



Blue Mountain Region Long Term Recovery Group

COVID-19 Volunteer Guidelines

The federal disaster declaration includes every state and territory with most states presenting shelter-in-place and social distancing guidelines. These guidelines are designed to assist in determining when and if to suspend teams and how to prepare the site for future teams. All sites should adhere to public health and safety protocols in order to protect volunteers, homeowners, and community partners.

For the latest updates in regard to COVID-19, please visit:

- [COVID Act Now](#)
- [Centers for Disease Control](#)
- [Oregon State COVID Reopening](#)
- [Washington State COVID Reopening](#)

Phases

Phase 1 doesn't allow any physical interactions.

Phase 2 only allows the physical response of local volunteers for commute-from-home LTR (long term recovery) projects with face coverings, social-distancing and other controls.

Phase 3 allows regional LTR responses with face coverings, social-distancing and other controls, with site following health department guidelines for communal sleeping and preparing and serving food.

Phase 4 allows more typical LTR projects and training, but still maintains controls.

LTR sites will be evaluated by your BMRLTRG Volunteer Coordinator to assure they can be performed safely in the given stage and, if accepted, strong preplanning and risk reduction controls will be applied. All volunteers are asked to read and sign the [COVID-19 Volunteer Awareness & Waiver Form](#) indicating they understand the information and are willing to comply. In an abundance of caution the most conservative of CDC, State and County guidelines will be applied.

This plan is guided by the following tables of allowed activities and required safety controls. All actions will be evaluated to assure our involvement in each situation will do no harm and will do good.



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COVID-19 Phases Response Chart

	Phase 1 Activities	Phase 2 Activities	Phase 3 Activities	Phase 4 Activities
Long Term Recovery	<ul style="list-style-type: none"> • No physical interaction 	<ul style="list-style-type: none"> • Local response, limited LTR sites¹ • Max group of 6 • Read and sign COVID-19 Volunteer Awareness & Waiver Form • Follow site organizational protocol and Guidelines. 	<ul style="list-style-type: none"> • Regional LTR response² • Max group of 10 (physical space dependent) • Read and sign COVID-19 Volunteer Awareness & Waiver Form • Follow state, county, and site organizational protocol and Guidelines. 	<ul style="list-style-type: none"> • Discretionary Regional LTR response² with participation evaluated on case-by-case basis • Max group of 15 (physical space dependent) • Read and sign COVID-19 Volunteer Awareness & Waiver Form • Follow state, county, and site organizational protocol and Guidelines.
Safety Actions	<ul style="list-style-type: none"> • No physical interaction 	<ul style="list-style-type: none"> • Limited physical interaction • Follow current CDC, State, county health and safety guidelines. • Follow site and organizational protocols and guidelines. 	<ul style="list-style-type: none"> • Limited physical interaction • Follow current CDC, State, county health and safety guidelines. • Follow site and organizational protocols and guidelines. 	<ul style="list-style-type: none"> • Discretionary Regional LTR project participation • Follow current CDC, State, county health and safety guidelines. • Follow site and organizational protocol and guidelines for discretionary live, remote meetings and interaction.

1. Local Response with No Overnight Accommodations

Local responses will likely be the first to reopen. Volunteers do not need overnight accommodations and will not be traveling outside their communities, where they know restrictions and policies.



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Prior to leaving to serve, volunteers will be asked to affirm they do not have symptoms and have not been knowingly exposed to COVID-19 within the last 14 days.

Volunteers are asked to read and sign **COVID-19 Volunteer Awareness & Waiver Form**.

Local projects would operate under the following conditions:

- a) When local travel advisories allow for activity under consideration.
- b) Volunteers come from within the local area.
- c) Volunteers can do the work within the parameters of applicable health advisories and regulations: limited group sizes, social distancing, wearing masks, etc.
- d) Work can be completed with minimal risk to volunteers, clients, local partners, vendors, etc.
- e) Local partners are welcoming volunteers to resume work.
- f) Volunteers will bring their own tools whenever possible.
- g) Insurance requirements still apply. Volunteers are asked to confirm their personal insurance is up to date. If a volunteer does not have medical insurance, they can purchase insurance from United Methodists Volunteers in Mission at <http://www.umvimwj.com/insurance> or through private resources at least 2-weeks prior to the trip.
- h) Volunteers should consider risk factors associated with age and health conditions when volunteering.

2. Regional Responses with Overnight Accommodations

Responses which include overnight accommodations for volunteers coming from within the state or where they cross state lines.

Prior to leaving to serve, volunteers will be asked to affirm they do not have symptoms and have not been knowingly exposed to COVID-19 within the last 14 days.

Volunteers are asked to read and sign **COVID-19 Volunteer Awareness & Waiver Form**.

These projects would operate under the following conditions:

- a) When local travel advisories allow for activity.



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- b) When travel advisories are lifted in each state volunteers travel through from home to project.
- c) Volunteers can do the work within the parameters of applicable health advisories and regulations: limited group sizes, social distancing, wearing masks, etc.
- d) Work can be completed with minimal risk to clients, local partners, vendors, etc.
- e) Local partners are welcoming volunteers to resume work.
- f) Volunteers will bring their own tools whenever possible.
- g) Insurance requirements still apply. Volunteers are asked to confirm their personal insurance is up to date. If a volunteer does not have medical insurance, they can purchase insurance from United Methodists Volunteers in Mission at <http://www.umvimwj.com/insurance> or through private resources at least 2-weeks prior to the mission trip.
- h) Volunteers should consider risk factors associated with age and health conditions when volunteering.
- i) Accommodations and group meals will not be available until COVID restrictions are lifted.

Site Best Practices:

- a) Follow basic COVID-19 protocol: wear a mask, frequent hand washing, physical distancing.
- b) Toilet and handwashing facilities will be provided at or near all sites.
- c) Build in regular “wash breaks”.
- d) Disinfect high touch areas – tools, equipment, vehicles, handrails, doorknobs, etc. Assure bathroom facilities meet sanitation requirements.
- e) High risk activities, such as close quarter inside muck out, must be evaluated for safety.
- f) Only one team member will have intentional interaction with one local coordinator and/or survivor from each work site. Survivors may initiate interaction with other team members. Guidelines for face coverings and social distancing will be followed.
- g) Evaluate and assure sanitation supplies prior to trip. Each team member is expected to bring their own face coverings.
- h) Conduct temperature checks each day prior to work. People displaying COVID-19 symptoms per CDC guidance will be immediately isolated and sent home. People who learn of potential exposure to COVID-19



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will be sent home.

- i) Recognize added layers of stress for team. Provide extra resources and guidance prior to leaving for the work site.
- j) Know the health infrastructure in the area where the team intends to serve and the location of the nearest hospital.
- k) Have a plan for canceling the journey or sending team members home if any team members are uncomfortable with the enforcement of safety protocols.

Please note:

- this is a fluid document and will be updated as the situation changes.
- this is a supplemental guide and does not replace other volunteer guidelines and medical recommendations.
- ALL SURVIVORS WILL FOLLOW THE BEST PRACTICES NOTED ABOVE.