



Dear Bigs and Families,

It has been great to see so many matches keeping in touch as we navigate these unprecedented times. Although many of you have found ways to connect virtually, Big Brothers Big Sisters of Central Iowa (BBBSCI) recognizes that as restrictions loosen across Central Iowa, many matches are looking forward to meeting in person.

Beginning June 8, BBBSCI will allow in-person meetings between Bigs and Littles as long as they follow the recommended guidelines listed below. The health and safety of all of those involved in our entire BBBSCI Family is and remains our top priority. Each Big, Little, and Parent/Guardian must be comfortable before these in-person visits can resume.

Please note that BBBSCI is not requiring matches to meet in person and we completely support a decision to continue connecting virtually for the time being. If you do not feel comfortable meeting in-person, we request that this is clearly communicated to all match parties. This will in no way impact the status of your match —we just ask you to stay consistent with your virtual meetings to stay connected.

Before you consider meeting in person, we recommend the following:

- Check in with your Big/Little/Little's Family to ensure all parties approve of the meeting. Regardless of the Little's age, the visit must be approved by the Parent/Guardian ahead of time. If anyone is uncomfortable with in-person activities, we ask that you continue connecting virtually instead.
- If any member of the match (or family members of Bigs/Littles) is at heightened risk from COVID-19, we ask that you do not meet in person at this time and continue with virtual meetings instead.
- Heightened risk factors include advanced age, high blood pressure, chronic respiratory illness, diabetes, obesity, and compromised immune systems. The CDC has further guidance at www.cdc.gov.
- If any member of the match works in healthcare and has an increased likelihood of exposure to COVID-19, in-person meetings are not encouraged.
- If any party has a fever, cough or cold, or generally doesn't feel well, or lives in a home where a relative or roommate has been ill, we require that you wait for at least two weeks before considering an in-person outing.
- If any party has traveled outside of Iowa in the last 14 days, we require that you wait for at least two weeks before considering an in-person outing.

If all parties determine an in-person meeting is acceptable, please follow these guidelines:

- Initiate a conversation with your Big/Little/Little's Family to discuss specific restrictions. We ask that you be respectful of each party's boundaries. Your Match Support Specialist can help with these conversations if needed.
- Take your temperature prior to the outing to ensure you are not running a fever of 100.4 or higher.
- Follow physical distancing guidelines.
- Wear a face covering (both Bigs and Littles) when meeting.
- Meet outdoors or at locations that allow for physical distancing measures.
- Avoid large crowds — no more than 50 people according to current physical distancing guidelines in Central Iowa.
- Avoid all physical contact; please do not shake hands, high five, or hug.
- Wash your hands and bring hand sanitizer with you.
- Stay local and keep outings to a reasonable length. We recommend 1-2 hours.
- Bigs are permitted to transport Littles at this time. However, Littles should sit in the back seat to help with physical distancing and both parties should wear a face covering. Having the Parent/Guardian bring the Little to meet the Big at a public place is also an option to consider.

Please understand, while BBBSCI is providing the above guidance in relation to in-person visits, the final decision resides with the Big, Little, and family's preference and comfort level. While we are just as ready as you are to get back to normal life, the health of our Bigs, Littles, and families is of utmost importance.

Please review our [Frequently Asked Questions](#) or reach out to your Match Support Specialist with any additional questions. We encourage you to make the best decisions for you and your family, stay informed, and continue to [follow the Center for Disease Control's recommendations](#) for preventing the spread of illness.

Thank you and stay well!