

Reminder – Health Measures

ENPQ adapts the health measures on its campus according to the evolution of the pandemic. Staff, students or anyone who has to move around inside ENPQ's buildings or on ENPQ's grounds must respect these measures. To obtain up-to-date information or to consult the guide and protocols for returning to ENPQ, visit the [COVID section on our website](#).

Here are the health measures **in effect on May 13, 2021**.

Health measures — General rules

- **Questionnaire:**
 - You must complete the [Daily Health Questionnaire](#) every day before your arrival at ENPQ and before 09:30 (even if your presence is not required until later in the day).
- **Curfew:**
 - All students and clients must be inside the school by 21:30.
- **Mask:**
 - Indoors:
 - A procedure mask (not a face covering) **must** be worn inside ENPQ's buildings **at all times**, even when the two-metre physical distancing is respected. The only exception-s are for
 - an employee working alone in a room or an office with a closed door;
 - situations where continuously wearing a medical mask would not be possible for health and safety reasons (e.g., shooting range) and situations where not being able to see a person's lips interferes with communication, comprehension or learning (e.g., in interrogation and observation rooms for certain specific activities);
 - meals — pay particular attention to physical distancing during meal periods and put your mask back on as soon as you are finished eating.
 - In classrooms, the procedure mask is required at all times, even for the instructors.
 - Outdoors:
 - A procedure mask must also be worn outdoors, on ENPQ's grounds or ENPQ's training sites if the two-metre distance cannot be strictly respected throughout the planned activity.
 - For sporting activities, see the *Fitness room, swimming pool, gymnasium* section.

- **Disinfection:**
 - You must wash your hands upon arrival at ENPQ and regularly throughout the day.
 - Using a germicidal cleaner, you must clean your work surface, the tables at the cafeteria or in the classrooms, on arrival and departure.
 - If you share work or study spaces or office accessories, you must be vigilant and clean your hands, surfaces and accessories before and after use.

- **Room capacity:**
 - There is a sign on the doors of meeting rooms, washrooms and elevators indicating the number of people allowed; you must respect this number at all times.

- **Bottles/Cups:**
 - Ideally, clients should bring their own water bottle and coffee cup. Cardboard cups, lids and sticks near the coffee machines have been removed. However, it is not permitted to refill reusable containers at the cafeteria.

Sharing of documents or objects

- The sharing of documents, papers or objects, such as a pen, must be kept to a minimum. Public Health recommends a 24-hour quarantine period for shared documents. Handwashing is required.
- The use of electronic payment is preferred.

Cafeteria, mess, shop

Cafeteria

- The cafeteria schedule is as follows:
 - Breakfast:
 - 06:30 to 07:00: confined students of basic training programs
 - 07:00 to 08:00: all unconfined clients
 - Lunch:
 - 11:30 to 12:00: all unconfined clients and staff
 - 12:00 to 12:30: confined students of basic training programs
 - 11:45: Correctional Officer Basic Training Program
 - 12:30 to 13:00: all unconfined clients and staff
 - Supper:
 - 16:30 to 17:15: confined students of basic training programs
 - 17:15 to 17:45: all unconfined clients

- **Confined students** (basic training) eat in the cafeteria and the Maurice Baril Hall according to the established schedule.
 - During busy periods, other arrangements may be made. See your coordinator.
- **Unconfined clients** can pick up their meal at the cafeteria according to the established schedule but must eat in their classroom for breakfast and lunch. They must have supper in the cafeteria or the Maurice-Baril Hall. They can also take their meal to their room in Styrofoam containers.
- **Staff members** can pick up their meal at the cafeteria according to the established schedule, but must eat at their desk.
 - Instructors may eat at their desk, at the mess or in the BTPPP common room.
 - CECAP clients eat breakfast and lunch in room C1-13 or at the mess, and have supper, if necessary, at the mess.
 - CECAP observers eat breakfast and supper in room C1-13 and have lunch at the mess.
- For breakfast and lunch, the cafeteria and Maurice-Baril dining rooms are reserved exclusively for students in basic training programs who are confined on campus.

Mess

- The mess is open during the following periods:
 - Monday to Friday from 07:30 to 13:30. No service is provided but coffee is available from 07:30 to 10:00.

Shop

- *Le patrouilleur* shop is open during the following periods:
 - Monday to Friday from 07:30 to 11:00 and from 12:00 to 14:00.
 - Tuesday and Thursday nights from 16:30 to 18:00.

Fitness room, swimming pool, gymnasium, dojos, showers, locker rooms

Fitness room

- **Unconfined clients:** access not permitted at this time.
- **Employees:** access not permitted at this time.
- Maximum capacity of 20 people.
- The fitness room is accessible only during the following periods:
 - **Confined clients:**
 - Monday to Friday from 18:00.

- Saturday and Sunday from 13:00. Please note that the procedure mask must be worn in the fitness room; it can be removed during training exercises or while using a piece of equipment, but must be worn when moving from one piece of equipment to another and from one training station to another.
- The mask can be removed only when using a piece of equipment.

Swimming pool

- The City manages the maximum capacity for the pool and locker rooms.
- The pool is accessible only during the following periods:
 - **Confined clients:** access not permitted at this time.
 - **Unconfined clients:** register on the City's website to find out the schedule and book your place. If you have not reserved your place, you can check directly at the reception desk of the Sports Centre at the time of the open swim if there are still places available. You can have access to the pool if the maximum capacity is not reached.
 - **Employees:** same as unconfined clients.
 - **Citizens:** register on the City's website.

Gymnasium

- A distance of two metres must be respected throughout the activity.
- The gymnasium is accessible only during the following periods:
 - **Confined clients:** possible with reservations managed by the extracurricular activities department.
 - **Unconfined clients:** access not permitted at this time.
 - **Employees:** access not permitted at this time.
 - **Citizens:** access not permitted at this time.
- The mask can be removed only when practicing a physical activity.

Dojos

- The dojos for practice on your own time are accessible in the evening only and during the following periods:
 - **Confined clients:** possible with reservations managed by the extracurricular activities department, one bubble at a time, 1 hour at a time.
 - **Unconfined clients:** access not permitted at this time.
 - **Employees:** access not permitted at this time.

Showers

- The showers at the Sports Centre are not accessible at this time.

Locker rooms

- The locker rooms are accessible only during the following periods:
 - **Confined clients:** access not permitted at this time.
 - **Unconfined clients:** access not permitted at this time.
 - **Employees:** access not permitted at this time.
 - **Citizens:** check the following website:
 - <https://nicolet.ca/fr/services-a-la-communaute/loisirs-sport-et-plein-air/centre-sportif/covid-19-centre-sportif>

Procedure in the event of the appearance of symptoms that may be related to COVID-19

- **Day:** promptly notify your coordinator.
- **Evening and night:** promptly notify the person in charge of extracurricular activities (dial 0).
- Stay or quickly return to your room.
- Call 1 877 644-4545.

For more information

- Refer to your coordinator or your ENPQ contact.
- Consult the [Retour à l'École](#) section on our website (in French only).
- Consult the [Foire aux questions](#) (in French only).