

Wellness Initiatives During COVID-19 Pandemic

Last updated April 2, 2020

Respite Rooms

The first staff-only respite room is officially opening on April 3, 2020! Room 4E200 (the Concussion Centre) will be a **Social-themed Respite Room** for the month of April and open 24-7. This is a room for all staff to take a break, decompress, have a snack, and connect with their colleagues. To access the room, you must enter the access code on the key pad, which can be found in the April 3rd COVID-19 e-bulletin.

Please note:

- no more than 10 employees can be in the room at any given time
- staff in the room should maintain social distancing
- wash your hands/use hand sanitizer when you enter and leave the room
- clean up after yourselves and if an emergency clean-up is required, please contact Housekeeping at x3417
- for staff wearing masks, you may take it off and place it on a clean paper towel that is supplied in the room
- beverages and snacks are available, but we ask staff to only take 1 of each item so all staff can enjoy them

Relaxed Dress Code

All staff working on-site can dress casually (including jeans) in order to be comfortable.

Parking in the Main Parking Lot

Staff driving into work can park in the Main parking lot if spots are available. For staff who have a Bellwoods parking pass can get a temporary parking pass for the Main lot at no extra cost from Reception.

Change Rooms and Showers

Staff will have access to the pool showers and change rooms if they wish to take a shower and change their clothes before heading home.