



UNIVERSITY OF
CALGARY

COVID-19 safety guide for students on campus

FALL 2020



1. Stay home if you aren't feeling well

If you have the following symptoms, you are legally required to self-isolate and should be tested for COVID-19:

- fever
- new onset of cough or worsening chronic cough
- new or worsening shortness of breath or difficulty breathing
- sore throat
- runny nose

People with these symptoms should also be tested and self-isolate until results are obtained:

- chills
- painful swallowing
- stuffy nose
- headache
- muscle or joint ache
- feeling unwell, fatigue or severe exhaustion
- nausea, vomiting, diarrhea or unexplained loss of appetite
- loss of sense of smell or taste
- conjunctivitis (pink eye)

Complete the COVID-19 Self-Assessment

More information:

Alberta Health Services



2. If you become sick while on campus

If you begin to feel sick, leave the classroom, lab or workspace immediately if you're well enough to do so.

When leaving campus (or returning to your room, if you live in residence), maintain a two-metre distance and wear a face covering.

These are the recommended transportation options (in order):

- Drive yourself alone in a private vehicle (or walk, if you live on or nearby campus)
- Have a friend or family member pick you up
- Take a taxi (you must check with the company first to see if this type of trip is permitted)
- Call 911 if you require emergency medical assistance

Public transportation (bus, c-train) is NOT allowed under public health orders.

When you're home:

- Complete the self-assessment on the **Alberta Health Services website** and follow the directions
- Inform your instructor, supervisor, or your community advisor (if you live in residence) of your absence
- Try make a list of people you had close contact with (within 2 metres without physical barriers or protective equipment) in case a positive COVID-19 test means contact tracing is needed
- You must stay off campus (or in your room, if you live in residence) until cleared to return in accordance with self-assessment or testing results (based on AHS isolation criteria)



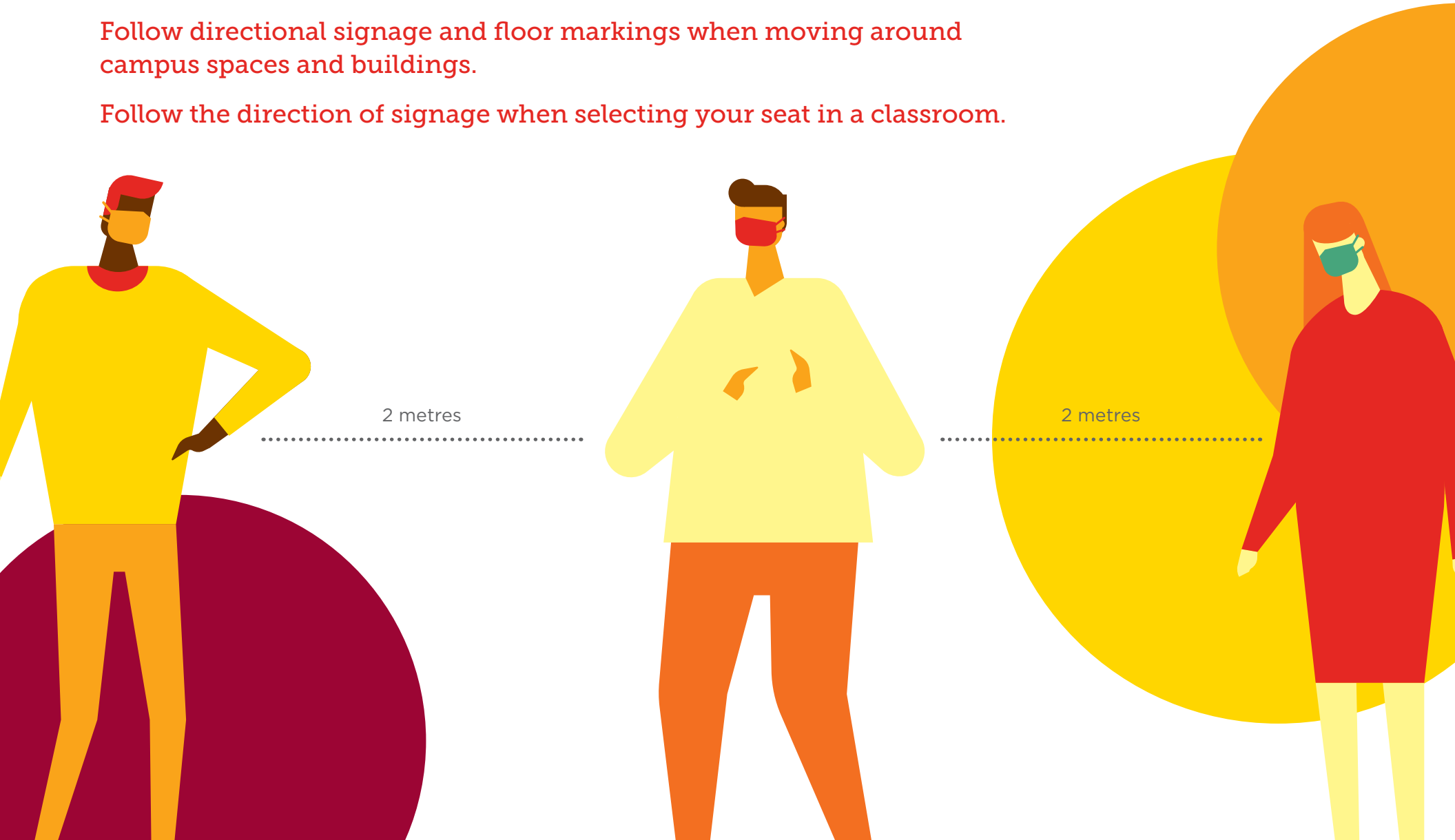
Full procedure for sick students

3. Physical distancing

Maintain a physical distance of two metres from other people.

Follow directional signage and floor markings when moving around campus spaces and buildings.

Follow the direction of signage when selecting your seat in a classroom.

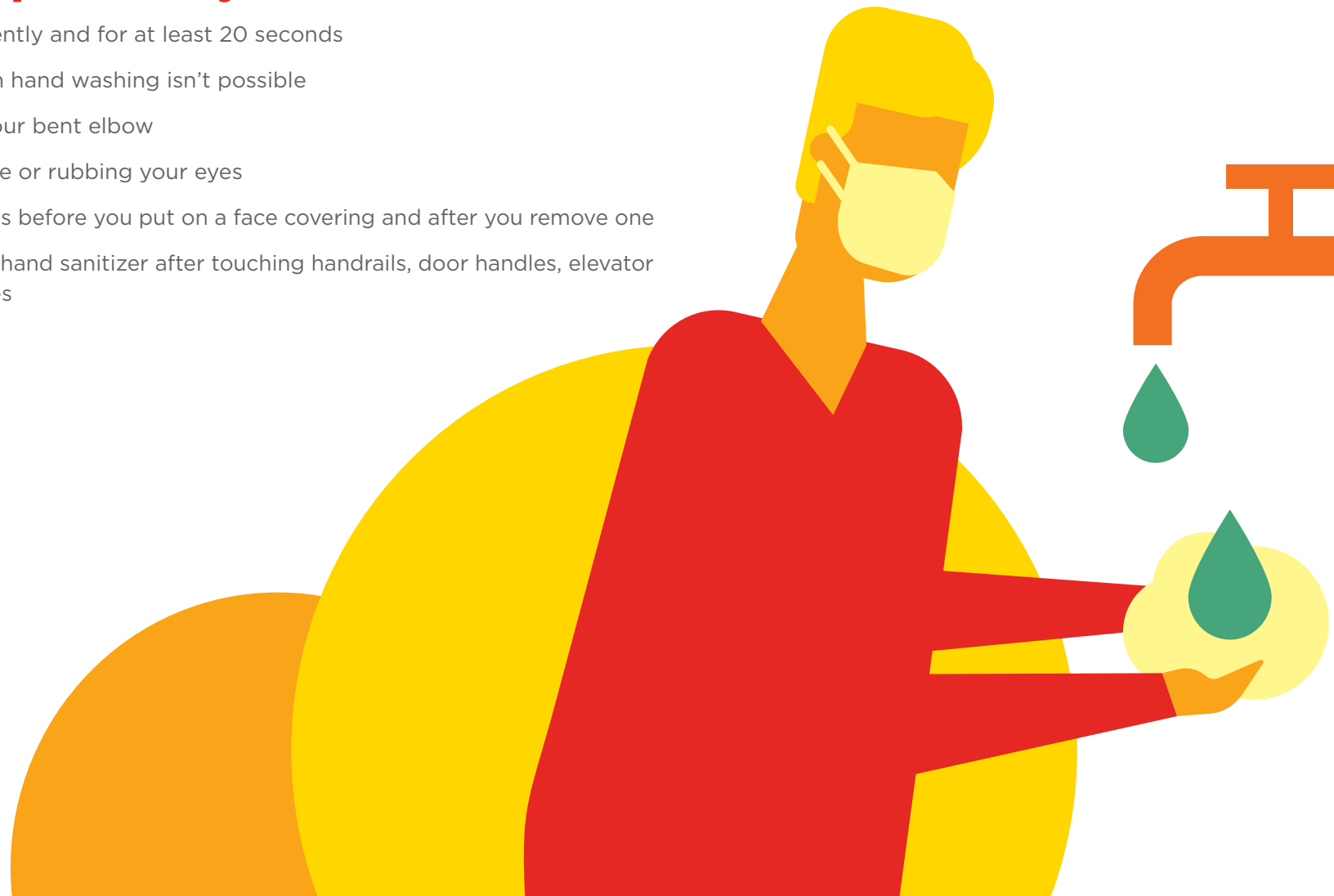


4. Hygiene

Hand sanitizer will be available at high-touch areas such as elevator lobbies and building and classroom entrances.

Continue to follow public health guidelines:

- wash your hands frequently and for at least 20 seconds
- use hand sanitizer when hand washing isn't possible
- cough or sneeze into your bent elbow
- avoid touching your face or rubbing your eyes
- wash/sanitize your hands before you put on a face covering and after you remove one
- wash your hands or use hand sanitizer after touching handrails, door handles, elevator buttons or other surfaces



5. Face coverings

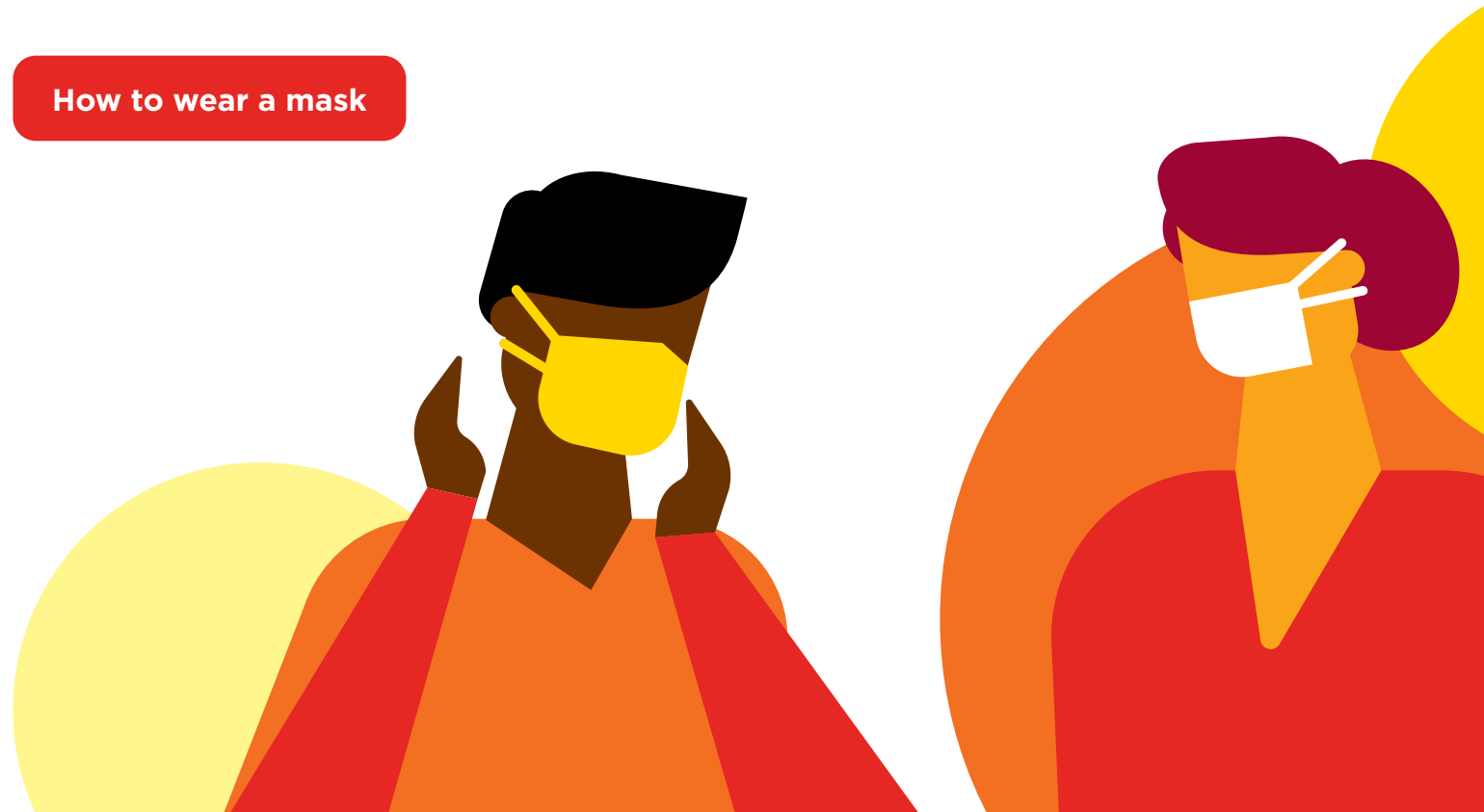
You are required to wear a face covering in all UCalgary indoor public areas such as corridors, washrooms, and elevators.

If you wish, you can remove the face covering once you are seated in a classroom or lab – as long as you can maintain a two-metre distance from others.

There are a number of reasons why individuals might not be wearing masks, and UCalgary will not enforce the protocol for those with valid reasons. However, individuals who demonstrate disregard for the protocol and put the well-being of others at risk may be subject to disciplinary action under the Student Non-Academic Misconduct policy. Non-compliance could impact student status, including, but not limited to, being suspended or expelled from the university.

[Mask FAQs](#)

[How to wear a mask](#)



6. Navigating common spaces

Although you may need to be on campus for a specific reason, such as to attend a class, please do your best to minimize your time on campus.

Elevators:

- Only one person may use an elevator at a time, unless there is space for two people to stand diagonally two metres apart
- Use an object to press elevator buttons if you can
- Take the stairs whenever possible

Entry/exit:

- Use automatic door buttons wherever possible to reduce touchpoints
- Follow any “in” and “out” signs posted on building doors to allow people to keep their distance

Corridors and stairwells:

- Walk on the right-hand side of stairwells and corridors

- If there isn't enough space to stay two metres apart, yield to oncoming traffic
- Follow any directional tape or signage that indicates the traffic flow

Washrooms:

Washrooms on campus are open. Follow all signage indicating sink and stall closures to maintain proper physical distancing

Recreation facilities:

- Only students who are attending classes on our physical campus and have paid mandatory campus recreation fees for the fall will have access to Active Living's Fitness Centre (there may be an option for other students to buy a fall membership; updates can be found at active-living.ucalgary.ca)

No-loiter zones outside classrooms and lecture halls:

- Please follow the signage reminding people not to gather in groups outside classrooms and lecture halls

Arriving to your class:

- To minimize your time spent in and around your classroom, try to arrive no more than 5-10 minutes before your class begins.



7. Cleaning and disinfecting

Campus

- Caretaking has increased cleaning and disinfection of frequently touched surfaces in common areas and public spaces such as entrances, corridors, elevators, lobbies, stairs, classrooms and washrooms
- We recommend anyone using study carrels and furniture in public spaces disinfect them before and after use

Work spaces

- It's up to students to clean individual work spaces such as desks, lab benches, desktops, cabinets and lab or research equipment (caretaking will not be cleaning these areas)

Classrooms

- Classrooms will be cleaned and disinfected at night
- Disinfectant wipes and hand sanitizer will be available for people to clean individual spaces they're using during the day
- Studio and theatre spaces used for performance labs will be disinfected between uses



8. Travelling to campus

To minimize the risk of exposure to COVID-19, consider cycling, walking or driving alone when coming to campus.

Take proper precautions when commuting via bus or train. This includes maintaining physical distance from others, wearing a face covering, and washing your hands when you arrive on campus.

As the UPass program has been temporarily suspended, students are eligible to purchase discounted Calgary Transit bus passes from participating retailers. Visit ucalgary.ca/ancillary/parking/upass-fall-2020 for details.



9. Staying informed

COVID-19 cases on campus

Any positive cases on campus will be posted online in the **UCalgary COVID-19 dashboard**.

You can see if there have been any positive cases on campus in the last 14 days, and which buildings the individual either worked, attended class or otherwise spent a significant amount of time in.

If someone in your class or lab tests positive for COVID-19, you will be notified.

COVID-19 safety information

On the **Return to Campus Safety page**, you can find weekly safety tips and information about cleaning and disinfecting on campus.

Re-entry protocols

The **Re-entry Protocol document** will always have the most up-to-date rules that the campus community must follow when coming onto any UCalgary campus.

Building hours

All the latest updates on building hours are **available here**. Buildings on our main campus will be unlocked between 8 a.m. and 5 p.m., Monday to Friday, and will be locked overnight and on weekends.



Thank you!

Thank you for familiarizing yourself with these guidelines to help keep yourself and others safe and well on campus.

This is a new experience for all of us, so don't forget to show a little extra patience and kindness to those you interact with this fall. We're all in this together.

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More resources

[UCalgary COVID-19 updates](#)

[Fall term FAQ](#)

[Fall term FAQ for graduate student](#)

[Student supports during COVID-19](#)

[Residence FAQ](#)

[Fitness Centre and Active Living FAQ](#)

[Research FAQ](#)

[International Student FAQ](#)



Mental health support

It's important to take care of ourselves and each other during this difficult time. Mental health support is available through remote services. Visit our [Mental Health During COVID-19](#) page to learn more.

