

IMPORTANT HEALTH AND SAFETY TIPS

To ensure the safety and fun of everyone, it is essential that you understand and follow the following safety regulations. Please use your common sense and do not do what you don't do in your own country!



IN CASE OF ILLNESS OR INJURY

- » Report any illness or injury to your teacher or another staff member.
- » Do not move a person who is injured.
- » Follow the instructions of your teacher/ILSC staff, or medical staff.
- » If there is no teacher or staff member available, call ILSC's emergency phone number or call 911.



YOUR BELONGINGS

- » It is important to pay attention to your belongings in and out of school.
- » Do not carry around large amounts of cash, or your passport.
- » Remember to take your backpack off while you're on public transit. This is the polite thing to do for people standing behind you and it will also keep your belongings safe.
- » When you are walking around keep your phone and other belongings in your bag, don't carry them in your hand.



TALKING TO STRANGERS

- » In general, people are friendly, and it is safe to talk to strangers in public areas; however, if you are not feeling comfortable to talk with someone, you can always say "Excuse me, it is not a good time to talk," then move on.



IF YOU GET LOST

- » Find a staff member at the place you are visiting and ask them to call the Junior Camp Centre Director at **236-308-2345**.
- » DO NOT attempt to make your way back to the UBC residence on your own.



IF THERE IS A FIRE

- » If there is a fire, or you hear a fire alarm, calmly exit the building, and gather in a safe place outside with your classmates and your teacher or activity coordinator.
- » Follow all instructions from your teacher, activity coordinator and/or firefighting staff who can inform you when it is to return to the building, or to leave the area.



IF THERE IS AN EARTHQUAKE

- » If there is an earthquake, hide underneath a desk or a table to protect yourself—DO NOT leave the school!
- » When the earthquake stops, your teacher or activity coordinator will take a head count and will give further instructions.