COVID-19 BULLETIN – INS QUÉBEC COMPLEXE
Week of **June 27, 2022**

RISK LEVEL	

ADMITTED USERS	- Athletes identified as "Excellence", "Élite" and "Relève" - Essential training partners - Other clienteles

OPENING HOURS	- Monday to Thursday: 7 a.m. to 8:30 p.m. - Friday: 9:00 a.m. to 4:00 p.m. - Saturday: 6:45 a.m. to 4:00 p.m. - Sunday: closed

HEALTH MEASURES	- Proof of adequate vaccination required to access the Complexe - A booster dose (3rd dose) is strongly recommended - Procedural mask is **RECOMMENDED** in the **Gym**, **technical facilities**, **locker rooms**, **when moving** and in **common areas** - Procedural mask **MANDATORY** at all times at the **clinic**

> **RESPECT** – It is important to demonstrate kindness, understanding and respect for those who choose to wear the mask. As a matter of respect and courtesy, you are encouraged to wear a mask if asked or to keep a distance of 2 metres.

- No daily antigen test, but could be applied to specific situations
- Health questionnaire at the entrance only once a day

> **NOTE** – If you have any **symptoms**, you **must be evaluated** by a **doctor BEFORE** presenting at the **Complexe**.

- Social distancing
- Frequent hand washing

OPERATIONS	- Technical facilities: according to the plan capacity - Locker room and showers: open - Lounges and meeting rooms: open

TEST REQUIREMENTS	**International and interprovincial** travel **+ CAMPS** - **Daily** antigenic tests for the **first 2 days** upon arrival - **OR** **PCR** test on **Day 2 or Day 3** - **OR Isolation** for 5 days

> **IMPORTANT REMINDER:** Inform **testcovid@insquebec.org at least two weeks before** the scheduled return date (= day 0)

CAMPS AND SPECIAL EVENTS	- Excellence, Élite, Relève level athletes - Send the request to your sports advisor for approval

COMMUNICATIONS	- Questions specific to: **testcovid@insquebec.org** o returning from travel, reporting a positive COVID result, scheduling tests, etc. - Requests to add training partners: **your sports advisor**

[▶ + text in red = modification]

On continue de se protéger!