

IDC COVID Guidelines for Growth Groups

(update 10/7/2020)

As COVID-19 restrictions and recommendations have continued to develop in NC, below are some guidelines the IDC elders ask each group to follow as they try to meet. In the event that a host home/site requires a more restrictive set of rules, we ask that the group respect those wishes. If you have specific questions please reach out to Tyler, Pastor Shane, or the elder over your group.

- **Meeting frequency:** Groups should try to meet regularly through November 21st. Ideally, groups will meet weekly (excluding the weeks of IDC members meetings), but some groups may not be able to do so given COVID restrictions, weather, etc. As always, from Thanksgiving through New Years groups may choose to meet less often or just for special events.
- **Meeting location:** We recommend groups meet outside, if possible. That won't always be practical or wise, depending on the weather and other circumstances. Whether inside or outside, we ask that everyone maintain social distancing (6') as much as possible and wear a mask when 6' distancing isn't possible.
- **Childcare:** Groups may elect to provide childcare and may bring in childcare workers from outside the group (as was the case pre-COVID). If groups choose to have an outside childcare worker, they can request a stipend from the church (\$200 for the fall semester; groups that need more than 1 worker may request an additional stipend). Stipend requests can be sent to Brett Hart (brett@idcraleigh.com) and Matt Sigmon (matt@idcraleigh.com).
- **Food:** If a group chooses to eat together (which is encouraged!), we ask that everyone bring their own food OR that the group has one person serve food to everyone (instead of doing a self-serve cafeteria-line meal).

Thinking Outside the Box — If weather, meeting space, or comfort levels prevent groups from gathering according to their normal rhythms, they should feel free to pursue creative alternatives that allow them to continue cultivating gospel discipleship, fellowship, and mission (e.g., Zoom meetings, weekend park outings, using the IDC building, splitting into smaller groups, etc.).

Options for High-Risk or Cautious Individuals — Some group members may be unable or uncomfortable with meeting in person (e.g., [vulnerable populations](#)). In these cases, members should work with the GGL and the elder over the group to ensure meaningful participation with the group as much as possible. In many cases, these individuals may consider joining a temporary **Online Growth Group**. If you are interested in joining a temporary Online Growth Group, please email growthgroups@idcraleigh.com.