



COVID IN-PERSON MATCH VISIT GUIDELINES

Before every in-person visit, both Big and Little must...
ask themselves screening questions (see the next page for questions).



During every in-person visit, both Big and Little must...

- Remain outdoors. Indoor visits, including cars, are not permitted.
- Make an effort to stay 2 metres apart at all times.
- Wear a mask when it is not possible to stay 2 metres apart.
- Avoid hugging, high-fiving and hand-shaking. Give BIG smiles instead!

Other things to consider...

- Match visits should not include others (e.g. friends, siblings, spouses).
- If anyone is waiting on test results, you should not meet. If a test is positive, please strictly follow isolation procedures.
- Carry hand sanitizer with you and wash and/or sanitize your hands often.
- Avoid activities that require shared use of equipment, food and personal items.
- Avoid areas that have a large number of people.

OUTDOOR MATCH ACTIVITY IDEAS

Walks

- A quick knock at the door and you will be on your way.
- Enjoy some conversation while strolling around the neighbourhood.
- Play games along the way – eye spy, two truths and a lie, never have I ever.

Picnics

- Pack your own lunch...and a big blanket to spread out on the grass.
- Watch the clouds or the birds or people in the distance.
- Play games on your picnic – charades, heads up app, lawn pictionary.

Get Active

- Play distanced sports – catch, Frisbee, soccer, bocce ball.
- Design an obstacle course to challenge each other.
- Ride your bikes and explore new places together.

Get Artistic

- Complete a craft project outside (using nature you find on your walk).
- Create a masterpiece with sidewalk chalk.
- Plant or tend a garden together.

SELF-SCREENING QUESTIONS FOR IN-PERSON VISITS

Before each visit, you (both Big and Little) should ask yourself the following questions to ensure that it is safe to meet. The questions will verify that you are free (to the best of your knowledge) of COVID-19 symptoms and that you meet the restrictions and recommendations of Public Health Ontario.

1. Have you travelled outside of Canada in the last 14 days?

YES / NO

2. Are you experiencing any of the following symptoms of COVID-19?

- Fever
- New onset of cough
- Chills
- Unexplained fatigue
- Headache
- Sore Throat
- Runny Nose
- Stuffy or Congested Nose
- Lost sense of taste or smell
- Difficulty breathing
- Difficulty swallowing
- Pink eye
- Digestive issues (nausea/vomiting, diarrhea, stomach pain)

YES / NO

3. Have you been in close contact with a person showing symptoms or who has tested positive for COVID-19?

YES / NO

4. Have you been in close contact with a person with acute respiratory illness who has been outside of Canada in the last 14 days?

YES / NO

If either of you answered "YES" to any of these questions, you are not permitted to meet. It is important to constantly monitor yourself and possible symptoms to make sure that you are not putting others at risk.

