

## **COVID 19 – Groups Update**

As our country begins to reopen we want to give both rGroup and dGroup leaders clear instructions of what is required of their groups in order to stay within CDC guidelines for the state of California. This update will cover the following two options for group meetings. Option 1 groups can continue to meet online utilizing online platforms like zoom, and google hangouts. Option 2 groups can meet in homes or outside.

### **Option 1: Groups Meeting Online:**

- Groups may continue to meet online. This is the safest option for group leaders and it the only option for adults who are 65 and older and those people who have underlying health conditions. Children's and youth (13-18) groups will continue to meet online only.
- For more instructions on leading your rGroup or dGroup online please visit:
  - <https://www.sdrock.com/ministries/rgroupsleaders/covidupdate/> (rGroups)
  - <https://www.sdrock.com/ministries/dgroups/covidupdate/> (dGroups)
- If your group is outside of California please follow your state or country guidelines.

### **Option 2: Groups Meeting In Homes, Outside for Group time or Sunday Service Watching for California.**

- Physical distancing to the maximum extent possible. Minimum of 6 feet. Maximum of 12 people at a group meeting.
- Use of face coverings at all times. (If you need face coverings for your rGroup meetings please contact [rGroups@sdrock.com](mailto:rGroups@sdrock.com).)
- Frequent handwashing and regular cleaning and disinfection needs to be adhered to before, during, and after group meetings. Soap, water, disinfectant or disinfectant wipes, and hand sanitizer must be available for all participants at your group meeting.
- Leaders and participants must not attend the group if they have a cough or fever.
- Do not shake hands or engage in unnecessary physical contact.
- Do not enter a home where someone has tested positive for COVID-19, has exhibited symptoms of, or has been in contact with someone infected with COVID-19 for a minimum of 14 days. Please follow the CDC guidelines.  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- If your group has children in it they should remain in the care of those in their household unit and not interact with children of other parties at any time while visiting homes. Close play areas and discontinue activities and services for children where physical distancing of at least six feet cannot be maintained.
- More Guidelines at <https://covid19.ca.gov/pdf/guidance-places-of-worship.pdf>