



INSTRUCTIONS PARTICIPANTS

MEDICAL EMERGENCIES

NUMBERED WRISTBAND

Please note that the wristband given to you upon arrival is linked to your personal health record.

The nurse assigned to the Pomerleau Group has access to all medical records, and we can reach her 24/7 during your challenge.

You must wear this wristband at all times during your stay.

IF YOU LOSE YOUR WRISTBAND:

Please refer to a Pomerleau supervisor (burgundy red t-shirt). A new bracelet will be given to you, and the new number will be communicated to the nurse in charge.

DURING THE SPORTS CHALLENGE (FROM 1:00 P.M. TO 5:30 P.M.)

A paramedic team and a team of physiotherapists are located on the site map.

- 2 paramedics are available at all times.
- 6 sports therapists are also available.
- 4 mobile paramedics circulate through the event to assist individuals in need and respond to emergencies.

In case of a serious accident (an incident requiring emergency intervention):

- Please notify the event supervisor so they can immediately call a paramedic.
- If the participant cannot move, do not touch him/her; wait for help to arrive.
- If necessary, the emergency team will call 911 to transport the participant to a hospital by ambulance.
If you are unconscious or unable to provide coherent answers, Pomerleau will contact your emergency contact.

In case of minor injuries:

- You can notify the event supervisor, who will call a paramedic to request a non-urgent intervention.

OUTSIDE OF EVENT HOURS

- Use one of the yellow phones, available at various locations on campus. They are easy to spot, and the line is open 24/7. Refer to your site map to locate them.
- Or, dial 613-520-4444 to reach the security guard. The line is open 24/7.
- Or, dial 911; specify the location where they should meet you so they can notify the university's security.



INSTRUCTIONS PARTICIPANTS

IMPORTANT REMINDERS

MEALS

- Food allergies:
 - If you have identified any significant food allergies, they will be taken into account.
 - The various menus have been added to the SharePoint site of the Challenge so you can identify your food allergies and request a special menu at challenge@pomerleau.ca if necessary.
 - During meals at the cafeteria or for evening meals at the Fieldhouse, the caterer will identify allergens in front of each dish; please pay attention to the labels. Vegan, Halal, and gluten-free options will also be identified.
- To enter the cafeteria, you must have your residence key with you. If you lose your key, you can call Isabelle Laplante at 438-871-1678 to get a new one or go to room #172 in the Teraanga Commons building.
- **WARNING: No backpacks, bags, or other items, nor reusable water bottles will be allowed in the cafeteria; you must leave your personal belongings in your rooms and retrieve them after the meal.**
- Lunch boxes are delivered by team number directly to the tables in the Fieldhouse after your workshops, at the time indicated on your schedule.
- Lunches containing allergens will be labeled with the participant's name and placed on their designated table.
- Participants are requested to leave their lunch boxes on the tables; a team will be responsible for collecting and sorting the food (compost) and recyclable items.

CAFETERIA HOURS (THE DINING HALL)

- MORNING: 7:00 AM to 9:00 AM, except on June 6: opening at 6:00 AM
- EVENING: 4:30 PM to 7:00 PM
 - except June 5 (dinner at the Fieldhouse)
 - except June 6 (dinner at the Fieldhouse)

ALCOHOL AND TOBACCO (VAPING)

- Please note that alcoholic beverages are allowed in your rooms but are not permitted on outdoor grounds. This is a municipal law. A bar will be open in the Fieldhouse in the afternoon and evening of June 5, as well as the evening of June 6.
- Please note that smoking or vaping is prohibited within 10 meters of all campus buildings.



INSTRUCTIONS PARTICIPANTS

IMPORTANT REMINDERS - CONTINUED

WASTE

We aim to minimize waste during the challenge as much as possible. That's why we have implemented significant measures at all stages of the Challenge.

- The used dishes are washable.
- We do not use plastic bottles, but you have access to refilling stations throughout the challenge premises.
- The glasses used are either reusable and/or compostable.
- Waste is mostly sorted for recycling and composting.
- Trash cans, recycling bins, and compost bins are placed on site for any other waste during the day.

ACCOMODATION

- Upon your arrival, a room will be assigned to you, and a digital key will be provided. This key allows you to open the door to your residence building, access your floor, and open your room door. It also allows you to enter the cafeteria.
- Your room is equipped with a towel, a pillow, sheets, and a blanket.
- Note that room service is not offered. At any time, if you need assistance with your key, missing items in your room, or any other requests regarding accommodation, please refer to the service counter at the entrance of the Glengarry Hall residence in the Teraanga Commons building.
- The hours of operation for Glengarry Hall (accommodation service counter) are from 7:00 AM to 11:00 PM daily.

WITHDRAWAL

It is important to inform the team if you need to withdraw from the Challenge. Please refer to a Pomerleau supervisor at room #270 in the Teraanga Commons building or to the Pomerleau on-the-ground team during the challenge to inform them of your withdrawal from the event. If possible, a replacement will be assigned to your team.

SCHEDULE

At all times, you can rely on the general schedule. You can view it by scanning the QR code available in all communications regarding the challenge. If you have any questions about it, please refer to the Pomerleau team. You can also go to room #270 in the Teraanga Commons building.

CHALLENGE POMERLEAU 2025



NUMÉRISÉZ POUR CONSULTER
TOUTE LA DOCUMENTATION
SCAN TO VIEW ALL DOCUMENTATION



- 1 Teraanga Commons**
#270 - Pomerleau & Inenki OG/HO
#272-274
- Atelier #3 - Co-crèer un plan d'action pour mieux s'adapter au changement
- Workshop #3 - Co-create an action plan to better adapt to change
- 2 The Dining Hall**
Cafeteria/Cafeteria - 3^e étage/3rd Floor
- 3 Glengarry House**
Résidence des participants & Services aux chambres
Participants' Residences & Room Service Desk
- 4 Lanark House**
Résidence des participants/Participants' Residences
- 5 Frontenac House**
Résidence des bénévoles & coaches
Volunteer & Coach Residences
- 6 Minto Theater**
Minto 2000 - 1^{er} étage / 1st Floor
- Classe de maître - Recette d'équipe gagnante : collaborer comme une brigade en cuisine
- Master Class - Recipe for a Winning Team: Collaborate like a kitchen brigade
Minto 50-50 - 5^e étage / 5th Floor
- Atelier #1 - Collaborer avec impact
- Workshop #1 - Collaborate with impact
- 7 Fieldhouse**
Salle de réception / Reception Hall
- 8 Norm Fenn Gymnasium**
- Atelier #2 - Trouver son superpouvoir : optimiser la résolution de problèmes en équipe
- Workshop #2 - Find your superpower: optimise team problem solving
- 9 TAAG Park**
Boocamp
- 10 Challenge Pomerleau**



En cas d'urgence, localisez le téléphone JAUNE.
S'il n'y en a pas à proximité, appelez
le 613 520-4444 depuis n'importe quel téléphone
pour une assistance immédiate.
In the event of an emergency
locate YELLOW phone. If one is not nearby
call 613 520-4444 from any phone
for immediate assistance.