

Guidelines for BBBS In-Person Match Meetings:

- Each Big/Parent/Guardian **MUST** sign and return a waiver to BBBS **BEFORE** resuming in-person contact.
- Initiate a conversation with your Big/Parent/Guardian to discuss specific restrictions and comfort levels. We ask that you be respectful of each party's boundaries. Your Match Support Specialist can help facilitate these conversations if needed.
- Agree to an activity that follows social distancing guidelines (see our suggestions).
- Wear a mask during in-person meetings whenever inside and whenever you are unable to be six feet apart.
- Choose uncrowded outdoor activities.
- Indoor activities are highly discouraged.
- Avoid all physical contact; no hand shaking, high fives or hugs.
- Wash your hands frequently and thoroughly and bring hand sanitizer with you.
- Stay local and keep outings to a reasonable length - we recommend 1-2 hours.
- **DO NOT** meet in person if you or anyone in your household feels sick or has been sick in the last 14 days.
- **DO NOT** meet in person for 14 days after returning from an out of state trip or after seeing someone who lives out of state.
- You **MUST** report any positive COVID test results to your Match Support Specialist and Big/Parent/Guardian immediately.
- Stay informed of New Jersey state guidelines for social distancing.
- Adhere to the regular program code of conduct (your Match Support Specialist is happy to provide you with another copy if you need a refresher on these rules).
- If your match was made virtually between March and the present date you will need to participate in an in-person match meeting before seeing each other face-to-face; the waiver can be signed at the meeting. *Reminder that virtual matches must wait 3 months from their match date before meeting in-person.

New!!! Recommended Outdoor Activities for Matches

Sports

- Soccer
- Kickball
- Jump Rope
- Skateboarding
- Roller blading
- Train for a 5k race
- H.O.R.S.E Basketball

Creativity

- Take photographs
- Making a scrapbook
- Make Moon Sand
- Play with chalk
- Draw/Sketch a landscape
- Write letters or make cards
- Paint on canvas
- Build something!
- Get ready for the holidays!
- Decorate cookies
- Make decorations

Get Moving!

- Beach walk
- Walk through a college campus
- Ride a bike
- Go on a hike
- Take a walk (and bring the dogs!)
- Fly a kite and run with it
- Hopscotch
- Do a workout or practice yoga
- Create an obstacle course

Relaxation

- Read books on an outdoor blanket
- Outdoor tea party or picnic
- Make bubbles with wand

Animals/Nature/Science

- Bird/Butterfly watching
- Make a bird feeder (simple pinecone, peanut butter, birdseed, and string)
- Plant a garden
- Build a nature sculpture with outdoor treasures (leaves, rocks, berries, etc.)
- Outdoor science experiments
- Backyard movie (put up a sheet or project on a wall!)

Relaxation

- Read books on an outdoor blanket
- Outdoor tea party or picnic
- Make bubbles with wand

Games

- Outdoor scavenger hunt
- Geocaching
- Freeze Dance
- Simon Says
- Share and solve riddles
- Charades – Heads up! app