



Reducing Risk at Recovery Meetings

All gatherings increase your risk of exposure to the virus which causes COVID-19, the following guidelines are intended to reduce these risks.

As of June 19, 2020, all of Oregon's counties are in Phase 1 or 2 of Oregon's reopening plan ([Click here to check your county's current status](#)). Phase 1 allows for the reopening of civic, cultural, and faith-based gatherings of **25 people or less**, including mutual support meetings. Phase 2 expands this number to 50 or less for indoor and 100 or less for outdoor gatherings. As you and your local recovery community begin to transition back to in-person meetings, consider implementing the following safety measures.

1. Only you can decide if it is safe to attend an in-person meeting. Consider any underlying health conditions of you or your cohabitants. If you show any symptoms of illness, please do not attend.
2. Consider moving your meeting outside. Outside airflow helps to minimize the risk of exposure.
3. If your group has been meeting online, consider first transitioning to a hybrid meeting, allowing participants to attend virtually if they are not yet comfortable meeting in person.
4. **Require all participants to wear a protective face covering (mask).** As of July 1, this now a [statewide requirement](#). Remember that face coverings are intended to protect others. If someone is uncomfortable with this requirement, refer them to an [online meeting](#) and ask them to leave.
5. Help facilitate movement into and out of the venue to avoid congregation at entrances, exits, and bathrooms.
6. Have all guests maintain at least a six-foot distance per CDC guidelines by arranging chairs accordingly. A good rule of thumb to determine the capacity of your venue is to allot 30 square feet per person. Do not allow participants to move chairs as they arrive.
7. If there is not enough space to maintain a six-foot distance (30sqft/person), the room is too small for your meeting. If possible, set up a meeting in a separate spillover room and ensure all necessary materials are available.
8. Arrive early to wipe down chairs and tables and any high touch surfaces such door handles with disinfecting wipes. Repeat after the meeting.



9. Require every participant to provide their first name, phone, and email address to facilitate contact tracing should it be needed. If someone is uncomfortable providing this information refer them to an [online meeting](#) and ask them to leave.
10. Have all attendees stop in the restroom to wash hands for 20 seconds (2x the Serenity Prayer) or use hand sanitizer if handwashing is not available before joining the meeting.
11. Do not hold/shake hands or hug at any point. Consider using alternate greetings such as elbow bumps to minimize contact.
12. Do not offer any form of refreshments. If you choose to offer refreshments, avoid having attendees touch a shared object (such as a coffee dispenser). Instead, have a volunteer wearing a face covering and gloves hand out refreshments.
13. Use an [electronic platform](#) to collect donations. If you choose to collect physical donations, do not pass a basket or bucket for donations--place one near the door and ask people to contribute on their way out. Individuals handling money should wear gloves.
14. At the start of each meeting, read the guidelines so that everyone understands the collective action needed to protect all meeting participants.

Post-meeting socializing: for many of us, “the meeting after the meeting” is equally important. Consider organizing an “urban hike” or other outdoor activity after the meeting instead of gathering for coffee or a meal. **Maintain six feet of distance at all times.**

[What if our landlord is unsure about allowing us to reconvene?](#)

Given many recovery support meetings are held in public or quasi-public buildings, each property will decide to reopen at different times. Recognize that each building has personal safety and organizational liability concerns.

- Share a copy of these guidelines, guidelines issued by the Oregon Health Authority, or guidelines issued by your local county health department with the property owner or manager.
- Agree, in writing, to follow all the recommended steps.
- Invite them to monitor each meeting for a specific amount of time (be sure to share this information with participants at the start of each meeting).
- Provide them with a copy of the contact tracing sheet after each meeting.