

GSACPC COVID-19 Guidance

Girl Scouts are in this together – we are living our promise and law by respecting authority and protecting each other. As we continue to broaden the options for Girl Scouting activities amid this pandemic, we must remain aware of the best practices and recommendations to minimize the risk to ourselves, those we are responsible for, and those connected to us who are especially vulnerable. Note:

- [CDC guidelines](#) highly recommend that persons aged 12 and older become [COVID-19 vaccinated](#) in addition to these interventions.
- All recommended guidelines help mitigate risk; there are no guarantees risk of infection will be eliminated.
- All organizations/entities where our members may choose to engage may have their own COVID-19 guidelines and policies. To help navigate this, we are requesting that all Council Program Partners provide a link to their guidelines within their program descriptions that are published on our Council's Activity Calendar so our members will know what safety protocols to expect prior to registering for the program.
- We trust each family to choose what level of participation at which they are comfortable.

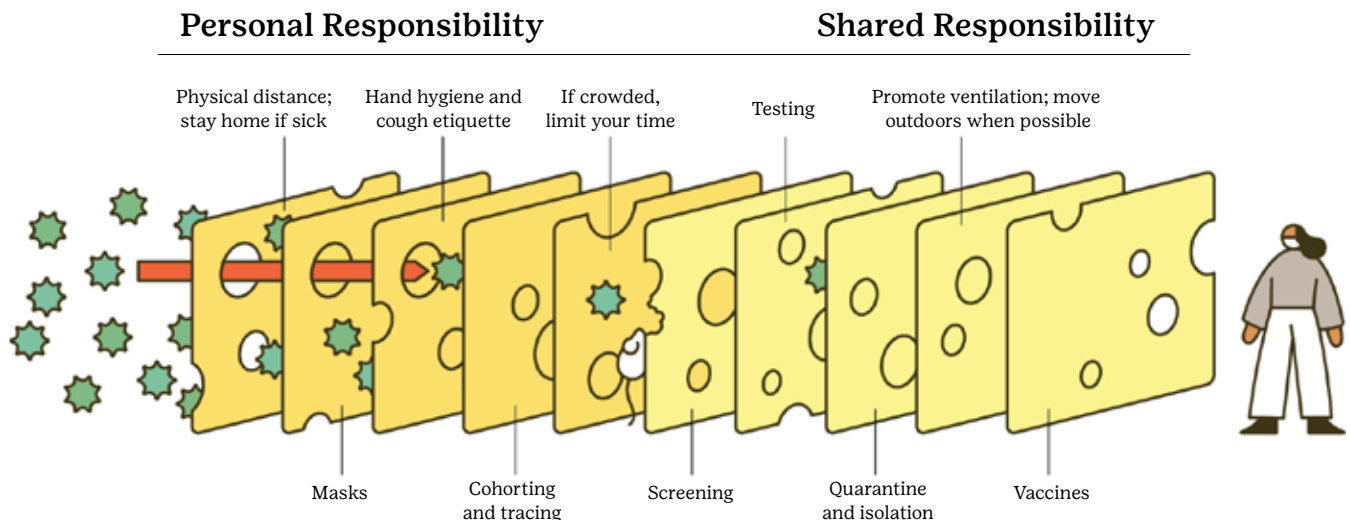
General Guidance for Activities/Outings

Implement Layered Prevention Strategies

In addition to vaccination, when possible, non-pharmaceutical interventions (NPI's) are recommended across all activities.

The Swiss Cheese Respiratory Virus Defense

Recognize that no single intervention is perfect at preventing spread. Each intervention has its limitations. Multiple layers mitigate risk.



Source: Adapted from Ian M. Mackay ([virologydownunder.com](#)) and James T. Reason. Illustration by Rose Wong.

Standard Practice for All Girl Scout Activities

- Group size should be determined based on space available.
- Outdoor space is the best. If indoors, ensure appropriate ventilation/airflow (e.g., windows and doors open) relative to the group size.
- Obtain family consent.
- Complete pre-activity symptom screening.
- Sanitize/clean spaces/equipment before, during, and after.
- All attendees wear appropriate masks/face coverings. Discuss comfortability levels within your group(s) to determine mutually agreeable exceptions.
- Physical distancing in effect.

Planning Larger Group Gatherings and Encampments

Additional guidance is [available in this Guide](#).

Prescreening

- Prior to in-person troop meetings and activities, all participants should [complete a self-screening](#) to ensure they are healthy and verify they have not knowingly been in contact with someone exhibiting COVID-19 symptoms.
 - girlscoutsaz.org/content/dam/girlscoutsaz/documents/forms/covid-pre-screen.pdf
- If you recently traveled, refer to the CDC's "After Travel" guidelines related to your vaccination status to determine whether and when you can safely attend an in-person event.
 - Domestic travel: cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html
 - International Travel: cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html

Additional Precautions Prior to Travel and Overnights

- Unvaccinated people will minimize contact with members outside the household and conduct a pre-screening for at least ten days before travel/overnight trips.
- Parents/guardians understand the risk of traveling/overnighting if anyone in the household is immune-compromised.
- Understand that if a participant develops symptoms consistent with COVID-19 on the trip or overnight, they'll either need to isolate and, if appropriate, return home. This may incur additional expenses. *See [travel recommendations below](#).*
- If a participant in the group shows symptoms or is exposed to a contagious disease (COVID-19), they need to immediately inform the GS Volunteers and facility/trip coordinators.

- ❑ Avoid going into places if possible, as the virus spreads best in enclosed spaces.
- ❑ Ask that members of your household also practice responsible behaviors (physical distancing, wearing a face covering, etc.).

Updated CDC Guidance for Isolation Practices

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least ten days* have passed since symptom onset **and**
- At least 24 hours have passed since the resolution of fever without the use of fever-reducing medications **and**
- Other symptoms have improved.

**A limited number of persons with severe illness may produce replication-competent virus beyond ten days, which may warrant extending isolation duration for up to 20 days after symptom onset. Consider consultation with infection control experts.*

Testing and Vaccination

- We strongly recommend taking a COVID-19 PCR test 48-72 hours before a troop trip or camp session.
 - Anyone with a current positive COVID-19 test will need to isolate until: ten days after symptom onset, and 24 hours after fever resolves without medication, and other symptoms improve.
 - Test options in AZ can be found at www.azdhs.gov.
 - After the test, observe a strict quarantine with no interactions with anyone outside your household until the result is available.
- We recommend everyone age 12 and older become COVID-19 vaccinated before taking trips/overnight excursions.

Travel

- ❑ Follow local government travel guidelines. Travel may be restricted or require anyone traveling out of state and into AZ to quarantine. AZ Travel restrictions: visitarizona.com
- ❑ Maximize ventilation in a vehicle when traveling with a group / carpooling.
- ❑ Follow guidance/requirements of all travel vendors/venues (i.e., taxis, Uber, Lyft, airport, bus, airline, restaurant, etc.)
- ❑ Wash hands and sanitize whenever possible.
- ❑ If a group member exhibits COVID-like symptoms and needs to quarantine, travel by automobile is recommended.

Sleeping Quarters

- ❑ Adequate ventilation needs to be provided for all indoor spaces (this may include setting AC's to use fresh air, open windows, open shades, ceiling and/or floor fans operating).
- ❑ Participants can minimize transmission risk by sleeping head-to-toe on separate bunks with a minimum distance of 4 feet.
- ❑ Avoid sharing items with others, including (but not limited to) utensils, cups, mugs, water bottles, toiletries, razors, and any other personal items.

Food Service

- ❑ It is best to prepare meals with great care in cleaning and sanitizing before and after.
- ❑ If you must eat out, drive-through, delivery, take-out, and curbside pickup establishments and eating outdoors is highly encouraged.

Two of Three Rule

Consider implementing the “Two of Three Rule,” for in-person group gatherings. This means all participants must have at least two of the following three things in effect at all times: (1) being outside; (2) wear a mask/face covering; and (3) physically distanced (of at least 6 feet.)

Face Coverings

GSACPC highly recommends members wear face coverings during all Girl Scout activities to protect themselves and others, and to minimize the spread of the virus, which lowers the chance of new variants. Continue to have conversations with others, strive to be inclusive, and make choices when activities are in spaces where others are not wearing masks.

- ❑ All participants must be prepared to wear a [CDC-approved face-covering/mask](#). The CDC recommends everyone, regardless of vaccination status, wear a mask indoors in public if you are in an [area of substantial or high transmission](#). (As of Nov. 5, the CDC virus data tracker rates all counties in Arizona as “High Transmission.”)
- ❑ Choose a Face Covering with the following:



Have two or more layers of washable, breathable fabric; wear a cloth mask over a disposable mask of at least two or more layers (do not combine two disposable masks). Choose a mask that has a nose wire along the top of the mask to help it fit snugly and prevent air leaking from the mask.



Completely cover your nose and mouth; ensure no air is flowing from the areas near your eyes or from the sides of the mask. If the mask has a good fit, you will feel warm air come through the front of the mask and may see the mask material move in and out with each breath.



Fit snugly against the sides of your face and don't have gaps.

Sanitizing & Staying Healthy

- Sanitize frequently to stay healthy. This includes:
 - Washing hands, A LOT
 - before and after every meal
 - before and after activities
 - Sanitizing all surfaces and shared equipment
 - Hand sanitizing liquid available throughout all activities and meetings
- Minimize touching faces, eyes, nose, and mouth.
- Frequent, diligent, and thorough cleaning of vehicles, facilities (especially cooking spaces and bathrooms) and equipment. Girls can take part in regular cleaning/kapers.

Health Checks

- Daily health checks are recommended while on multi-day trips.

Report to the leaders any health issues or concerns that may be indicative of COVID-19 or other communicable illness, including (but not limited to) fever ($> 100^{\circ}$ F), sore throat, persistent cough, difficulty breathing, shortness of breath, headache, nausea, vomit, diarrhea, abdominal cramping, fatigue, or impaired ability to smell or taste food.

Potential OR Suspected Cases of COVID-19

- Anyone exhibiting signs and symptoms of COVID-19 must be immediately isolated.
- Decide next steps given the circumstances. In most cases, having the individual return home is the best course of action.
- Have a plan in place before the trip and ensure all parents and guardians understand. Keep in mind the length and distance of a trip increase the challenge faced if someone develops signs and symptoms.
- If you have a confirmed case, please contact the Council's emergency line (602.531.5935) to communicate with affected families.

Return Home Considerations

- Make arrangements to protect anyone in the group members' households.
- Minimize contact with members outside of household/community after the trip.
- Continue to self-monitor health after activities/trips/camp sessions/excursions. Contact the Council if you develop any signs/symptoms and test positive for COVID-19 after a Girl Scout outing.

Navigating Mixed-Vaccination Statuses

The CDC highly recommends persons age 12 and older become COVID-19 vaccinated. COVID-19 vaccines are highly effective at protecting eligible individuals from getting COVID-19. If your girl(s) or members of your troop/group are not yet fully vaccinated or are otherwise at risk, prevent exposure and infection by utilizing multiple layers of interventions such as mask wearing and social distancing. The best practice in mixed groups – where the vaccination status of other people or whether they are at increased risk for severe COVID-19 is likely unknown (such as council events or public spaces) – is to assume increased risk and use the recommended preventative measures.

Be a Sister to Every Girl Scout

- Ensure all Girl Scout groups, spaces, and activities prioritize inclusivity:
 - Keep troop/neighborhood lines of communication open and address families' comfort levels and health concerns regularly. When planning meetings and activities, we recommend plans align with the person/family with the highest needs.
 - Volunteers and families have different comfort levels. Everyone can choose how they participate in Girl Scouting, and Girl Scouts work to find common-ground solutions.
- Ask for what you need and make space for others to share their needs.
- Assume the best in others.
 - There may be times when someone accidentally forgets to wear a mask or forgets to be distanced. If that occurs and someone kindly reminds them, remember it is for the health and safety of all.
 - Let's have grace with ourselves and one another as we all practice this new way of being together.

FAQs: Vaccinated Status Conversations

We encourage Girl Scout volunteers and caregivers to have appropriate and respectful conversations about activity planning, comfortability, and needs for troop and neighborhood gatherings.

Can I ask someone if they've been vaccinated?

First, reflect on why you are asking this question. It is appropriate to ask questions relevant to your family's health in preparation for safety at an in-person gathering. You can ask whether someone is vaccinated if you will be interacting with them in person, but you don't need to know the reasoning behind their decisions.

Be transparent and honest about why you are asking about someone's vaccination status. Explain how the information will be used and set shared agreements about confidentiality. Do not force anyone to share nor require it to participate.

When planning activities/gatherings in places where there might be an increased risk of transmission, such as indoors or airline travel, it would be essential to understand whether that is appropriate to all participants. Rather than asking about vaccination status, survey the group for locations and protocols they are comfortable with.

For all other situations, allow individuals to disclose their vaccination status as they are comfortable. Do not ask out of curiosity.

If you are being asked to disclose your status and are uncomfortable, feel empowered to ask questions such as, “Why do you need this information?”

Can I ask a host whether other people at an event will be vaccinated?

Focus on assessing your family’s vulnerability and risk to others. Familiarize yourself with protective measures and be reasonable about your access to these measures. You can also ask about location, capacity, transportation, and other aspects of the event the host(s) can control.

Can I require or persuade someone to get vaccinated?

While Girl Scouts strongly encourages individuals 12+ to get fully vaccinated, not all Girl Scouts are eligible for the COVID-19 vaccine, and it is not required to participate in Girl Scouts. We ask that troops and neighborhoods adhere to this and include all girls.

However, no one should feel obligated to put themselves at risk. We recommend respectfully sharing your comfort level, like being uncomfortable with indoor meetings unless everyone has been vaccinated. And then focus on solutions to find common ground. Start by acknowledging that it is a difficult time, and everyone wants to stay healthy and safe. Think of other ways to maintain connectedness — whether it is socially distant outdoor gatherings or Zoom meetings.