

COOKIE PROGRAM COVID GUIDELINES

We review COVID guidelines on a routine basis. Below are COVID guidelines specific to the Cookie Program. These guidelines will be updated throughout each phase of the season.

- Girls may sell in-person if they follow all COVID guidelines.
- Girls should maintain physical distance between themselves and customers.
- Encourage girls to send out their Digital Cookie link to friends and family. This option allows girls to participate without close physical interactions. Log in emails will be sent on January 13th. If your girl hasn't received their digital cookie log in email, contact us at customer care@girlscoutsalaska.org for help.
- Girls should not sell in-person if they are ill, if they have tested positive for COVID and are in quarantine, or if they have been exposed to someone with COVID and are awaiting negative test results.
- If your girl or your family get sick please contact us at customer care@girlscoutsalaska.org immediately for help with cookies your customers have ordered.
- Start thinking about booth sales now. Plan with girls and caregivers how you can creatively handle customer transactions while physically distanced. We will provide more specific COVID booth sale guidelines closer to the start of booths.
- Think about the possibility of doing an outdoor booth sale.

**Our full COVID guidelines are attached at the back of this document.
All guidelines should be followed while participating in the
Cookie Program.**

COVID-19 Troop/Group Meeting Guidelines

We review COVID guidelines on a routine basis. Highlighted (green) sections are revised, new or updated information.

All troops, regardless of community alert level, are allowed to meet in-person. However, troops need to follow the guidelines in this document.

General Guidance:

Before implementing Girl Scouts of Alaska's (GSAK) guidelines, please confirm your local COVID-19 guidelines and restrictions in your region to ensure you are in compliance. Always follow the **most restrictive** guidelines.

All trips, overnights or large gatherings must be approved by GSAK regardless of the alert level your community is under.

- ***As of 1/5/2023 large gatherings are allowed regardless of alert level without council approval. A group of fifteen or more people is considered a "large gathering".***
- ***As of 1/5/2023 any overnights, extended travel must be approved by GSAK.***

If someone tests positive:

If a participant of your group informs you that they tested positive or were a close contact to someone who has tested positive GSAK should be contacted immediately by [email](#) or phone at 907-248-2250. GSAK will conduct contact tracing and contact the parents of anyone who may have been exposed. Remember, all health information including COVID-19 test results, are confidential. Volunteers should not share the name of the person who tested positive.

These guidelines are in addition to the [Girl Scout Safety Activity Checkpoints](#).

Email customercare@girlscoutsalaska.org for assistance.

COVID-19 Troop/Group Meeting Guidelines

If there is a suspected or confirmed case of COVID-19 (at a location the participant or someone in the participant's household has visited) then those participants should not attend any in person meetings for at least 5 days after exposure. The rest of the troop may choose to meet virtually or may continue to meet in person following guidelines. (Note: this restriction does not apply to those who are a healthcare professional or live in a household with a healthcare professional. Healthcare professionals adhere to more rigorous personal protective equipment procedures in their workplace).

Troop Meetings: All troops are allowed to meet in-person. Troops are urged to meet outside if at all possible. Troops should meet in locations which allow for physical distancing. Troops may choose to continue to meet virtually. For details on virtual meetings, see the Virtual Troop Meeting Safety Checkpoints.

Troop Meeting Pre-Screening Questions: Prior to *each* in-person meeting, all participants (girls and adults) should be screened to ensure they are healthy, haven't experienced any COVID-19 symptoms in the previous 72 hours and haven't knowingly been in contact with someone who has COVID-19.

Leaders may use a written questionnaire or verbally ask questions and keep a written log of answers. Troops should keep a record of each participant's answers for each in-person meeting for 3 years. These records may be kept by the troop or [emailed](#) to the council for storage.

Participants may have/be experiencing symptoms similar to, but unrelated to, COVID-19 and therefore are not contagious. For example, a participant may have a stuffy nose because of allergies. The goal is to keep meetings safe from contagion and do the very best to ensure participants are healthy. Regardless of whether it is COVID or another illness girls should not participate in group gatherings if they are contagious.

The following questions should be included in each pre-screening:

1. Have you experienced symptoms that are associated with COVID-19 in the past 72 hours? (symptoms include: fever, shortness of breath,

trouble breathing, cough, runny nose, or throat, loss/reduction of sense of smell or taste, flu-like symptoms, stomach upset, headache, muscle pain, fatigue, chills)

2. Have you been tested for COVID-19? If yes, what date was the most recent test and what was the result (positive, negative, awaiting results)
3. In the past 5 days, have you knowingly been in contact with someone who has exhibited symptoms, have a confirmed or suspected case of COVID-19 or respiratory illness (including at school or travel to high-risk geographical regions)?

If a participant answers “yes” to any of the pre-screening questions they should not attend in-person meetings until 72 hours after symptoms end without the use of medication.

If a participant has been tested and is still awaiting results they should not attend in-person meetings.

If an unvaccinated participant has been in contact with a confirmed or suspected case (question 3) they should not attend in-person meetings for 5 days after exposure.

Participants who are fully vaccinated should not attend in-person meeting for 5 days after exposure or until their test result is negative (getting tested 3-5 days after exposure).

Participants who have tested positive should not attend in-person meetings for 5 days after their positive test result and/or if their symptoms have not begun to subside. These participants should wear a mask at group meetings (at all times) for an additional 5 days after isolating.

Virtual Troop Meeting Size: Virtual gatherings should follow the following girl/adult ratios

- Daisy: 2 adults to 12 girls
- Brownie: 2 adults to 20 girls
- Junior/Cadette: 2 adults to 25 girls
- Senior/Ambassador: 2 adults to 30 girls

In-Person Troop Meeting Size: Indoor and outdoor In-person gatherings should follow the following girl/adult ratios

- Daisy: 2 adults to 12 girls
- Brownie: 2 adults to 20 girls
- Junior/Cadette: 2 adults to 25 girls
- Senior/Ambassador: 2 adults to 30 girls

Your community may have restrictions on gatherings which are stricter. Check your community guidelines and follow those if they are stricter than Girl Scout guidelines.

Troop Meeting Space: When meeting in person, it is strongly recommended that troops meet in outdoor spaces where social distancing can be maintained. Volunteers should get advance permission from property owners prior to meeting.

If meeting indoors troops should use a public location. **Indoor gyms and fitness centers are not allowed. Indoor private residences are not recommended and must be approved by the council prior to use.** Residence backyards may be used as long as volunteers can ensure the meeting space is kept distinctly separate from non-members. Before using a space ask the owners:

- Is the space cleaned, and touch surfaces (i.e., tabletops, light switches, chairs, etc.) sanitized, at least daily?
- Who else uses the space (how often, what size is the group)? Is the space cleaned between groups?
- What type of faucets / soap dispensers are available in the restroom (sensory or manual)?

Large Gatherings: Large gatherings are allowed *without* council approval regardless of alert level. A group of fifteen or more people is considered a “large gathering.” ***Use outdoor venues whenever possible and ensure that social distancing is possible.***

Day Trips: Troops do not need council approval to take day trips. Call ahead and ensure the location is following all CDC, state and local guidance. If activity equipment will be used as the provider to sanitize it before use.

Overnights, Extended Travel: All overnights or extended travel must be approved by GSAK regardless of the alert level your community is under. If planning a trip troops should:

- Get council approval (email customercare@girlscoutsalaska.org)
- Call ahead to the facility to confirm they are following CDC and state COVID guidelines
- Ensure that social distancing can be maintained
- Ensure that all participants (including vendors/instructors) wear face coverings

Transportation: If at all possible, girls from separate households should not carpool. If carpooling must happen, girls should be spaced out to avoid crowding, masks should be worn and windows should be partially open to increase ventilation. Make sure ahead of time that parents know girls will be carpooling.

Face Coverings: Troops should follow CDC, state and local guidance on mask wearing.

CDC recommendations vary based on your COVID-19 community level. Prior to in-person activities [check your community level](#) and make masking decisions based on CDC, state and local recommendations.

LOW – Girls and adults may choose whether to mask based on personal preference informed by their own personal level of risk.

MEDIUM – Masks are recommended if the individual is immunocompromised or at high risk for severe illness. Masks are also recommended if you live or have social contact with someone at high risk. In these circumstances the entire group should consider wearing masks.

HIGH – All girls and adults should wear a mask in public regardless of vaccination status or individual risk.

Vaccines: We strongly encourage COVID-19 vaccinations for all individuals who are eligible and able to receive the vaccine.

Hygiene: When holding an in-person gathering:

- Refrain from hugs, handshakes, “high-fives,” and even activities like the friendship circle. Create a safe way for girls and volunteers to greet and end meetings instead (like air high-fives)
- Stay home if you are sick or if someone in your household is sick.
- Cough and sneeze into a tissue, throw the tissue in the trash, and wash or sanitize your hands.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth. Wash hands if you do touch.

Food: Be careful when handling and serving food and have girls take care with each other when eating. When handling, serving or eating:

- Encourage girls to bring their own food
- Individually wrapped items are recommended. If items are not individually wrapped they should be handed out by one person wearing gloves
- Wash hands prior to handling food (even if wearing gloves) and eating

Permission Slips: Permission slips are not needed for virtual meetings. If meeting in-person parents should sign and return a permission slip to the troop leader with details about the activity and the following COVID disclosure statement:

“COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. As with any social activity, participation in Girl Scouts could present the risk of contracting COVID-19. While Girl Scouts of Alaska (GSAK) takes every safety and preventative precaution, GSAK can in no way warrant that COVID-19 infection will not occur through participation in GSAK programs.”