



Girl Scouts Together *Simplified*

Updated May 11, 2022

Let's Make Life Simpler

As COVID-19 guidance from public health authorities has eased, Girl Scouts of Oregon and Southwest Washington has condensed guidance for Girl Scout families and volunteers into a simplified version of *Girl Scouts Together*. As with previous editions, this guide is informed by guidance from the CDC, the Oregon Health Authority, and Oregon's "Ready Schools, Safe Learners" resource. *Girl Scouts Together* is intended to be used in conjunction with *Safety Activity Checkpoints*, *Volunteer Essentials*, and all other regular guidelines for Girl Scout activities.

Girl Scouts Together will continue to be reviewed and updated as needed on a two week schedule. New or changed sections since the last edition are identified by **highlighted text**. The most current version will always be available at girlscoutsosw.org/covid-19.

Have a question or need support? Contact us at answers@girlscoutsosw.org.

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Meeting as a Troop or Group

This guidance applies to all Girl Scout troop or group activities, including volunteer meetings. All members of your troop/group must follow all state and municipal health and safety guidelines, and guidance from the Centers for Disease Control and Prevention (CDC). It is your responsibility to stay up-to-date and follow all current guidelines. In the case that GSOSW's guidelines differ from state and local health guidance, please follow whichever guideline is most rigorous. In order to meet in-person, your troop/group must commit to immediately complying with changes.

Consider how you will include and accommodate girls and families who are unable or choose not to meet in person at this time, such as through a virtual attendance option.

Assumption of risk. All girl and adult participants in in-person troop or group meetings and activities must complete *GSOSW's Assumption of Risk, Release and Waiver of Liability Relating to Coronavirus/COVID-19*. This form can be completed online.

Take a written attendance record. Use *GSOSW's Attendance Record - COVID* form to record all people who attend or interact with your meeting attendees. This includes girls, volunteers, visitors, people who drop off or pick girls up, and any others who interact with the meeting. By completing this form, troop/group members will confirm their state of wellness as of the date and time of the meeting. The *Attendance Record - COVID* form will also help you and GSOSW collect all information necessary to conduct contact tracing in the case that someone in your group contracts COVID-19. Troop/group leaders should retain *Attendance Record - COVID* forms for a period of 90 days following the meeting.

Meeting space. For meetings held at public facilities, contact the facility ahead and ask:

- Is this facility/space currently open to the public?
- Does the facility require face coverings?
- 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 space cleaned between groups?

Girl Scout troops/groups may meet in private homes with permission from all household members. Homeowners may require the use of face coverings and all individuals may choose to wear a face covering if desired.

Adult-to-girl ratios. Follow adult-to-girl ratios as stated in the most current edition of *Volunteer Essentials*. When possible, it is recommended that people be grouped into stable cohorts to reduce the opportunity for transmission. Cohorts should be as small as feasible.

Face Coverings. As of March 12, 2022, girl and adult participants at all Girl Scout activities



are not required to wear face coverings, regardless of vaccination status. GSOSW supports individual or troop/group decisions to wear face coverings if desired. It is recommended that members carry face coverings with them at all times when participating in Girl Scout activities, in the event that a business or venue requires the use of face coverings to enter. Girls can bring their own face coverings. Have disposable face coverings on hand for those who need them. Volunteers can teach girls how to handle their face coverings so that the coverings are effective. In situations where face coverings are required, volunteers should remind girls that Girl Scouts wear face coverings not only to protect themselves but to protect others—they are a civic responsibility and a sign of caring for the community.

Everyday prevention. Remind girls and volunteers to engage in everyday preventive actions to help prevent the spread of COVID-19, including:

- 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 them.

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 (100.4 °F, per the CDC). Members with a fever should skip the in-person gathering until their temperature is normal.

Vaccination and testing. At this time, proof of vaccination or a negative COVID-19 test is only required for extended travel (see Pages 5-6) and GSOSW overnight camp programs. Vaccination or a negative test are not currently required for other Girl Scout activities, such as troop meetings, short-term overnight travel, adult trainings, Girl Scout product program participation, etc.

If You're Not Ready to Meet

Not ready to meet? That's okay! Troops/groups who choose not to meet in person are encouraged to make use of at-home Girl Scout program and virtual meeting tools offered by [Girl Scouts of the USA](#) and [GSOSW](#), as well as the [Troop Leader Blueprint](#).

Virtual meetings. Meeting options may need to be flexible based on the fluid nature of COVID-19 risk. Troops able to run online meetings as needed/wanted should do so. Girl Scouts of the USA 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 [Safety Activity Checkpoints for Virtual Meetings](#) (Page 94) to guide your plans.



Transportation

Carpooling. Carpooling is permitted.

Public transportation. Public transportation (including paid ride-share) may be utilized. Troops/groups should follow CDC guidance for public transportation. We recommend that you “know before you go” when travelling and check the requirements for the transportation services and hubs you plan to utilize.

Day Trips and Overnight Travel

Overnight troop travel is allowed. Review travel information below, and assess and consider local state and county health and safety guidance for all areas that the trip will include. Note that all in-person troop/group meeting guidelines also apply to all types of travel.

Progression back to in-person activities. Progression is key to helping girls develop skills and be successful in all that they do as Girl Scouts. A progression back to travel should take place for every troop, no matter what age level. Take time to get back to a routine of meeting and planning together before planning a troop trip. Include a girl-planned overnight in your plans, to get the girls away from home and comfortable with the support of the troop. Then, when girls and their families are ready, move to the next step of planning a troop trip or return to the trip progression you have been working on as a group.

Be prepared. Call ahead to the facility or vendor to confirm that they are following CDC and state health department guidelines and to determine if they are requiring face coverings. 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 in case none is provided for public use at the activity location.

Personal homes may be used for in-person troop activities or overnight accommodations. Note that homeowners may require the use of face coverings and all individuals may choose to wear a face covering if desired.

Prepare before you go by checking travel restrictions where you are, along your route and at your final destination. Prepare to be flexible during your trip as restrictions and policies may change during your travel.

Day trips and activities. Your troop/group may take local day trips. Keep in mind transportation requirements, access to resources such as bathrooms and food, follow all health and safety guidance, and apply all of the same guidelines that apply to troop/group meetings.



Extended Travel

The following applies to extended travel only. These requirements do not apply to short-term overnight travel, day camp and any other events or training.

Troop travel of more than four nights or a distance of more than 200 miles outside council borders is permitted, including international travel. Extended trips are reviewed and approved on a case by case basis by council staff, and **MUST** be submitted at least six months in advance of the trip. Check out [our Travel page](#) for the approval process and forms.

IMPORTANT: Keep in mind transportation requirements, and health and safety restrictions in the places you will be traveling through as well as the final destination, and requirements for return to the U.S. Before boarding a flight to the United States, per CDC guidelines, you are required to show a negative COVID-19 test result taken no more than one day before travel. Note that if you test positive for COVID-19, unexpected costs may be incurred.

The guidance of the CDC as of January 27, 2022, is that anyone not up to date (meaning that a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible) should delay travel. Beginning April 1, 2022, proof of vaccination and booster or a negative COVID-19 test will be required by Girl Scouts of Oregon and Southwest Washington for all extended travel.

Any member who is up to date will need to provide a copy of their vaccination card to answers@girlscoutsosw.org by the date specified in travel paperwork or event descriptions. Once a vaccination card is on file, another copy will not need to be sent unless a booster or some other change happens to that member's vaccination status. Once boosted, please send a copy of the updated vaccination card to answers@girlscoutsosw.org.

Anyone who is unvaccinated must follow the steps below provided by the CDC in order to travel on an extended trip:

Before you travel:

- Get tested with a [viral test](#) 1-3 days before your activity. Proof of the negative test must be submitted via email to answers@girlscoutsosw.org and, if applicable, copied to the troop leader before the trip.

While you are traveling:

- **Wearing a face covering over your nose and mouth is recommended on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a face covering in outdoor areas of a conveyance (like**



on open deck areas of a ferry or the uncovered top deck of a bus). CDC recommends that travelers who are not fully vaccinated continue to wear a face covering and maintain physical distance when traveling. We recommend that you “know before you go” when travelling and check the requirements for the transportation services and hubs you plan to utilize.

- Wash your hands often or use hand sanitizer (with at least 60% alcohol).

After you travel:

- Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full seven days after travel. Even if you test negative, stay home and self-quarantine for the full seven days. If your test is positive, isolate yourself to protect others from getting infected.
- If you don't get tested, stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.
- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
- Follow all state and local recommendations or requirements.

Reporting Procedure

In the event that you are notified of a positive COVID-19 test result from a Girl Scout activity:

1. Please remember that girl and volunteer health information is private and strictly confidential and should be only shared on a need-to-know basis with a council staff member. Please do not include the name of the individual who tested positive in your communication with the members of other households.
2. Provide the caregiver of the impacted household with the link to report the positive COVID-19 case to the Oregon or Washington Health Authority.
3. Contact the households who attended the Girl Scout activity with the following email script:
 - We have received a report of a positive COVID-19 test from someone at <event name> on <date>. Please use the guidance from the <Oregon or Washington> Health Authority regarding what to do when exposed.

If you don't feel comfortable contacting the households yourself, please reach out to answers@girlscoutsosw.org and we will be happy to help.



Resources

State of Oregon

[COVID-19 Resources for Oregonians](#)

[Summer and Youth Programs Public Health Recommendations \(3/17/22\)](#)

[Face covering recommendations \(3/12/22\)](#)

State of Washington

[Washington State Coronavirus Response](#)

[Face covering recommendations \(3/12/22\)](#)

CDC

[Facts About the Coronavirus](#)

[How to Protect Yourself & Others](#)

Red Cross

[General Guidance for Preventing COVID-19 Transmission During CPR and First Aid](#)