

Wyoming 4-H

UW | EXTENSION



Hosting 4-H Meetings in Light of COVID-19

The health and safety of all 4-H members, volunteers, parents, guests, and staff is the top priority of the Wyoming 4-H Program. To help reduce the risks associated with the spread of COVID-19, the following guidelines from the Wyoming Department of Health and the Centers for Disease Control (CDC) should be followed to protect yourself and others.

- Stay home when sick and avoid contact with other people unless you need medical attention.
- Follow common-sense steps such as washing your hands often and well; covering your coughs and sneezes; and cleaning and disinfecting.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people by staying at least 6 feet apart.
- Wear cloth face coverings in public settings where social distancing is difficult to maintain.

To help safeguard the health and safety of our members and volunteers, the following guidelines need to be followed for all 4-H meetings.

Before Your 4-H meeting:

- Ensure that no more than ____ people are in attendance. The number needs to include everyone (volunteers, parents, members, siblings, guest speakers, etc.)
- Inform all possible participants to stay home if they are experiencing any of the symptoms of COVID-19 or have had known contact with anyone with COVID-19 in the last 14 days.
- Inform all possible attendees to stay home if they are considered at high risk themselves or if they live or work with individuals at high risk. (age 65+, are immunocompromised, or have other health factors identified by the CDC that increase risk if being exposed)
- Create and prepare any signs or documents that will be used at the event communicating procedures like, checking in, information for parents, expected times, etc.
- Wipe down all common surfaces as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

When everyone arrives:

- Have a “check-in” process in place and follow it - include providing hand-washing location, hand sanitizer, and directions for where to wait until activity starts to ensure practicing social distancing, etc.
- Take attendance. Be sure to write down the names of EVERYONE that attended and the date.

During the 4-H meeting:

- Maintain social distancing (6 feet) throughout the meeting or activity by households. You may need to be creative with different ice-breaker activities, roll-calls, etc.
- Ensure a protocol is in place and followed for use of any type of equipment. This may require planning of sanitizing equipment between uses. This is especially important for shared equipment like sewing machines, firearms, clippers, pencils, crayons, etc.

After the 4-H meeting:

- Have activities ready for individual youth to do while awaiting their pick-up. These could be handouts, games, etc, that don't involve contact with each other.
- Wipe down all common surfaces with a disinfectant as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

Preparing facilities for a 4-H meeting:

- Ensure that the size of the room or facility is large enough to allow for the number of expected attendees and in accordance with current Health Orders and County guidelines, this includes space to allow for social distancing.
- Space tables, chairs, shooting points, etc. farther apart to ensure social distancing (at least 6ft. apart).
- Wipe down all common surfaces as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

Should you have food at your meeting?

- At this time we recommend food or snacks not be provided as part of 4-H meetings. If you feel you need to provide food or snacks, please communicate with your 4-H educator on recommended safety protocols.

Summary

As a volunteer, your health and that of our youth members is of utmost importance and as such some engagement may be minimized at the request of a UW employee or UW 4-H Volunteer based on a health concerns associated with COVID-19.

By following the above best practices, we hope to offer more opportunities for youth to interact face-to-face within the parameters provided by your county health officials. If you have any questions, please contact your UW 4-H Educator for assistance or clarification.