



Before You Go A Checklist for 4-H Families

It may be awhile, but eventually you will want to start attending in-person 4-H activities. When your family is ready to return, you will find things are a little different than they used to be. Use this checklist to help you get prepare for your in-person 4-H activity so you can “show up ready to go.”

2-3 days before the 4-H activity

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A leader will send out **information** about the 4-H activity, including instructions for arrival and departure, what the program will be, where drivers can wait, rules & expectations and what each participant should bring (or not bring).

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A leader will tell you how to access and fill out the **Health Pledge** that will be your “ticket” to the 4-H Activity. If necessary, print out the Health Pledge form. If you can't print it at home, contact the leader to get a paper copy.

Activity day: At home

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Gather items you need to take to the 4-H activity. Place them in a bag, backpack, or other container that is easy to carry and clean. Pack only what you need and are asked to bring. Don't bring food or snacks unless you are told to!

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Take your temperature and ask yourself if you are feeling well. If you have a temperature over 100.4°F or you don't feel well, you should stay home.

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Complete a **Health Pledge** that certifies you are healthy enough to attend the 4-H activity. Be sure to answer all 3 questions and sign & date the form at the bottom.

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Wash your hands with hot, soapy water and put on a **clean mask** or face covering right before you leave home.

Activity day: When you arrive

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Follow directions for drop-off, parking, and other actions. Don't get out of your vehicle unless or until instructed to do so.

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Be sure you are **wearing a mask** or face covering before getting out of your vehicle or rolling down a window to speak to someone.

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Be prepared for a leader to look at completed **Health Pledges** before collecting them as your “ticket” to enter the 4-H activity.

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Parents/guardians, drivers, or others who will stay outside the activity should **follow rules** regarding face covering and physical distancing while socializing.