

COVID-19 - Limiting the Spread

This protocol is inspired by the recommendations offered by the Association of Camps Quebec in collaboration with the Government of Quebec.

- All staff members, participants and their family members must declare the development of symptoms to the ISM administration. [List of COVID-19 symptoms](#)
- Those who have been in contact with a person declared positive during the Institute will be evaluated following the protocol for the management of contact tracing provided by Public Health.

Protect the most vulnerable:

If you are sick or have symptoms, avoid contact with other people, particularly the most vulnerable, those with a weakened immune system and those suffering from a chronic illness.

The Government of Quebec has made the following recommendations:

- To keep a distance of at least one metre where possible. If not possible to keep distance, to wear a mask (ex. For larger, indoor gatherings, or close contact situations).
- To wash hands frequently.
- To disinfect common areas and surfaces regularly
- Masks should be worn in the presence of any vulnerable or immunocompromised person. If you have been in contact with someone who tested positive, or if you have tested positive for COVID-19, you must self-isolate for a period of 5 days and wear a mask for all social interactions for 10 days. Anyone living with someone who has tested positive must also wear a mask for 10 days. Some teachers may request that participants wear a mask in class. We ask for your full cooperation with this.
- If a participant or family member contracts the virus during the Institute, they will be required to self-isolate for 5 days. The participant will be able to follow most of their classes online, if they are feeling well enough. Simply let us know by email, and we will make the necessary arrangements.

ISM COVID Mitigation Statement

Based on the information available to us at this time, we are planning to have a "mask optional" protocol for participants and their families; participants are free to continue wearing a mask if they are more comfortable doing so. Some teachers may require students and families present to wear a mask. We ask for your full cooperation. We will keep you informed of any changes to this protocol. To ensure the health and safety of our ISM community, we will continue to vigilantly monitor Covid statistics and add additional requirements if conditions worsen. ISM Covid policies are dependent on policies at Cégep Marie-Victorin, as well as other relevant provincial and local guidelines, at the time of the Institute.