout gatherings. To practice social or physical distancing stay at least 6 feet (about two arms’ length) from other people and stay out of crowded places and avoid mass gatherings.

## Snacks and Meals

For troop meetings, recommend that no food be served and request attendees to eat before they arrive. If girls do need a snack, each girl should bring her own snack and girls may not share food or drinks.

For trips, more than three hours and overnights which require snacks or meals:

- While preparing and serving food, maintain physical distancing, wear a facemask and gloves.
- Prioritize use of “grab-n-go” items that are pre-packaged.
- **Limit contact during the preparation and serving process.** For instance, assign a designated person wearing gloves to fill individual’s personal water bottles or serving food. Avoid buffet style, salad bars, self-service, table, counter food service, and other configurations that require diners to use shared utensils.
- Prioritize and make available outdoor seating areas ideally with 6 feet of physical distance; aim to decrease the density by as much as half. For example, if a table typically seats six, seat only three girls and adults at that table.