



GUIDANCE FOR 4-H ACTIVITIES (UPDATED 03/24/21)

Currently, 4-H is implementing the more restrictive COVID-19 guidance from the [State](#), [Alameda County](#), [Contra Costa County](#), and [UC ANR/4-H](#). If a 4-H volunteer or member is requesting to conduct or participate in any 4-H activity, S/He must do the following:

Must receive approval prior to 4-H activities 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.

Step 1: Determine the type of 4-H activity you are considering.

Virtual Skip to Step 2.	Vehicle-Based Read the Alameda guidance or Contra Costa guidance , then proceed to Step 2.
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In-Person
Please check the [COVID-19 tier](#) of your County. Then use the table below to determine the maximum number of people allowed for Indoor and Outdoor activities – with a minimum of 2 adults involved. Then proceed to Step 2.

County Tier	Type	
	Indoor*	Outdoor
Widespread (Purple)	Not Allowed	Allowed – maximum of 10 people
Substantial (Red)	Capacity = Area of Room / 36sq. ft. per person or maximum 25% of room capacity, whichever is lower. No more than 100 people.	Allowed - maximum of 100 people
Moderate (Orange)	Capacity = Area of Room / 36sq. ft. per person or maximum 50% of room capacity, whichever is lower. No more than 200 people.	Allowed - maximum of 200 people
Minimal (Yellow)	Capacity = Area of Room / 36sq. ft. per person or maximum 50% of room capacity, whichever is lower.	Allowed - maximum 50% of the space.

*For Indoor meetings only, the meeting room must allow for physical distancing with at least [36 square feet per person](#) (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.

Step 2: Complete and submit online via the [4-H Activity Approval Request](#) – at least 4-6 weeks prior to the activity date. Include a [4-H Activity Roster](#), if possible.

Step 3: Once approval has been received for a Vehicle-based or In-Person Meeting, complete the [4-H Health Screening Form](#), [4-H Meeting Attendance Log](#) and [4-H Activity Contact Log](#) for all meetings.

REQUIRED FOR ALL MEETING PARTICIPANTS

<p>Be Educated</p> <ul style="list-style-type: none"> Must read and apply information in Awareness of Coronavirus Disease 2019. Must read and apply information in COVID-19 Safety Standards Summary. Inform 4-H staff that you have done above by completing this survey. 	<p>Practice these 5 Basic Safety Standards</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> Post 4-H COVID-19 poster at meeting location. <input type="checkbox"/> Maintain 6 feet of distance between people at all times. <input type="checkbox"/> Wear face coverings (cloth or paper masks, etc.) at all times. <input type="checkbox"/> Maintain hygiene practices – frequently clean and disinfect workspaces and equipment, wash hands often, and use hand sanitizer.
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