

# BE PREPARED AND BE COVID-19 AWARE

Supporting you to return back to face to face meetings safely



As we navigate our changed world, it is vital that we continue to offer every girl and any girl the brave space she needs to develop as a leader and build skills for life.

*Be prepared and Be Covid-19 Aware* has been designed to help you prepare to deliver a safe and quality experience to your members.

**BEFORE YOU BEGIN, USE THE STATEMENTS BELOW TO SEE WHAT OPTION MAY BE BEST FOR YOU, ARE YOU:**

## ABLE TO RETURN TO IN-PERSON ACTIVITIES?

You are in the right place. *Be prepared and Be COVID-19 aware* will help you to:

- **Assess the risks** - by considering and taking steps to make your group a safe space to return to.
- **Reintroduce your members** - by welcoming them back to in-person Girl Guiding and Girl Scouting.
- **Adjust your activity** - by making changes to your programme to follow your local and national health guidance.

## ABLE TO DELIVER LIMITED IN-PERSON ACTIVITIES?

Why don't you deliver some activities remotely and some activities in-person where you can.

- Read [For Her Digital World](#), which contains recommendations on how to deliver Girl Guiding and Girl Scouting remotely.
- Read [Be prepared and Be COVID-19 aware](#) to support you to return to face-to-face activities safely.



## UNABLE TO SAFELY RETURN TO IN-PERSON ACTIVITIES?

Read [For Her Digital World](#), this will provide you with:

- Guidance to stay safe online and stay connected to your group.
- An insight into how other Girl Guides and Girls Scouts are continuing to meet and engage with each other online.
- Programme resources from around the world that have designed to be delivered remotely.

# ASSESSING THE RISKS

The first is to assess the risks



## LOOK LOCAL

Find out if there is any official advice for youth groups in your area or advice from your national Association.

If other youth groups that have already returned to face-to-face meetings, find out what you can learn from this. And whether you are able to access local support in your area.

### Consider:

- What are the local, national or [WHO](#) guidelines are for young groups meeting in-person?
- How many of you can meet at one time?
- Is it practical for you to meet in a safe open outdoors space?

## SURVEY THE SPACE

Look at the place you usually meet, you may need to change your approach depending on whether this space is open to the public or is a private space. What changes do you have to make to ensure that your members are kept safe?

Complete a risk assessment, for your space to ensure you are doing everything practical to manage transmission were possible.

### Consider:

- Whether you need to meet in person or if your group can complete the intended activities remotely.
- How you will put recommended measures in place in place to stay healthy; such as - frequent hand washing stations, face coverings, social distancing.
- Are you able to ensure the safety of your whole group? Especially those with additional needs and health requirements.

## GROUP GUIDELINES

Work with your Girl Guides and Girl Scouts to update your group guidelines. It is essential that you involve them in the creation process and create a plan with them rather than **for them**.

Many people returning to in-person Girl Guiding and Girl scouting may be anxious as they adjust to a 'new normal'. Creating a brave space with clear guidelines allows everyone to stay safe.

### Consider:

- Whether you can adapt your current group guidelines rather than starting from zero.
- How you will remind everyone that it is their responsibility to keep the agreed guidelines in order to protect everyone and stay safe.

# PREPARING TO RETURN

## Responses from across the world



How are Girl Guide and Girl Scout Organisations around the world assessing risks and making the decision to return back to physical Girl Guiding and Girl Scouting.?

We spoke to different Girl Guide and Girl Scout Associations and asked how they made the decision to return to face-to-face Girl Guiding and Girl Scouting.

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In order for us to continue the activities and programs of the Girl Guides at all levels and return together, we held a remote meeting with the President of the Kuwait Girl Guides Association and the Board of Directors.

The decision was presented and everyone agreed that to return safely all members must follow precautionary measures. This includes; leaving a safe distance apart, wearing masks and gloves, when meeting face to face and not exceeding (4) members for each meeting.

Kuwait Girl Guides Association  
(A School based Association)

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We followed the instructions given to us by the Supreme Committee in charge of examining the mechanism for dealing with developments resulting from the spread of the Covid-19. There were national government guidelines and a framework in relation to dealing with the pandemic.

Oman Scouts and Guides  
(A School based Association)

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We decided to restart Guiding because the government had reopened schools. There were also fewer risks as the number of infected was declining.

Mouvement des Guides et Eclaireuses du Niger  
(A Community based Association)

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We decided to return to face-to-face activity based on government regulations. Each unit decides how to return to face-to-face activities based on their own risk assessment. HQ does not provide the risk assessment format, as completing risk assessments is part of the usual basic leaders' training.

The Girl Scouts of Taiwan  
(A School and Community based Association)

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# ADVICE FROM AROUND THE WORLD

The following advice is from Girl Guide and Girl Scout Associations around the world and is reflective of what has worked in different settings. This is not advice from [WHO](#) or WAGGGS advice.

**Please consider your own context and national health advice before considering the advice on this page.**

- Divide the meetings over two periods or two days.
- The duration of the meeting does not exceed one hour.
- Take care to wear masks and sterilise hands often.
- The meeting place should be open with fresh air.

*Note:* We work face-to-face to speed the completion of the work, but we have remote meetings to plan and distribute the work and take great care of everyone's health and safety.

- Kuwait Girl Guides Association

- If a country hasn't achieved zero cases for at least 3 weeks, activities that require long duration and close contact should not be held (e.g. overnight camp)
- Participants should wear mask on the way to the activity venue, during the entire activity and on the way home.
- Social distancing should be practised as much as possible.
- Hand sanitising should be done frequently.
- If camps are to be held, it is advisable to have only one person in one tent.
- Leaders should ensure that toilets are sanitised frequently.
- Masks and hair covers should be worn during food preparation and serving.
- A disclaimer/indemnity form should be signed by parents sending participants to activities.
- Members with family members who just returned from Covid-19 affected places should avoid participating in face-to-face activities until the quarantine period of the family members are completed.
- Members who are in close contact with Covid-19 positive persons should avoid participating in face to face activities within 14 days of being identified as a close contact.

- Girl Scouts of Taiwan

In order to resume face-to-face activities, we advise others to take necessary arrangements such as barrier measures.

- Mouvement des Guides et Eclaireuses du Niger

- Fully adhere to the precautionary measures and follow proper health habits.
- Start with activities of low numerical density.

- Oman Scouts and Guides

# PROGRAMMES AND ACTIVITIES

How Girl Guides and Girl Scouts have been returning to in-person activities.

## CASE STUDY 1: GIRL SCOUTS OF TAIWAN

*Girl Scouts of Taiwan did not provide risk assessment guidance, as this is part of the usual basic leaders' training. They provided the following guidance more Girl Scout troops. They provided the following guidance for all troops:*



### 25 Feb - July

1. If there are still local cases, no overnight or long-time indoor activities should be held. Only short indoor troop meetings or outdoor troop meetings can be considered.
2. Health status check and participants' records must be kept.
3. Masks should be worn during all activities.

**July onwards** *(Please note that the following are our face to face activities guidance only if there has been no local cases for 3 months)*

During this time several camps were held under the following conditions:

1. Temperature of participants is taken daily and records are kept. A different sticker will be given each day after temperature is taken.
2. Mask is only necessary in indoor settings. Participants are asked to bring one mask for each day at the camp.
3. Hand washing and sanitising is practised at all times.
4. Activities involving loud voice (singing, yelling) and body touch are avoided.
5. Avoid material sharing during activities.

#### **Sleeping arrangements**

1. The best is to do only day activities without need for sleepover.
2. In the case of sleepovers/overnight camps, capacity is reduced by half. E.g. only 2 persons in a 4-person tent.

#### **Meal arrangements**

1. If shared dishes, common utensils will be used to scoop food
2. It is advisable to provide individual pre-packed meals
3. Cooking is done in patrols

#### **First aid and medical emergency**

1. If a participant is unwell (has COVID-19 symptoms) wear a mask immediately and report this to a leader
2. Participants will be isolated immediately and parents are called to bring them home or to a doctor.
3. The event organiser should be prepared to provide health authorities with details of other participants if someone has a positive case of COVID-19.
4. If there is a participant unwell, all other participants are required to wear a mask for the remaining of the camp
5. If there are more than two participants with symptoms from the same patrol/tent, then the whole camp will be dismissed
6. First Aider/leader should wear a mask before attending to any participant who is unwell, and must wear gloves if it involves managing an injury or bandaging.



# PROGRAMMES AND ACTIVITIES

How Girl Guides and Girl Scouts have been returning to in-person activities.

## CASE STUDY 2: THE SCOUTS AND GUIDES OF OMAN

We asked The Scouts and Guides of Oman how they adapted their activities:

- We shared the national state guidelines for responding to COVID-19 with their members and reminded them that this was an individual and societal responsibility.
- National guidelines included wearing a mask, maintaining a social distancing of at least two meters, and continuing to clean hands with soap and water, or using alcohol sanitizer, avoiding touching the face, mouth and eyes, following healthy habits when sneezing and coughing, and not leaving the house unless necessary.
- As an Association we monitor the extent to which, different teams follow these precautionary measures.

## CASE STUDY 3: MOUVEMENT DES GUIDES ET ECLAIREUSES DU NIGER

We asked Mouvement des Guides et Eclaireuses du Niger how they adapted their activities:

- We provided guidance on how to wash your hands, how to wear a face mask correctly, how to socially distance and how to appropriately cough and sneeze.
- We welcomed members back with a celebration of Niger Independence Day and paired this with tree planting.