



COVID-19 GUIDANCE

Updated: March 14, 2022

girl scouts 
of black diamond

Building girls of courage, confidence
and character who make the world a
better place.

Dear Girl Scout Volunteers and Parents,

Thank you for taking the time to read Girl Scouts of Black Diamond's guidance on Covid-19 related matters. While I never thought we would need this guidance two years later, here we are entering year three.

This is a brand-new document with numerous updates. The biggest update is to the Girl Scout activity and mask wearing guidance. As of March 15, 2022, we will be utilizing the [Covid-19 Community Level by County tool provided by the Center for Disease Control](#) to determine when Girl Scouts should meet in person and when masks are optional vs. mandatory. The link is woven throughout the document, as many things link back to that matrix.

Here's what you'll find in this document:

- Covid-19 Facts and Information
- Girl Scout Activity Guidance
- What to Expect at Black Diamond Facilities
- Covid-19 Incidents
- Covid-19 Related Cancellations
- Definitions, Documents, and Resources
- Safety Materials and Protection Measures

Because COVID-19 protocols change as the CDC has access to new research and analysis, we have provided many web links so that you can have the most up to date information, even in between our council updates and edits, which will be provided by the 15th of every month.

Thank you for all that you do to keep our Girl Scouts safe, healthy, and happy! I encourage you to read this document in full and reach out if you have questions or need additional support.

Sincerely,

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Chief Operating Officer
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Covid-19 Facts and Information

This information is directly from the [Center for Disease Control](#). While it's important that you have this information at your fingertips so that you can make good decisions, please understand that information has and will change as new research and analysis become available. As always, follow the link to the [CDC](#) for the most up to date information about COVID-19.

Background

Coronaviruses are a large family of viruses that can cause illness in animals or humans. In humans there are several known coronaviruses that cause respiratory infections. These coronaviruses range from the common cold to more severe diseases such as severe acute respiratory syndrome (SARS), Middle East respiratory syndrome (MERS), and COVID-19.

Emergence

COVID-19 was identified in Wuhan, China in December 2019. COVID-19 is caused by the virus severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), a new virus in humans causing respiratory illness which can be spread from person-to-person. Early in the outbreak, many patients were reported to have a link to a large seafood and live animal market; however, later cases with no link to the market confirmed person-to-person transmission of the disease. Additionally, travel-related exportation of cases occurred.

Transmission

There are three main ways that COVID-19 can spread:

1. By breathing in air carrying droplets or aerosol particles that contain the SARS-CoV-2 virus when close to an infected person or in poorly ventilated spaces with infected persons
2. By having droplets and particles that contain the SARS-CoV-2 virus land on the eyes, nose, or mouth – especially through splashes and sprays like a cough or sneeze
3. By touching the eyes, nose, or mouth with hands that have the SARS-CoV-2 virus particles on them

The droplets that contain the SARS-CoV-2 virus are released when someone with COVID-19 sneezes, coughs, or talks. Infectious droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. A physical distance of at least 1 meter (3 ft) between persons is recommended by the WHO to avoid infection,¹ whereas CDC recommends maintaining a physical distance of at least 1.8 meters (6ft) between persons. Respiratory droplets can land on hands, objects, or surfaces around the person when they cough or talk, and people can then become infected with COVID-19 from touching hands, objects or surfaces with droplets and then touching their eyes, nose, or mouth. Additionally, transmission can occur from those with mild symptoms or from those who do not feel ill.

There are certain circumstances that can increase the risk of infection for COVID-19 such as poorly ventilated space. In indoor spaces with poor ventilation, the concentration of virus particles is often higher than outdoors.^{2,3} Other factors that are associated with increased COVID-19 risk include prolonged exposure to those infected with COVID-19, close contact with

infected persons, and any other activity that leads to exposure to a greater amount of respiratory droplets and particles.

Symptoms

A wide range of symptoms for COVID-19 have been reported.⁴ These symptoms include:

- Fever or chills
- Cough
- Muscle or body aches
- Anorexia
- Sore throat
- Nasal congestion or runny nose
- Headache
- Diarrhea
- Nausea
- Shortness of breath or difficulty breathing
- Loss of smell or taste

The estimated incubation period is between 2 and 14 days with a median of 5 days. It is important to note that some people become infected and do not develop any symptoms or feel ill.

High Risk

COVID-19 is a relatively new disease; therefore, additional risk factors for severe COVID-19 may continue to be identified. In some cases, people who get COVID-19 can develop severe complications, including difficulty breathing, causing a need for hospitalization and intensive care. ⁵ These severe complications often lead to death. The risk of severe disease increases steadily as people age. Additionally, those of all ages with underlying medical conditions, including but not limited to heart disease, diabetes or lung disease, are at higher risk to develop severe COVID-19 compared to those without these conditions.⁵ Those at higher risk for severe illness should be prioritized for vaccination.⁶

Girl Scout Activity Guidance

Troop Activities

At this time, troops operating within the guidelines listed within this document are able to have in-person troop activities. For mask wearing and social distancing protocols, please refer to the [CDC Covid-19 Community Level by County](#) for the appropriate county/counties.

Service Unit Activities

At this time, service units operating within the guidelines listed within this document are able to have in-person troop activities. For mask wearing and social distancing protocols, please refer to the [CDC Covid-19 Community Level by County](#) for the appropriate county/counties.

Council Activities

Girl Scouts of Black Diamond Council is currently operating in-person activities. For mask wearing and social distancing protocols, please refer to the [CDC COVID-19 Community Level by County](#) for the appropriate county/counties.

Cookie Program

Delivery – Utilize contactless delivery options as much as possible.

Cupboards – Utilize contactless pick-up options as much as possible by using the electronic pick-up confirmation option in eBudde and on the app.

Booth Sales – Please monitor the [CDC Covid-19 Community Level by County](#) in the days leading up to a booth sale and the day of the booth sale. The CDC level indicate with social distancing and mask wearing are most critical, due to the rise in Covid-19 transmission.

For mask wearing and social distancing protocols, please refer to the [CDC Covid-19 Community Level by County](#) for the appropriate county/counties.

Participant Screening

Screening is still one of the most effective ways for us to reduce risk of Covid-19 exposure and viral transmission. From troop meetings to Council sponsored group activities, volunteers and members should be prepared to provide/receive a Covid-19 symptoms and risks assessment prior to participation. We have provided an [Attendee Covid-19 Screening Form](#) for use in any Girl Scout function or activity.

Waiver

Caregivers should complete a [Participation Waiver Form](#) for girls participating in group activities in Girl Scouts. Volunteers should also complete the Waiver Form. By signing the form, a person is acknowledging risks associated with participating in in-person activities during a pandemic.

Food at Girl Scout Activities

Additional safety measures should be taken when providing food and beverage at Girl Scout activities.

- Limit buffet style food service
- Wear masks and gloves when serving food
- Consider your space and ability to spread out while eating
- Include the snack/meal as a rotation in small space or large group environments

Transportation

Transportation in household units is recommended. When household unit travel isn't an option, be mindful of the number of passengers in one vehicle. [Health screenings](#) should be performed for Girl Scouts traveling in non-household units.

Be mindful of the [CDC Covid-19 Community Levels by County](#) and abide by the CDC guidance for each level.

Travel

Trips and overnights should only be taken in states and counties where non-essential travel is permitted. As the viral risk increases (as indicated by data) volunteers should use extra caution when making programming decisions, especially as it relates to travel.

Below are some guideposts to operate by:

- Some states have travel restrictions and should be checked for during the planning process.
- If there is a travel ban in your county or state, troops should not be traveling within or beyond the borders.
- Black Diamond's tripping application and process still applies. Our program team is ready to guide your troops, as needed. Please allow ample time for this process, as the process may take a bit longer during this pandemic.
- Girl Scout guidelines may be stronger than the guidelines of states, counties and the CDC. In that case, Black Diamond will notify individuals through the trip application process and consultation.

[Check the CDC Covid-19 Community Levels by County](#) for further guidance on national community health risks and [additional details about travel requirements](#). For international travel requirements and recommendations, including recommendations by destination, please see the [CDC travel information and notices](#).

Sleeping Arrangements

Girl Scouts going on overnight trips and to camps may share sleeping space in non-family units, with the permission of caregivers. Girl Scouts sharing sleeping quarters are encouraged to sleep feet to head.

Black Diamond Facilities

Girl Scout and Volunteer Resource Center and Girl Scout Shop

Regardless of the Covid-19 Community Risk Level, we ask that all unvaccinated guests wear a mask while in the Girl Scout and Volunteer Resource Center, Shop, and in the Girl Zone. If you are coming from a county that is at a high risk of viral transmission, you'll need to wear a mask. If the Kanawha County [CDC Covid-19 Community Level](#) is high, everyone will be required to wear a mask indoors.

When you arrive, you'll need to be buzzed in at the public entrance of the building, which is located on the front side of the Girl Scout and Volunteer Resource Center. Just right of the double doors is a call box. Press the button and a Customer Care Associate will ask you to identify who you are and why you are requesting access to the facility.

If you are there to see a staff member, you'll likely be asked to wait in the lobby until the Customer Care Associate can notify the employee. The Customer Care Associate or the employee will greet you in the lobby.

Many of our employees at the Girl Scout and Volunteer Resource Center work a blended schedule of main office and telecommuting days. Unless you have an appointment, it's best to call ahead to be sure that the person you are meeting is available and in their primary office that day.

In the case of bad weather, if you have an appointment to meet with an employee, we encourage you to call ahead so that someone can greet you at the door and prevent you from being exposed to the elements while you use the call box system.

GS Camps

Prior to a camp reservation, our staff will check the CDC Covid-19 Community Level for the counties you are coming to (Kanawha, Cabell, or Ohio). The volunteer(s) overseeing the trip to camp (or parent, in the case of an individual Girl Scout) should check the level for the residing county. If the county you live in has a high-risk level, you should wear a mask. If the county where the GSBDC camp property is located is at a high-risk level, everyone will be required to wear a mask indoors.

All visitors of GSBDC council camps are required to participate in Covid-19 health screening. All individuals using the kitchen to prepare food for others will be required to wear a mask and wear food handling gloves.

Prior to leaving camp, follow instructions and use the cleaning resources provided to sanitize the spaces used during your time at Girl Scout camp. For information on how to disinfect, see the [CDC cleaning and disinfecting tips](#).

Covid-19 Incidents

Exposure

Contact with someone infected with the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Not all who are exposed are considered to be close contact.

Close Contact

A close contact is someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes. People who are exposed to someone with COVID-19 after they completed at least 5 days of isolation are not considered close contacts.

Not all who are close contact will need to quarantine, as each individual situation may be different. See the [CDC website](#) for the protocols on when to stay home, when to quarantine, when to isolate, and for how long.

Reporting

Use the [Incident Report Form](#) to notify GSBDC if anyone connected to your troop or service unit is diagnosed with Covid-19, and has potentially exposed others during a Girl Scout event or activity.

By notifying GSBDC, volunteers will receive additional support and guidance directly from the council's COVID-19 response team. This information is confidential and is only used to provide support to volunteers and members, as well as to track risks associated with Covid-19.

COVID-19 Related Cancellations

Individual Cancellation

In the case of a COVID-19 confirmed diagnosis that impacts an individual's attendance, please reach out to GSBDC Customer Care team to open a case related to your request. Please be prepared to share documentation and proof if the request is being made outside of a normal cancellation and refund eligible timeframe. Not all requests can be honored due to the unique costs associated with every event and activity. For example, contracts, catering, non-refundable deposits, etc.

Council Cancellation

In the event that GSBDC would cancel an event or other council activity, refunds would be issued if the event can't be rescheduled, unless otherwise notified at the time of registration. In the case of a reschedule, you may have the option to receive a refund, depending on any up-front notices of non-refundable costs.

Definitions, Documents, and Resources

Center for Disease Control (CDC) Links

Definitions

[Close Contact](#)

[Exposure](#)

[Isolation](#)

[Symptoms](#)

[Quarantine](#)

Resources

[Activities and Gatherings](#)

[Covid-19 Community Level](#)

[Covid-19 Facts and Information](#)

[Preventing Getting Sick](#)

[Testing](#)

[Travel](#)

[Variants of the Virus](#)

[When Do I Need to Wear a Mask](#)

Girl Scouts of Black Diamond Council

[Covid-19 Updates](#)

[Covid-19 Incident Report Form](#)

[Covid-19 Waiver](#)

[Covid-19 Screening Form](#)

Safety Materials and Protection Measures

What to look for in a good activity space

- If you want to spend time with people who don't live with you, outdoors is the safer choice. You are less likely to be exposed to COVID-19 during outdoor activities, even without the use of masks.
- In the event that your activity must be in an indoor environment, avoid crowded places where you cannot stay 6 feet away from others. If indoors, bring in fresh air by opening windows and doors, if possible.
- Good ventilation can help prevent you from getting and spreading COVID-19.
- If you are at increased risk of getting very sick from COVID-19, avoid crowded places and indoor spaces that do not have fresh air from the outdoors.

Masks

[Mask guidance](#) is based on [CDC Covid-19 Community Levels](#). COVID-19 Community Levels are a new tool to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the [COVID-19 Community Level](#) in your area.

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

Some Girl Scout activities may require masks. Troops know their girls best and may make decisions to increase protective equipment around girls who have compromised immune systems and higher risk.

Not all masks are created equal. It's important to be informed about [mask type and mask wearing research](#). The CDC provides comprehensive information on mask type, mask quality, mask care, etc. In addition, the CDC offers county-based data and transmission levels to help make it easier to determine when you and your Girl Scouts need to mask up.

Hand Washing

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

It's especially important to wash your hands:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets

Avoid touching your eyes, nose, and mouth with unwashed hands.

Hand Sanitizer

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Home and Activity Space Sanitation

For tips related to proper sanitation of the spaces that you and your Girl Scouts use, please refer to the [CDC website](#) with related information.