

Guidelines for Physical Distancing & Sanitation at Home

Guidelines for preventing and dealing with illnesses:

- Avoid making group members feel pressure to gather in-person. Instead, encourage them by letting them know you miss them and look forward to seeing them in-person when the time is right. If possible, include them over video call. If that is not possible, find ways to encourage the group to connect with missing members throughout the week. Who could relay the story over a video call? Who could send them an encouraging note? Who could call them and pray with them this week?
- Encourage group members who are sick or who have a member of their household who is sick to stay home. If they have any of the COVID-19 symptoms, or if they have been exposed to someone with COVID-19, consult our on-campus guidelines for preventing and dealing with illnesses for our recommendations on how to proceed.
- Support a clean environment by asking people to wash in when they first arrive (20 seconds with soap and warm water).
- Consider how wearing a mask can show love to others, help them address their fears, and make them feel at ease. Know your group and consider your guests. One possible strategy is to ask people to wear a mask while mingling and give them the freedom to take it off when they are seated at their spot for group. This has proven to be a good balance of showing love and offering freedom with masks.
- Disinfect all common surfaces before and after group and wash your hands.
- If possible, provide hand sanitizer.
- Arrange seating to encourage physical distancing (>6ft) as much as possible.
- Encourage group members to honor others in the way the practice physical distancing.

Guidelines for Small Group Leaders Hosting In-Person Meetings:

- There is no pressure to resume in-person meetings immediately. Work with your coach to develop the best plan for your group. Leave no one behind.
- Let your group know what to expect. Share with them your precautions before they arrive so you can all work together in harmony.
- Consider posting a sign on the door reminding people to wash in and of any other guidelines for your meeting.

Helpful Links:

- How COVID-19 Spreads - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>
- What is Social Distancing? - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- Cleaning Your Home - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- Protect Yourself - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- Symptoms and Testing - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>