**GUIDANCE FOR 4-H ACTIVITIES DURING PANDEMIC**

Must receive approval prior to [4-H activities](https://ucanr.co1.qualtrics.com/jfe/form/SV_5uIzw2fQ3Nqp8hL) from 4-H Staff. Any unauthorized 4-H activity will not be covered by 4-H insurance and the host(s) will be held responsible for any subsequent outcomes.

Currently, 4-H is implementing the more restrictive COVID-19 guidance from the [State,](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/small-groups-child-youth.aspx) [Alameda County](https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/20-15-social-distancing-eng.pdf), [Contra Costa County](https://813dcad3-2b07-4f3f-a25e-23c48c566922.filesusr.com/ugd/84606e_de4d53178bc34d45a6d2ea45921d47d5.pdf), and

[UC ANR/4-H](https://www.dropbox.com/s/jz0j3d5b0iukefy/UC%20ANR%20Phase%203-addendum%20100520.pdf?dl=0). If a 4-H volunteer or member is requesting to conduct

or participate in any 4-H activity, S/He must do the following:

**Step 1:** Determine the type of meeting:

**Virtual Meeting**

Skip to Step 2

**In-Person Meeting** (i.e., Project Meetings)

Determine the type of meeting as well as the maximum number of people allowed. Please check the [COVID-19 status](https://covid19.ca.gov/safer-economy/) of your County per CA Dept. of Public Health and then use the table below. Then go to Step 2.

|  |  |  |
| --- | --- | --- |
| County Status | Type of In-Person meeting/programs/workshops | |
| Indoor | Outdoor |
| Widespread (Purple) | Not Allowed | Allowed – maximum of 10 people |
| Substantial (red), Moderate (orange), Minimal (yellow) | Allowed - maximum of 16 people | Allowed - maximum of 16 people |

**Vehicle-based Meeting**

(i.e., 4-H Club meeting, Achievement Night, Community Pride).

Read the [Alameda guidance](https://acsearch.acgov.org/s/redirect?collection=covid19&url=https%3A%2F%2Fcovid-19.acgov.org%2Fcovid19-assets%2Fdocs%2Fshelter-in-place%2F20-12b-car-based-gatherings-eng.pdf&auth=Zf%2FoNwrskqHRQs2W43SVlA&profile=covid19&rank=1&query=vehicle+based+gatherings) or [Contra Costa guidance](https://813dcad3-2b07-4f3f-a25e-23c48c566922.filesusr.com/ugd/84606e_79dd4c3c1f7a41228ffa022255c6b919.pdf), then proceed to Step 2.

**Step 2:** Complete and submit online via the[**4-H Activity Approval Request**](https://ucanr.co1.qualtrics.com/jfe/form/SV_74Kbo23K8e8rhnT) – at least 4-6 weeks prior to the activity date. Include a [4-H Activity Roster](http://ucanr.edu/sites/contracosta4h/files/331616.pdf), if possible.

**Step 3:** Once approval has been received for a Vehicle-based or In-Person Meeting, complete the [4-H Health Screening Form](http://ucanr.edu/sites/contracosta4h/files/331620.pdf), [4-H Meeting Attendance Log](http://ucanr.edu/sites/contracosta4h/files/331623.pdf) and [4-H Activity Contact Log](http://ucanr.edu/sites/contracosta4h/files/331625.pdf) for all meetings.

**REQUIRED FOR ALL MEETING PARTICIPANTS**

**Practice these 7 Basic Safety Standards**

* Do not participate in any 4-H In-Person activities if you are sick or have COVID-19 symptoms (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea) or if you or someone you have been in contact with has been diagnosed with COVID-19.
* During any 3-week period, individuals will only participate in a maximum of 2 youth extracurricular activities.
* Post [4-H COVID-19 poster](http://ucanr.edu/sites/contracosta4h/files/331610.pdf) at meeting location.
* Maintain 6 feet of distance between people at all times. For Indoor meetings only, ensure the meeting room will allow for physical distancing with at least [36 square feet per person](https://www.dropbox.com/s/x39m8j5zeaxwx3c/UC%20ANR%20Occupancy%20Limits.pdf?dl=0) (Capacity = Area of Room/ 36 sq. ft. per person). If there is not enough space, reduce the number of attendees or find a larger room to allow for physical distancing.
* Wear face coverings (cloth or paper masks, etc.) at all times.
* Maintain hygiene practices – frequently clean and disinfect workspaces and equipment, wash hands often, and use hand sanitizer.
* Keep the meetings 2 hours or less.

**Be Educated**

* Must read and apply information in [Awareness of Coronavirus Disease 2019](https://ucanr.edu/sites/safety/files/326441.pdf).
* Must read and apply information in  [COVID-19 Safety Standards Summary](https://ucanr.edu/sites/safety/files/326442.pdf).
* Inform 4-H staff that you have done above by completing this [survey](https://ucanr.edu/survey/survey.cfm?surveynumber=30467).