Preliminary public health guidelines for inter-community meetings, training sessions and other gatherings in Nunavik

The organization of professional meetings, training sessions and other gatherings such as annual general assemblies, is part and parcel of the activities of many regional organizations or groups.

While the Public Health department continues to encourage keeping travel and social contacts to a minimum, we understand that certain circumstances may call for such in-person meetings.

To reduce the risk of COVID-19 transmission, all meetings that are organized must comply with the following public health measures/guidelines:

1. All provincial and regional directives regarding public gatherings (i.e., number of participants), physical distancing, hygiene, and personal protection must be respected

1.1. Whenever possible, virtual meetings (by phone or Internet) should be favoured over in-person meetings.

1.2. Event organizers must keep a daily list of attendees.

1.3. A distance of 2 metres must be maintained between participants at all times.

1.4. Hand-washing/hand sanitation facilities must be provided.

1.5. Participants must wear a face covering or mask at all times while indoors or in vehicles with others.

2. Travel

2.1. Travelling for such meetings is only permitted between and to communities with a low risk of COVID-19.

2.2. Travelling from a high-risk COVID-19 community to participate in such a meeting is strictly prohibited.

2.3. Participants may not attend any such events if they are currently in isolation or quarantine (this also applies to people sharing a house with a quarantined traveller). Participation in meetings, even for essential workers, is not an essential activity. There are no exemptions to quarantine rules for this purpose.

3. Maximum capacity

3.1. The maximum number of people allowed inside a public space, including participants and local staff, is 50. Certain communities may impose more restrictive measures based on the local risk for COVID-19.

3.2. Participants must be able to remain at a distance of 2 metres from others at all times. Smaller facilities may need to restrict the number of people present to fewer than 50 in order to comply with this guideline.

3.3. Distancing must be possible during every phase of various events (including registration, breaks, meals, etc.).

4. Symptoms

4.1. Participants with one or more symptoms commonly associated with COVID-19 must not be allowed to participate.

4.2. Participants who develop symptoms during the course of a meeting must immediately leave the common area and return to their home/hotel room before seeking further guidance from the CLSC.

5. Community approval

5.1. The mayor of the community planning to host such as event must be notified ahead of time and must give his approval.

6. Housing

6.1. Participants can stay in a hotel or a private home (as long as such a private home is not housing someone in isolation or quarantine).

6.2. No more than two participants may stay at a private home at a given time.

7. Food

7.1. For meal services, it is recommended that a caterer serve the food to participants or that individually-packaged portions be prepared and made available.

7.2. Snacks must also be served by a caterer or be individually-packaged.

7.3. People can serve themselves a cup of coffee, contingent on their being a hand-washing station or hand sanitizer nearby.

7.4. Cutlery must not be shared.

7.5. Face covering and masks may be removed at mealtime, it is thus crucially important to keep a distance of 2 metres at all times and to put the mask back on once finished eating