



UR HOME.

2024-2025
HOUSING
HANDBOOK

Welcome!

On behalf of the University of Regina and the wonderful staff in Housing Services, welcome to UR Housing Community! We are excited that you have chosen to live on campus this year as you pursue your studies.

I know from my own experience that living in residence is one of the best decisions you can make in your university career. For me, living in dormitories – first at York University during my Bachelor’s degree, and then at Carleton University during my Master’s degree – was transformational and helped make me a better student. I felt truly at home on campus, was more engaged with my studies and campus life, and met a diverse group of friends from around the world that I still have today.

Those of you who are returning for another year in residence are well aware of these benefits, and as senior members of UR Housing Community, you have a great deal of residence and other campus life experience. You may not realize it, but you are role models for others, so please take every opportunity to share your knowledge and experience with those who are in their first year.

And to those of you who are in your first year – you have a wonderful adventure ahead of you! The idea of living with new people in a new community can be overwhelming at first – but above all, it’s an exciting opportunity. Right away you’ll meet and make friends with people from here in Saskatchewan, across Canada, and dozens of countries around the world. UR Community is one of diversity, mutual respect, and mutual support. Other residents will enrich your university experience, and at the same time, you will enrich theirs – and Housing Services staff will always be there to support you along the way.

Over the next year, if you see me in the hallways, at events or performances, or at varsity sports games, please take the time to say hello and tell me about your experience at the University of Regina. In the meantime, thank you for choosing our University, and I wish you all the best in the coming year.

Yours sincerely,

Jeff Keshen
President and Vice-Chancellor

WHY SHOULD I READ THIS HANDBOOK?

The Housing Handbook contains important information about the resources and policies of our community. Please take time to read it so that you are familiar with and understand the following:



Make Yourself at Home

How to make yourself at home on campus, and how to get the most out of your residence experience.

Community Expectations

Community expectations, including the expectations we have of all members of our community.



Processes and Consequences

The processes and consequences that Housing Services will follow should there be a violation of our Community Standards by residents and/or their guests.

Explore Your Options

The wide range of amenities, services and resources, how you can access them, where to find them, how to use them; and what is available in your specific Housing location.



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The University of Regina, including Housing Services, is governed by The Local Authority Freedom of Information and Protection of Privacy Act (LAFOIPP). As an institution we are obligated to protect the personal information of those who work and study here. As such, we are unable to provide private information to any third party, including parents and/or guardians, about our residents.

This includes, but is not limited to:

- Account information: balances, breakdowns or information regarding any additional charges incurred
- Names of, and/or other information pertaining to roommates
- Phone numbers or any other contact information
- Disciplinary issues

The LAFOIPP act applies to all residents. Private information will not be released without written consent from the Resident. If a student wishes to authorize the release of information to a third party, they must do so in writing to the [Housing Services office](#).

For more information on the Freedom of Information and Protection of Privacy Act, please visit: <https://www.uregina.ca/policy/browse-policy/policy-GOV-060-005.html>



FALL 2024

AUGUST

- 30** First Year Resident Move-in Day
- 31** Returner Move-in Begins
Welcome Weekend - All Students

SEPTEMBER

- 2** Labour Day - No classes
- 4** First day of classes
Tuition and Housing fees due
- 15** Final day to opt-out of Housing Tenant Insurance
Voluntary room change requests open
- 17** End of course-add period
End of no record-drop period
End of 100% academic course refund period
- 30** National Truth and Reconciliation Day - No classes

OCTOBER

- TBD** Fall/Winter 2025-2026 Application Opens
- 2** End of 50% refund period
End of penalty free payment period
- 14** Thanksgiving - No classes
Fall break starts (Monday)
- 20** Fall break ends (Sunday)

NOVEMBER

- 11** Remembrance Day - No classes

DECEMBER

- 6** Last day of classes
- 9** Start of exams
- 21** End of term

RESIDENCE LIFE CALENDAR

One of the perks of living on campus is you're always invited to our events! Often hosted by our Residence Life or Residence Community Council teams, these events include everything from karaoke to free smoothies! There's something for everyone and it's a great way to get to know people and be part of the Housing Community.

WINTER 2025

JANUARY

- 6** First day of classes
Tuition and housing fees due
- 15** Final day to opt-out of Housing Tenant Insurance
- 17** End of course-add period
End of no record-drop period
End of 100% academic course refund period
- 31** Last day to apply for spring convocation
End of penalty free payment period
End of 50% academic course refund period

FEBRUARY

- 17** Family day - No classes Winter break starts (Monday)
- 23** Winter break ends (Sunday)

MARCH

- TBD** Housing Gala

APRIL

- 11** Last day of classes
- 14** Start of exams
- 17** Good Friday - No classes
- 26** End of term



WHAT TO BRING

HIGHLY RECOMMENDED (PRIORITY ITEMS)

- Health card** and other forms of identification
- Personal hygiene products**
(toothbrush, soap, shampoo, hair brush,
nail clippers, etc.)
- Towels** and face cloths
- Toilet paper**, tissue boxes, and plunger
- Laundry** basket and detergent/dryer sheets etc.
- Pillows, blankets, bedding, sheets**, etc.
(All beds are twin extra long except for our
2 bedroom apartments in Kišik and our
deluxe studios in Paskwāw and Wakpá
which are double. (You may bring a
mattress topper, but not a mattress)
- Your **school supplies**
(pens, pencils, books, backpack etc.)
- Cleaning supplies**
(cleaning solution and disinfectant wipes)
- Dishes**, cutlery, mugs, water bottle
(make sure it's microwave safe!)

**The following items are only permitted to
be used in proper kitchen spaces - NOT in
bedrooms/dorm-style rooms:**

- Small cooking appliances
(rice cookers, mixers, slow cooker,
toasters, instant pots, air fryers, etc.)
- Other cooking supplies

RECOMMENDED(OPTIONAL)

- Face mask and hand sanitizer
- Headphones
- Clothing hangers
- Personal fan
- Power bar (with surge protection)
- Storage bins/containers
- Snacks
- Pictures, posters, things to personalize your room

(Please note: any cost associated with
damages to walls EX: punctures,
scratches, peeling paint, etc; will be
charged to your account upon move out)
- Personal computer/laptop
(USB sticks, and backups are also useful!)
- Personal first aid kit
- Kettle
(with an automatic shut-off feature)
- Mini fridge**
- Bicycle with bike lock

(be sure to register your bike and store it
in the appropriate area, see page 16)
- Small house plants
(Highly recommended!)
- Non-dangerous pet fish in a tank
(no larger than 10 gallons and no piranas)
- Water filter

***Private dorms come equipped with a microwave and micro
fridge.*



WHAT TO LEAVE BEHIND

- Candles or incense
- Personal heaters
- Large furniture
- Microwaves
(provided in some common spaces and kitchens)
- Mattresses
(mattress toppers are allowed)
- Large speakers, sub-woofers, or amplifiers
- Routers, wifi boosters, extenders, satellite dishes
- Explosives
- Harmful chemicals and flammable liquids
- Firearms and weapons
(including pellet guns, bb guns, bow and arrows, hunting/exotic knives, swords, or any other items consider by Housing Services to be dangerous)
- Large appliances and gym equipment
(treadmill, full sized fridges, deep freezers, dishwashers, washing machines, etc.)
- Illegal drugs
- Pets
(except non-dangerous pet fish in a tank no larger than 10 gallons)
- Vaporizers, vapes, e-cigarettes, hookahs, tobacco/marijuana products, bong, etc.
(The University of Regina is a smoke-free campus. These products are not permitted for use in anywhere on campus)
- Propane tank/bunsen burners, hot plates
- Items or games that encourage excessive alcohol consumption



Good to know:

If you are unsure of whether or not an item you wish to bring into Housing is permitted, please contact Housing Services prior to your arrival date.





HOUSING SERVICES OFFICE

The Housing Services Office in Kīšik Towers is where you will find staff to assist you with questions, accept rent payments, retrieve your packages, and provide you with any Housing Services related support.

Office Hours: Monday-Friday **8:15 AM- 4:30 PM**
with payments accepted from
8:15 AM- 3:30 PM *(excluding holidays)

Email: housing.services@uregina.ca

Website: www.uregina.ca/housing/

Tel: (306) 585-5450

HOUSING SERVICES OFFICE

	Kīšik Towers Front Desk	College West Kiosk
Location	Kīšik 1st Floor (Housing Office)	College West 4th Floor
Hours	24/7 Assistance	Everyday 6:00-9:00 PM

KIOSKS INFORMATION

The kiosks are staffed by **Community Assistants (CA)** and **Resident Assistants (RA)** during off hours. They are happy to answer any questions you may have, sign out equipment, or let you into your room if you're locked out, etc. If the kiosk is closed, feel free to stop by another building's kiosk or phone the CA or RA on call. Please note the kiosks may be temporarily closed when the **CAs** are conducting their rounds of the building or are assisting other residents or guests.



COMMUNITY ASSISTANTS (CA)

CAs are students who help support residents outside of office hours, and provide customer service for our Housing and Hospitality guests.

During their shifts they conduct rounds of all residential buildings, lock buildings so they are secure, help with lockouts, sign out equipment, and assist students and guests with any questions or concerns they may have.

RESIDENT ASSISTANTS (RA)

RAs live on campus, they are hired and trained to assist you! They have assigned floors and are on call after hours.

Your RA will stop by your suite or dorm once a month to check in. RAs are trained in conflict resolution and mediation; they run Housing events, act as building Fire Wardens, do nightly rounds of their assigned building, support Housing policies, respond to community concerns, and check in on events.

RAs are also trained to respond to mental health concerns and much more. RAs can help connect you to the resources you need!

SOME THINGS TO KEEP IN MIND ABOUT RAs and CAs:

- **They are not counselors:** while we encourage you to share your successes and challenges with your RA, they are not able to provide professional advice and are only trained to help you find the right support.
- **They are not your parents: RAs and CAs** serve as role models within the Housing community and are expected to assist you when needed, but they are not responsible for taking care of you full-time.
- **They are not police officers: RAs and CAs** conduct nightly rounds of our Housing Buildings. They also enforce Housing Services policies and assist residents. However, they are not official law enforcement and are not always able to fix every situation, even if rules are being broken.

CONTACT RA

1 (306) 530-5571 - College West, Paskwāw Towers,
Wakpá Towers

1 (306) 535-0676 - Kišik Towers, La Résidence
Mon-Fri 4:15 PM - 8:15 AM
Sat-Sun 24/7

CONTACT CA

1 (306) 519-0547

Everyday 24/7

OCCUPANCY TERM

All students living in student housing are required to sign a Housing Contract for the full period of their accommodations. The term begins on your scheduled move-in date set out in the Letter of Offer, and concludes 24 hours after your last exam or academic commitment, or the final day stated in your Housing Contract, **whichever comes first**. You are financially responsible for the full term regardless of your checkout date. If you do not have any other academic commitments, you must move out the day after classes end.

EXTENDING YOUR STAY

If you need to arrive earlier than your scheduled move-in date, or, stay past your scheduled move-out date, please e-mail Housing.Services@uregina.ca detailing your request. Housing staff will respond to your email, letting you know if the request can be approved. **All requests are subject to availability**. Additional daily fees will apply to all early arrivals and extended stays, and you may be required to move to a temporary room for us to accommodate your request.

HOUSING FEES

Housing fees are calculated **per term**. Residents may pay their fees in full on the first day of classes each term or pay monthly installments*, each due on the first business day of each month.

FIRST DAY OF CLASSES:

Fall - September 4th, 2024 & Winter - January 6th 2025.

Fees will not be re-calculated based on late arrivals.

Payments are accepted online via the Housing Portal or at the Housing Services office between **8:15 AM and 3:30 PM**, Monday through Friday, with the exception of statutory holidays.

*Residents wishing to pay their Housing fees in installments must log into the Housing Portal and complete the Payment Plan section by September 15th in the Fall, and by January 15th in the Winter semester.

Please Note: A financial hold may be placed on student accounts with a balance owing of over \$2000. A financial hold prevents students from registering or obtaining an academic transcript at the University of Regina until amounts owing, including balances owed to Housing Services are paid in full.

HOUSING TENANT INSURANCE PROGRAM

All residents living on campus required to maintain tenant insurance. Marsh Canada Limited is the University of Regina tenant Insurance provider. An insurance fee of \$84.80 is placed on each resident's account at the beginning of each semester.

Full information about coverage can be found here: [Tenant Insurance](#)

To report a claim, please call Marsh Canada at 1-877-565-3458 or send an email to oncampusinsurance@marsh.com

Should you have alternate tenant insurance coverage in place from another provider and wish to opt out of the University recommended program, please click on the link below and submit the requested information to the program administrator, Marsh Canada Limited, by the deadline dates listed below. **Students who do not submit a request to opt out of the program by this date will be automatically enrolled in the program.**

Fall term opt-out deadline date: September 15th, 2024

Winter term opt out deadline date: January 15th, 2025

Spring term opt out deadline date: May 15th, 2025

Opt-out link:* <https://forms.office.com/r/MvNxxwM7GNA>

*By clicking this link you agree to be redirected to a Marsh Canada managed website to proceed with the Opt-Out request process.

By opting out of the tenant insurance program you are assuming full responsibility for content and liability insurance while under contract within Housing at University of Regina.

Marsh Canada is administering the opt-out process and is collecting the information on behalf of the University of Regina. The information provided will be sent to the University of Regina.



If you have any questions regarding the University's requirement to maintain tenant insurance or the opt-out process, please contact University of Regina Housing Services by emailing housing.services@uregina.ca or calling (306) 585-5450

SPECIAL INTEREST FLOORS

Housing Services offers a number of special interest floors for students. Due to the nature of these floors, there are additional expectations and policies that need to be followed by occupants living in these spaces. If you are living on any of the special interest floors stated below, then it is important that you click on the links below and review the applicable policy provisions.

- [All Female](#)
- [All Male](#)
- [Colourful Campus House](#)
- [Grad & Mature Student Housing](#)

CONFIRMATION FEE

The \$400 Confirmation fee is collected to confirm your accommodation. When you submit a Confirmation fee, you are saying that you want to reserve the accommodation outlined in your Letter of Offer. This Confirmation fee is put towards your Housing fees about a month after you move in. Should you choose not to return to on-campus Housing. Confirmation fees are not refundable after July 15th for the Fall and Winter term.

ROOM INSPECTIONS

Housing staff will inspect each room and suite prior to move-in, however, we ask that each Resident complete an Inspection Report detailing the condition of your room upon your arrival. This report allows each Resident the opportunity to document any damages that exist upon move-in and report any maintenance issues that may have been overlooked. This report is designed to ensure that each Resident is able to live in a comfortable and well-maintained space.

TERMINATION OF CONTRACT BY RESIDENT

Residents are financially responsible for the full term of their Housing Contract. If you need to cancel your Housing Contract prior to the contract end date, you must complete a Contract Cancellation Request Form (available online on the Housing portal). This form must be submitted a minimum of 30 days in advance of the requested cancellation date. All Contract Cancellation Requests are subject to approval by Housing Services; only medical or academic reasons requiring withdrawal from courses will be considered.

If you are canceling your contract for medical reasons, and you are withdrawing from courses, medical documentation is not required. Please complete a contract cancellation form on-line. Proof of withdrawal may be requested. Acceptable documentation includes confirmation of graduation, proof of withdrawal from classes, confirmation of MW or RTD, etc.

If you are not withdrawing from courses and you are requesting to cancel your contract for medical reasons, you will be required to register with Student Accessibility, and provide this office with supporting documentation from a licensed medical professional for the recommendation to withdraw from your Housing contract. A decision regarding the approval of this request, and the assessment of any remaining or additional Housing related charges, remains at the discretion of Housing Services

Any student who cancels their contract prior to the contract end date will forfeit their Confirmation Fee. Students who abandon their room or cancel their room prior to the contract end date **without approval**, will be assessed a room abandonment fee of \$1,000 or the contract remainder, whichever amount is less.

TERMINATION OF CONTRACT BY HOUSING SERVICES

Housing fees are placed on student accounts at the beginning of each term. Residents have the option to pay for each semester in full on the first day of classes, or, to pay monthly installments due on the first business day of each month.

Housing Services reserves the right to issue a financial eviction. If you are contacted by Housing Services staff regarding an outstanding balance, please contact Housing Services immediately at (306) 585-5450 or by email at Housing.Services@uregina.ca

Housing Services staff regularly work with students through difficult situations, aiming to support them and prevent disruptions to the Housing Community whenever possible. Unfortunately, there are some circumstances where Housing Services may be required to terminate a student's contract.

The main circumstances are as follows:

CONDUCT, FINANCIAL AND ACADEMIC EVICTION

Housing Services strives to provide a positive experience for all students living on campus. In order to ensure that the Housing community remains a safe and comfortable living environment, it is important that you follow the expectations and regulations as outlined in this Housing Handbook and your Housing Contract.

Conduct Eviction:

A Resident will face conduct eviction under the following conditions:

1. The Resident poses a physical danger or threat to others or themselves.
2. The Resident has seriously or continuously breached the Community Standards as described in the Housing Handbook.
3. The Resident has breached the Housing contract.

All conduct evictions include the following disciplinary actions:

1. The student is prohibited from being on Housing property after eviction is complete.
2. The student is not able to re-apply to Housing for future terms*.

Academic Eviction:

A Resident may face academic eviction if they are not registered in full-time classes, fail to take classes as required by Housing Services, withdraw from or are required to withdraw from studies at the University of Regina.

All academic evictions may include the following disciplinary actions:

1. The student may be prohibited from being on Housing property after eviction is complete.
2. The student is not able to re-apply to Housing for future terms*.

Financial Eviction:

A Resident may be subject to financial eviction if the Resident has an outstanding balance that is not paid in a timely manner.

All financial evictions may include the following disciplinary actions:

1. The student is prohibited from being on Housing Property after eviction is complete.
2. The student is not able to re-apply to Housing for future terms*.

**Students may be able to reapply after 1 year depending on the cause of the eviction. A written appeal must be submitted by the student to the Associate Director for review.*

Please note that all evictions, conduct, academic, or financial, are subject to a \$100 Eviction Processing Fee.

APPEAL PROCESS:

Students who are evicted from Housing must vacate Housing property and return their keys to Housing Services no later than the checkout date listed in their eviction letter. They will be given time to appeal the imposition or severity of the penalty for misconduct to the Associate Director, Housing and Hospitality. The process and timeline to appeal will be listed in the eviction letter.

MAIL ADDRESS

Each Resident is assigned a mailbox key with their regular room keys. Your mailing address is stated on your move-in package. To ensure your mail is processed correctly, please have it addressed as follows:

First and Last Name
Mailbox Number
Housing Building 3737
Wascana Parkway,
University of Regina
Regina SK S4S 0A2

***Housing Buildings:**

Kīšik Towers, Paskwāw Tower,
Wakpá Tower, College West,
La Résidence

Reggie Reynoldson
Box 777
Kīšik Towers
3737 Wascana Parkway,
University of Regina
Regina SKS4S 0A2

FOOD DELIVERY ETIQUETTE

If you are ordering food through food delivery services, please use the following addresses:

Kišik Towers 3747 Lee Gren Avenue
College West 3903 wibazuka Road
Paskwāw Tower 3817 Sagittaire Lane
Wakpá Tower 3821 Sagittaire Lane
La Résidence 3727 Sagittaire Lane

**Track your food delivery and ensure it doesn't stay longer than 5 to 10 minutes upon arrival.*

Note: Food that is left unattended for long periods of time may be disposed of in accordance with Canadian Food Standards

PARCEL ARRIVAL INFORMATION

If you are alerted by your postal delivery service that a parcel has arrived, please note that it has only arrived at the University of Regina's central mail room, and not necessarily to the Housing Services office. Please allow an additional 1-2 business days for Housing Services to receive and process incoming mail. When a parcel or package arrives for you, an email will be sent to the address listed on your Housing portal account to notify you that you can now pick up your parcel at the Housing office during office hours. **No Cash on Delivery (COD) items will be accepted.**

Please Note: Housing Services will **not** forward your mail. It is your responsibility to update your mailing address when you move out. All mail received after you have moved out will be returned to the sender. The only exception to this rule is government mail which is held for 14 business days.

HOW TO USE YOUR LANDLINE PHONE

Each apartment is equipped with a landline telephone. Housing Services does not provide phone numbers, so be sure to inform your contacts how they can reach you. The landline phones are crucial for emergencies, so please keep them connected.

Making Calls:

Internal Campus Calls: Dial only the last four digits of the number.

External Calls: You will need to dial "9" before entering the full phone number to make outside calls.

Please note: Phones in College West, Kišik, La Résidence, Paskwāw, and Wakpá Towers need to be plugged in using the ethernet cable and internet outlet.

USING A TV

TVs are not provided in apartments or dorms but you're welcome to bring your own. In addition, there are TV lounges throughout each building that are open to all residents living on campus!

**Please refrain from taking the TV remote with you.*

WIFI

Wireless internet is FREE and available everywhere on campus through **eduroam**. To connect:

- Enter credentials in the form of "username@uregina.ca"
- Use the same password as your uregina login
- You can use the same uregina credentials to connect anywhere you can find an **eduroam** network
- The use of WIFI for illegal websites violates our internet policy and is prohibited for more details on the University's internet policies, please visit: <https://www.uregina.ca/policy/browse-policy/policy-OPS-080-005.html>

Please be aware that personal wireless routers or signal enhancers are not permitted as they conflict with the university's wireless coverage.

WIRED INTERNET CONNECTION

Wired internet connection is available in all student rooms. Ethernet cables are available for sign out from the Housing Services office and must be returned at move-out.

PARKING E-PERMIT

Parking is available for purchase on-line. Check out the Parking and Transportation Services web page for information regarding where to park on campus: <https://www.uregina.ca/parking>. Please note that parking spaces are limited, so be sure to apply early!

BIKE STORAGE

If you want to bring a bike to campus, we have indoor bike storage! In order to access our bike storage, please register your bike at the Parking and Transportation Services. Bicycles must be locked at all times while in storage (locks not provided), and the University of Regina is not responsible for any stolen or damaged bicycles.

STUDENT STORAGE LOCKERS

Should you require extra storage space, Housing Services has lockers available for rent! Lockers can be rented at the Housing Services office for the cost of \$25 per term. Payment must be received upon rental of the locker. Only 1 locker is allowed per Resident, and residents must use Housing-provided locks. Please note that food cannot be stored within the locker. Items are stored at the resident's own risk. All lockers expire at the end of each term unless renewed. All items must be removed at the end of the rental term, and any items left behind will be donated/disposed. Lockers are available over the Spring/Summer term to students **with a future term booking only**, unless approved otherwise by a Housing Services Manager.

COMMON AREAS AND GAME ROOMS

Whether you want to de-stress with a game of pool, or challenge your roommates to a game, Housing Services has loads of recreational options available! The equipment can be signed out from any of the Housing Kiosks FREE of charge! You will be required to show student ID to confirm your residency.

MUSIC ROOMS

Do you play piano or another musical instrument? Music rooms are located in Kīšik Towers, Paskwāw Towers, Wakpa Towers and College West. Each music room contains a piano for student use, but rooms can be used to practice other musical instruments as well. Music rooms are more soundproof than your bedroom, so you can use them without disrupting other members of your community!

EQUIPMENT AND RESOURCES

Housing Services provides a variety of cleaning supplies and recreational equipment for Resident use FREE of charge! Supplies and equipment can be picked up or signed out from the Kīšik front desk or the College West Kiosk. Excessive use or damage to rented items may result in charges.

EQUIPMENT

- Mops/Buckets
- Toilet Plungers
- Light Bulbs
- Garbage Bags
- Brooms
- Vacuums
- Ethernet/TV Cables

ENTERTAINMENT

- Pool Table Equipment
- Tennis Table Equipment
- Board Games
- Video Games



COMMUNITY KITCHEN

While select apartment styles include kitchens, there are also community kitchens available for all residents use in College West, Paskwāw Tower, and in Kīšik Towers.



MEAL PLAN

Students who live in dorm-style rooms will not have a kitchen; **these residents need to purchase a meal plan.** Failure to purchase a required meal plan will result in fines, or a room change at the expense of the Resident. The University of Regina offers a wide selection of dining and beverage establishments on campus.

LUTHER COLLEGE CAFETERIA

To learn more about the Luther College Cafeteria and meal plans, please [click here](#).

ULTIMATE EXPERIENCE GROUP

To learn more about the Ultimate Experience Group meal plans, please [click here](#).

GROCERY BUS

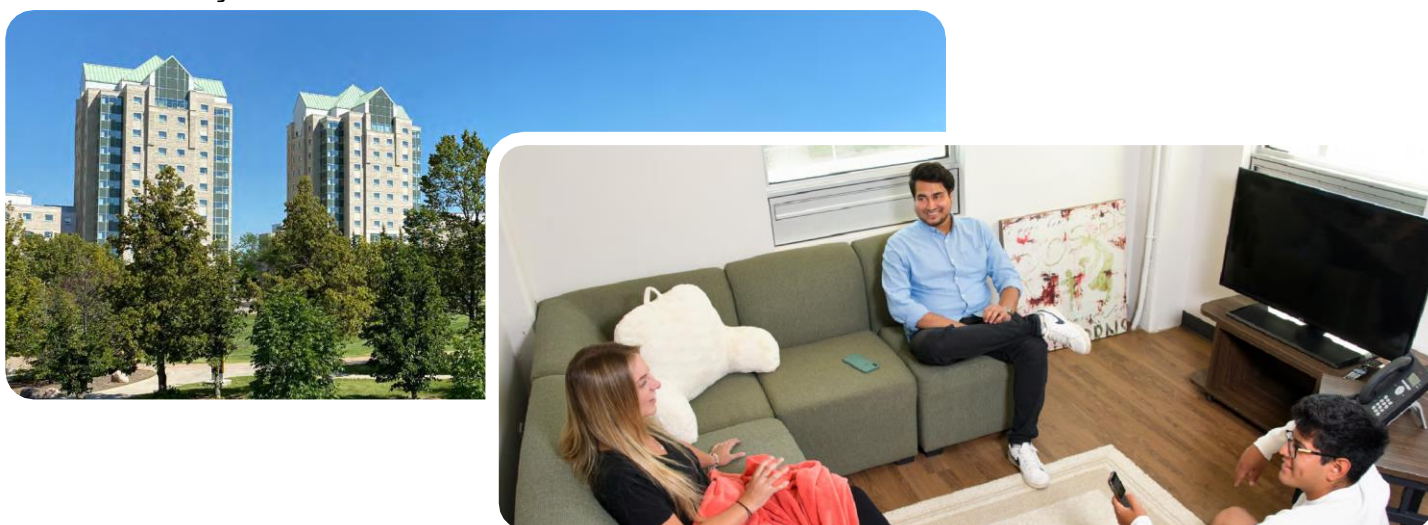
The **RCC** (Residence Community Council) and Housing Services fund a bi-weekly Grocery Bus that transports residents directly to and from Superstore East. The Grocery Bus picks up residents every other Saturday at 1:00 p.m. from Kīšik Towers, and departs Superstore East at 2:30 p.m.



HEATING AND COOLING

Campus heating and cooling is controlled at a central location. During the winter months, all buildings are heated; in the summer months, all buildings are cooled. Fan controls and thermostats located in the apartments can adjust how hot or cool your unit is by a few degrees.

Kīšik Towers has in-floor heating, while the rest of our buildings have a fan control, located in the apartment living room or bedroom. In shared dorms, the thermostat is located in one of the two rooms; please work with your neighbor to determine what temperature works best for both of you.



MAINTENANCE REQUEST

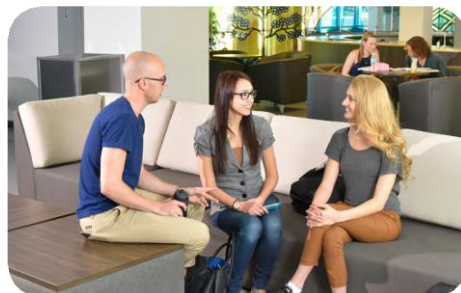
The Housing Portal is your go-to resource for any maintenance issues you experience during your stay. Under the “**Maintenance**” tab, you’ll be able to document the details of any issue and file it directly with the Facilities Management team. Once sent, the team will work to address your request. You can access the request form through the [Housing Portal](#).

Please note: Housing Services and the University of Regina Facilities Management Team reserve the right to enter a resident’s room for the purpose of making repairs, as reported by the Resident. For regular maintenance, residents will receive 24 hours advance notice of room entry. In the case of an emergency or health and safety concern, repairs will be done immediately without prior notice to the Resident.

Maintenance issues of a non-urgent nature include, but are not limited to: clogged toilets and drains that are not actively overflowing, broken furniture and sticky or loose door knobs.

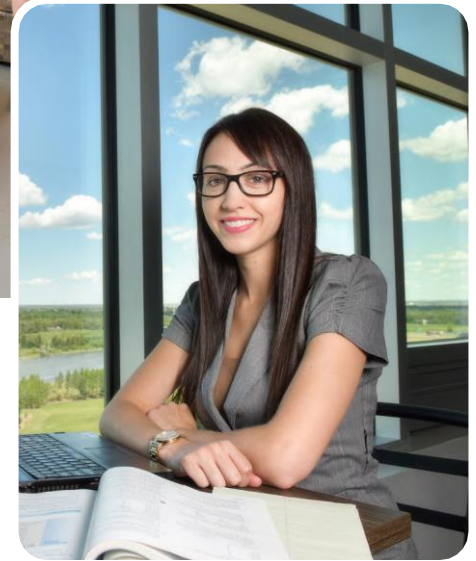
Maintenance issues of an urgent nature require immediate attention and must be reported to Housing Services as soon as they are identified. After hours please contact after-hours staff to report urgent maintenance concerns. These include, but are not limited to: water-related damage (such as actively overflowing toilets/sinks), sanitation issues, elevator breakdown, and electrical malfunction.

Service & Entertainment	Paskwāw and Wakpá Towers	Kišik Towers	La Résidence	College West
Smart-Reload Machines	218	237/274E	815	422
Laundry Room (Washers & Dryers)	218	237W/274E	815	422
Garbage and Recycling	115	Main Floor (Elevators)	Loading Dock	1st Floor Loading Dock
Kiosk	Wakpá Main Floor	Housing Office	-	451
Game Room	2nd Floor Paskwāw	West 2, 3, & 4th Floor	-	338
Mail Box	1st Floor	1st Floor	2nd Floor	450
Music Room	PA 201.1.1	West 4th Floor	-	424.3
Activity Room	PA 013	1st & 14th Floor	-	337 & 421
Storage Room	-	East 158.1	-	-
Study Lounge	419	2nd & 3rd Floor East	4th Floor	425
TV Lounge	2nd, 3rd, 5th & 12th Floor	East 1st, 5th & 14th Floor	5th, 6th, 7th & 8th Floor	423
Shared Kitchen	Basement PA013	1st Floor	-	336



COMMON SPACES

Creating a positive community atmosphere in Housing is of the utmost importance. As such, each Housing building is equipped with a variety of common area spaces. Please feel free to use the common spaces in your building in order to study or gather with your friends. As these are shared spaces, we ask that all students using them keep them neat and tidy by removing all trash, cleaning up any spills, and not storing personal belongings in these spaces. If you notice any issues with the cleanliness of any common area space, please report it to Housing Services.



LAUNDRY ROOM

Housing Services provides laundry machines in each building. For a seamless experience, we strongly recommend using the Coinomatic CP mobile app for payment. The app lets you pay for laundry directly from your phone, ensuring convenience and reliability. Each load costs \$2.00 for washing and \$2.00 for drying. Students need to provide their own laundry soap and dryer sheets. Personal laundry appliances are not permitted in Housing.

GARBAGE AND RECYCLING

In order to reduce our ecological footprint and to contribute to our overall campus goal of sustainability, Housing Services offers an excellent recycling program! No need to search all over the city for a recycling center! Recycling bins for mixed recycling have been placed in every suite. Recyclable items can be brought to your building garbage room, please check the recycling sign in the garbage room to ensure your item is recyclable. We also provide garbage bags; just stop by your building kiosk or the Housing Services office and ask!

In order to ensure that your suite is kept in a clean and livable condition, please take the garbage/recycling out of your suite at least weekly and dispose of it properly in your building's garbage room. Collecting garbage/recyclables in your suite or room, or disposing of it in common spaces/common space trash bins, poses a health and safety risk that may lead to disciplinary action. We also ask that empty bottles not be displayed in windows. All recycling can be placed into the metal blue bins in the recycling rooms and does not need to be sorted.

YOUR BEDROOMS AND APARTMENTS

Residents are responsible for cleaning their apartments and bedrooms. Keeping your suite clean contributes positively to your overall well-being, health and safety. Cleaning responsibilities are to be scheduled and divided among roommates. At the beginning of each semester, your RA will provide a blank cleaning schedule form, and it is the responsibility of you and your roommates to fill it out together prior to the first cleaning inspection. The completed schedule must then be posted on the back of your apartment/dorm room door or on the fridge, so that it can be easily viewed by Housing cleaning staff.

Note: *If you did not receive a cleaning schedule form, please contact your RA!*

CLEANING INSPECTIONS

Regular health and safety inspections, along with monthly cleaning inspections, are conducted to ensure cleanliness and to report any damages. Should you fail to meet the cleanliness standards at the time of the inspection, a written cleaning report itemizing the areas to be cleaned will be issued, along with the date for re-inspection. Should cleanliness fail to meet standards upon re-inspection, Housekeeping staff will clean the failed area(s) and a cleaning service fee will be applied to the account of the Resident who was assigned the area on the posted cleaning schedule. If a cleaning schedule has not been completed for the apartment or suite, the cleaning fee will be divided amongst all occupants of the suite. Apartments/dorms struggling to meet Housing cleaning standards will be placed on a weekly cleaning inspection schedule. Any Resident who fails 3 or more cleaning inspections will be required to sign a Cleaning Behavior Contract.

CLEANING SERVICES

For a fee of \$55.00/hour, Housing Services Housekeeping Staff will clean your assigned area for you! This service will be provided up to a maximum time of one hour during the week of the scheduled cleaning inspections. If you are interested in utilizing this service, simply complete our on-line [cleaning request form](#).

Note: *Payments for this service must be made in advance to the Kī šik Towers Housing Services Office.*

CLEANING EQUIPMENT

Housing Services provides some basic household equipment for you to keep your unit clean; however, you will still need to bring some of your own supplies.

SUPPLIES PROVIDED

- Garbage bags
- Light bulbs
- Vacuum bags
- Burner foils

2 HOUR LOANS

- Mops/buckets
- Brooms/dustpans
- Toilet plunger
- Vacuum

SUPPLIES TO PURCHASE

- Washcloths
- Bath cleaner
- Oven/stove cleaner
- Toilet cleaner/brush
- Paper towels
- Glass cleaner
- Rubber gloves
- Disinfectant cleaner
- Laundry detergent

MENTAL HEALTH

We understand that mental well-being is just as crucial as physical health. If you find yourself struggling, the Student Wellness Centre offers free, confidential appointments with clinicians. Book online at <https://www.uregina.ca/student/counselling/> or see page 43 in the Housing Handbook for contact details.

All Resident Assistants are trained in Mental Health First Aid and can direct you to the right campus resources. They also perform monthly check-ins to support your well-being and organize mental health-centered programs throughout the year.

Additionally, the University of Regina is now partnering with Togetherall, an online platform offering peer support and monitoring by licensed clinicians. This service complements our existing wellness resources, providing students with another way to access support and connect with others in a safe, anonymous environment. Register and access Togetherall <https://www.uregina.ca/student/counselling/>

HEALTH

Maintaining a safe and healthy environment is a priority at the University of Regina. For health and safety tips, visit our Health and Safety web page - <https://www.uregina.ca/hr/hsw/>

The Student Health Clinic is staffed by nurse practitioners who offer primary health care services to current students.

In emergencies, call 911. For non-emergencies, contact Saskatchewan's healthline at 811 for medical advice, or 211 for community services. If you're concerned about illness and its impact on classes or work, report it confidentially to health.safety@uregina.ca or call (306) 585-4776 for guidance.

HYGIENE

Good personal hygiene is essential in our community. **Wash your hands regularly, take showers, use personal hygiene products, and dispose of them properly. Do not flush feminine hygiene products;** use the bathroom trash bin instead.

Your mental and physical wellness is our top priority. If you need support, please reach out to Student Mental Health. We're here to help.



YOUR ROOM

We encourage you to make your room your own! We just ask that you do not puncture or hang anything from the walls, doors, or furniture to avoid causing any damage. **Remember: Never hang anything including lighting from the sprinklers under any circumstances!** Hanging items from sprinklers creates the potential for flooding.

Included in each bedroom is a desk, lamp, chair, closet space, bed frame, and mattress. Residents are responsible to provide their own bedding, pillows, and other decorative items.

If you want to customize your room with furniture, please be advised that larger pieces of furniture or any electrical/mechanical appliances (refrigerators, freezers, etc.) need to be pre-approved by a Housing Services Manager prior to being brought into the Housing buildings. We also ask that you please leave the furniture that is provided in your space in the room which it belongs. Removal of furniture from bedrooms/apartments without proper authorization is considered theft and may result in a financial charge.

Note:- LED lights are not allowed.

MONTHLY CHECK-INS

At the beginning of each term, RAs will set times for monthly check-ins. Each check-in will be between 15-20 minutes long. RAs will hang posters informing residents of the time and date of these check-ins, or Housing Services staff will send residents an email with the meeting information. It is mandatory for at least half of the residents of each unit to be in attendance at these check-ins. If the scheduled time is not convenient for your unit, or, if you live in a dorm and are unable to attend the check-in, please contact your RA prior to the scheduled date to book an alternate time. If you are not available during your check-in, your assigned Resident Assistant will follow up with you later.

These meetings are very important for several reasons:

1. To meet your RA, learn how they can assist you, and learn how you can contact them
2. To ensure students are aware of all upcoming events
3. To remind residents of the Housing Community Standards
4. To assist roommates, and those who share dorm bathrooms, to work out a semester cleaning schedule
5. To help with any roommate issues within the suite



ROOMMATE ETIQUETTE

Living on campus is a great way to expand your horizons and meet all kinds of people! Be sure to introduce yourself to your roommates the first chance you get! Take the time to get to know each other and you'll be able to determine the best way to live effectively together. Communication is key, and friendly smiles and greetings can go a long way to creating a peaceful living environment!

Knowing your roommate's living habits will give you insight into when they might need some support. Everyone can get homesick, stressed, or just need assistance sometimes; especially if it's their first time away from home. If you or your roommates are ever feeling lonely, or in need of help, don't hesitate to talk to an RA. RAs are trained to connect you to the many resources available on campus to help ensure that you get the care you need. We want everyone to have a great Housing and university experience!

ROOMMATE COMPLICATIONS

Sometimes issues between roommates can arise. When this happens, please take the following steps to resolve things peacefully:

TALK TO YOUR ROOMMATE

Try talking to each other in person in a non-accusatory way. Explain your expectations, needs, and struggles calmly using "I" statements. So instead of "You never do your dishes! It'll pile up all week and you can't even see the sink!" (Accusatory) try, "I feel like I've been doing more than my fair share of the dishes lately, and I get frustrated when I can't use the sink when they pile up."

COMMUNICATE WITH YOUR RA

If you find that after speaking in-person about your concerns at least a few times, that there is still a disconnect between you and your roommate(s), then contact an RA for help. When talking to the RA, explain what the situation is and what measures you have taken to attempt to resolve the issue. Try not to wait until things escalate too much before contacting an RA. RAs are trained in conflict resolution and suite mediation! After speaking to the RA and explaining the situation, a suite meeting will be scheduled as soon as possible for your apartment. The Residence Life team will keep your conversation private, and will try their best to maintain anonymity.

HAVE A SUITE MEETING

A suite meeting is when all residents of the apartment sit down together with an RA acting as a facilitator. Digital suite meetings may be utilized if face to face meetings cannot occur. The RA will encourage everyone to voice their concerns, and help negotiate potential solutions everyone would benefit from. Once a suitable course of action is decided, all residents of the apartment will be asked to sign an agreement form outlining the solution they agreed on. Note that sometimes suite meetings are done at random without the request of a roommate. Failing cleaning inspections, signing out a party pass, noise complaints from neighbours, or just a spontaneous check-in, are all reasons a suite meeting may be arranged.

FOLLOW-UP

If a suite meeting fails to be effective in resolving conflict, a follow up meeting may be called. Depending on the situation, students may be offered a room change. When a room change request is made after having gone through the conflict resolution process, the administration fee typically assessed may be waived at the discretion of Housing management.



ROOM CHANGES

We understand that there will be times when students are unhappy with their assigned room. Our goal is to provide all residents with a positive living environment, and as such, we do accept room change requests throughout the year. Room change request forms are available at the Housing Services office beginning on the date noted for residents. The forms must be completed in full and submitted to management for review in order to initiate the room change process. Room change requests are subject to a fee of \$100.

Important: Your Housing contract provides you access to, and responsibility for, a specific room on campus. In case of an emergency, in the event of room damage, and for Health and Safety reasons, it is important that our system accurately reflects the actual occupants of each room. As such, all room changes must be coordinated through the Housing Services Office. Organizing a room change independently or switching keys/rooms with your roommate will create a number of challenges for you and for Housing Services. If you find your room unsatisfactory, please take the appropriate steps to complete a room change at the Housing Services office.

Please Note: All students who are requesting a room change due to roommate issues, and who have not yet spoken to their RA and gone through the mediation process, must first complete a “Request for Assistance with Resident Concerns” form (see below).

REQUEST FOR ASSISTANCE WITH RESIDENCE LIFE CONCERNS

Our goal is to provide a comfortable, safe and secure living environment to all residents. If you are having issues with your roommates and/or living environment, please complete the [Request for Assistance with Housing Concerns form](#).

UR PRIORITY

UR Priority is a community and program for first-year students. Participants live together, fostering opportunities and form connections with students who share similar experiences.



LLC

Living-Learning Communities (LLCs) are an exciting Housing opportunity! LLC members have access to additional faculty-based programming and events alongside our regular Residence Life programming. Enjoy the advantages of living with like-minded people! Support each other, participate in LLC activities together, and be proud of your community! The Residence Life Team will be contacting all LLC members throughout the semester. If you have any questions regarding the LLCs, please contact housing.services@uregina.ca.

RESIDENCE COMMUNITY COUNCIL

Welcome to the Residence Community Council! We're always accepting new members and your participation is very much appreciated!

Who are we?

The RCC is a student-run group composed of those who live on campus. If you are a Resident, you're invited to our weekly meetings! We would love to hear your ideas on what would make living here great for you!

CONNECT WITH US!

E-mail: uofr.res.rcc@gmail.com

On-Line: <https://sites.google.com/view/uofr-rcc>



RESPECTFUL LIVING ENVIRONMENT

THE UNIVERSITY OF REGINA'S RESPECTFUL UNIVERSITY POLICY

“The University of Regina is committed to creating and maintaining an environment in which University members can live, work, and learn in a collegial climate of mutual respect, free of harassment and discrimination.” Harassment and discrimination will not be tolerated, under any circumstances. The University of Regina and Housing Services will take all possible steps to ensure students, employees, and visitors are not subject to any form of harassment or discrimination. Please review the University’s [Respectful University Policy](#) for more details.

Should you ever feel harassed or discriminated against during your stay on campus, please inform a Resident Assistant, Community Assistant, or speak with a manager about the situation.

RESIDENT RIGHTS, RESPONSIBILITIES AND PRIVILEGES

Students of the University are expected to conduct themselves responsibly and with propriety both in their studies and in their general behaviour, and are expected to abide by all of the policies and regulations of the University. All University of Regina students must abide by the Student Code of Conduct, which can be found in the [Undergraduate Calendar](#).

RIGHTS

- Freely access your living accommodations and common areas
- Live in a safe and secure environment
- Sleep and study in your room without undue interference
- Be free from intimidation or harassment
- Be treated with respect
- Enjoy freedoms without regard for race, gender, expression, sexual origin, national origin, physical or mental abilities, religion or political affiliation

PRIVILEGES

- Access to Residence Life programming and opportunities
- Host guests within the established guidelines
- Host parties within the established guidelines
- Use of Housing common spaces
- Borrow Housing equipment
- Approval to be placed on a payment plan
- Consume alcohol responsibly if age 19+

RESPONSIBILITIES

- Respect the rights, privileges, and property of fellow residents, guests, and staff
- Behave in a way that facilitates and promotes respect and equality toward all University staff, faculty, students and others
- Monitor and accept responsibility for yourself and your guests’ behaviour
- Refrain from letting unknown people into Housing
- Know and follow Housing policies & the University of Regina’s Student Code of Conduct
- Maintain an acceptable level of cleanliness
- Make all payments on schedule
- Report any violations or concerns to the appropriate staff
- Report any maintenance issues through the Housing portal
- Keep your apartment doors closed and locked
- Report suspicious behaviour to Housing Staff
- Refrain from lending out your keys

NOISE AND QUIET HOURS

Living on campus means that you are part of an academic community. As such, residents should be mindful of the expected community atmosphere. Please be considerate of others' study and sleep habits. To help ensure a healthy environment, Housing Services enforces quiet hours. **Quiet hours are in effect during the following times:**

SUNDAY - THURSDAY
11:00PM - 8:00 AM

FRIDAY & SATURDAY
1:00AM- 8:00AM

24 HOUR QUIET PERIOD

In order to ensure that residents have a quiet and comfortable place to rest and study during the Final Exam Period, Housing Services enforces a **24 hour quiet period**. The dates of this period are as follows:

Start of Fall 24 hour quiet period: **December 8th, 2024 at 11:00 PM**

End of Fall 24 hour quiet period: **December 22nd, 2024 at 8:00 AM**

Start of Winter 24 hour quiet period: **April 13th, 2025 at 11:00 PM**

End of Winter 24 hour quiet period: **April 27th, 2025 at 8:00 AM**

During the 24 hour quiet period, guests are permitted in Housing between the hours of **8:00 am. and 11:00 pm. daily**. Overnight guests are not permitted during this period, unless approved by Housing management.

NOISY NEIGHBOURS?

If your roommate or neighbour is being unreasonably loud, please take the following steps:

- Calmly try to resolve the issue by communicating your concerns directly to your roommate/neighbour. Explain how the noise levels are posing you difficulties, and discuss your needs in a friendly and respectful manner.
- Should the noise continue to be a problem, please contact the RA or CA on call. You will be asked for your name and room number for our records, as well you will be asked for permission to enter your room to observe the noise level. If Housing staff deems the noise level to be unreasonable, those responsible for the noise will be issued a warning.
- In the case of repeat violations, disciplinary action will follow.

VISITORS AND GUEST VISITS

Guests are welcome to visit you throughout your stay in Housing; however, there are a few procedures that need to be followed while they are here. First, when your guest arrives, you must meet them at the main entrance of your building to let them in. Second, you must accompany your guest at all times (including in all common spaces and recreational areas) throughout the duration of their stay. **Residents who wish to host guests under the age of 18 must notify Housing Services prior to their arrival.** Please do not give your access key to your guest at anytime, as doing so compromises the safety and security of the community, and, as such, could result in disciplinary action. Lastly, please ensure that your guests bring ID, as they must be able to present government or university issued identification if asked to by staff.

YOUR RESPONSIBILITY

Residents assume full responsibility for their guests' actions. As such, please ensure that all of your guests are aware of the Housing Community Standards. Should a guest violate the Housing Community Standards, or otherwise pose a problem to other residents or staff, the guest will be asked to leave the Housing building immediately, and the Resident will be held responsible and may be subject to disciplinary action. Furthermore, guests who engage in such behaviour may lose visitation privileges in Housing, and the responsible Resident may have their guest privileges revoked.

Non-Resident students who violate the Housing Community Standards while in the Housing buildings may be required to meet with the Coordinator, Student Conduct, and may be subject to disciplinary action as outlined in the Student Code of Conduct and Right to Appeal section of the [Undergraduate Calendar](#).

OVERNIGHT GUEST POLICY

You are welcome to host overnight guests. Just note that all bedrooms are single occupancy and as such, we ask that overnight guests stay for no longer than 2 consecutive nights in any given week. If you have a guest that requires accommodations for a period of more than 2 consecutive nights, please email the Housing Services office prior to their arrival to discuss short-term Housing options.

Note: Please refer to the "Noise and Quiet Hours" section for information regarding hosting guests during the 24 Hour Quiet Period.

HOUSING GUESTS WHEN YOU HAVE A ROOMMATE

Anytime you will be hosting a guest, whether they are staying overnight or just for a few hours, please discuss it with all of your roommates prior to bringing anyone into your apartment. Not only is this common courtesy, but it also ensures that everyone feels safe and comfortable in their living space. We ask that you and your guest are mindful of Housing quiet hours, and that your guest does not use any of your roommates' belongings without their explicit permission.

ALCOHOL

The University of Regina is committed to promoting safety and responsibility with the use of alcohol. Therefore, Housing Services observes the following policies:

- Items that promote excessive alcohol consumption are not permitted in Housing, including, but not limited to kegs, mini kegs, alcohol funnels, drinking games, etc.
- Public intoxication of residents and/or guests will be subject to disciplinary action.
- The making of beer, wine or other alcohol in student Housing is not permitted.

The provincial statutes regarding the possession of alcohol apply to all University of Regina Housing locations. In the province of Saskatchewan, a minor is a person who is under the age of 19. Minors found in possession of alcohol, or who are found to be under the influence of alcohol, may be subject to disciplinary action. Students found to be supplying alcohol to minors will be subject to a fine and disciplinary action. Housing staff may ask for ID with proof of age at any time.

If you are of legal age (19 years and over), you may consume alcohol responsibly in your apartment or dorm room. Alcoholic beverages are not permitted in common areas, which include, but are not limited to: hallways, computer rooms, lounges, game rooms, laundry rooms, elevators, etc. If you are transporting alcohol to another location, please do so in a properly sealed container.

Residents found in violation of this policy may lose their Housing alcohol and party pass privileges. In addition, they may be fined and/or required to attend an alcohol awareness training course.

Note: In any case requiring emergency medical assistance, anyone reporting alcohol use will not be subject to disciplinary action. This includes the person making the report, the person needing emergency medical assistance*, and any other witnesses or bystanders present at the time of the medical emergency.

*While there will be no disciplinary action for the individual needing emergency medical assistance, the individual may be required to partake in an informational course on safe alcohol use.

SMOKING

“The University of Regina is a community that respects the importance of, and takes responsibility for, the quality of the air we breathe. We are committed to providing a safe and healthy place in which to study, work, and live. The University of Regina recognizes the hazards posed by exposure to second-hand smoke and the use of tobacco products.” Smoking anywhere on campus, including all Housing buildings, is strictly prohibited. Electronic cigarettes/vaporizers are also not permitted to be used on campus.

Smoking - To inhale, exhale, burn, carry, or possess lighted tobacco, cannabis (marijuana) or other herbal products, including cigarettes, electronic cigarettes (e-cigarettes), cigars, cigarillos, pipe tobacco, hookahs or other products capable of being smoked, or to burn, vaporize or atomize any products for inhalation including tobacco or illegal substances.

Smoking in Housing is considered a health and safety concern. Thus, where smoking is suspected and/or in progress, bedrooms and apartments will be searched without prior notice. Smoking, or any signs of smoking (this includes, but is not limited to: ashes, smell of smoke, and/or the presence of cigarette butts) in student Housing will result in immediate disciplinary action.

Please refer to the University of Regina [Smoke Free Campus Policy](#) for full details.

CANNABIS

Housing Services abides by Provincial and Federal legislation as it relates to cannabis use, and enforces all University of Regina Cannabis policies as outlined in Appendix A of the [Smoke-Free Campus Policy](#).

Areas of note from that Policy include the following:

- Growing cannabis plants is prohibited in all University buildings, including all Housing buildings.
- Consumption of cannabis including but not limited to consumption via vaping, smoking, eating of edibles, and concentrates, is not permitted in all Housing buildings.
- Smoking cannabis is prohibited in all University buildings, including all Housing buildings.
- Advertising or sale of cannabis products is prohibited on all University of Regina campuses.
- When not in use, cannabis products on campus must be stored in sealed, scent proof containers. The container must be properly labeled with the product being stored. Additionally the product must be stored in the owners bedroom and not accessible within the apartment common area.
- Mail delivery of cannabis to Housing is prohibited.
- Providing cannabis to unwilling participants or those under the legal age of consumption will result in disciplinary action.

Note: The use of cannabis for medicinal purposes is recognized as a “duty to accommodate” under Saskatchewan Human Rights Legislation. Medical cannabis users must register with the [Student Accessibility](#), in order to use medical cannabis in Housing. Please note that smoking cannabis, even with medical certification is not permitted in the University of Regina Housing buildings.

Where a cannabis policy violation is suspected and/or in progress, bedrooms and apartments will be searched without prior notice. All cannabis policy violations that occur in student Housing will result in immediate disciplinary action.

SMOKING/CANNABIS FINES

Violation of Housing cannabis and/or smoking policies will result in the following:

- 1st offence.....\$300 fine
- 2nd offence.....\$500 fine (With a behavioral contract)
- 3rd offence.....Eviction and termination of contract

Note: Failure to properly store cannabis or cannabis products, or causing a disturbance in the community due to the smell of cannabis or tobacco products in Housing will result in a \$50 Offensive Odour fine.

DRUGS

The possession, use, distribution, cultivation, or sale of illicit drugs, or drug related products is illegal under the Criminal Code and is prohibited on campus. All drug related activities on campus are considered a health and safety concern, and the University of Regina considers illegal drug use as non-academic misconduct subject to discipline. Thus, where drug use is suspected and/or in progress the following procedure is followed:

- Protective Services/Regina Police Services (RPS) will be contacted
- Bedrooms/apartments will be searched without prior notice
- The student who violated the policy will be subject to legal action and immediate eviction from Housing.

Students who are involved in activities which are considered illegal under the Criminal Code may also be subject to discipline as per the University of Regina Non-Academic Misconduct Policy. The full policy can be found on page 47 of the [Undergraduate Calendar](#).

VAPORIZERS AND E-CIGARETTES

In addition to smoking, the use of vaporizers and e-cigarettes are strictly prohibited in and around all Housing facilities. Where a vaporizer or e-cigarette policy violation is suspected and/or in progress, bedrooms and apartments will be searched without prior notice. All vaporizer or e-cigarette policy violations that occur in student Housing will result in immediate disciplinary action. If caught using such a device, fines will be added to your financial account.

Violation of Housing vaporizer and/or e-cigarette policies will result in the following:

- First offence.....\$100
- Second offence.....\$300 (With a behavioral contract)
- Third offence.....\$500 Eviction and termination of contract

HOSTING A PARTY

Housing Services defines a ‘party’ as a social gathering of 8 or more people with alcohol being present. Even if your social gathering does not meet the above criteria, it may still be considered a party at the discretion of Housing staff. Before having a party, please visit the Housing Kiosk and speak with an RA before 9:00 PM to register your party. Please note that, at their discretion, RAs reserve the right to shut down parties and ask guests to leave. We want you to have fun responsibly and ensure all residents are safe.

PLAN YOUR GATHERING

- Be of legal age! If you are hosting a party, you must be at least **19 years old**.
- Discuss your plans with all of your roommates beforehand; give them a heads up, and make sure that all occupants of your unit are in agreement with your plans.
- Be aware of the University of Regina alcohol policy.

REQUEST A PARTY PASS

- Stop by a Housing Kiosk prior to 9:00 pm to complete a Party Form.
- Have all roommates sign, indicating their approval of having a party hosted.
- If all roommates are not available, the Resident must send an email to Housing Services, indicating their approval of having a party hosted.

GET A PARTY PASS AND GUEST LIST

- The RA will go over the responsibilities and expectations with you.
- If the RA deems that you are responsible and ready to host a party, they will provide you with a valid Party Pass and you will complete a guest list.

HOSTING THE PARTY

When signing out a party pass, one resident will be required to act as the party “Host”. The Host is responsible for the following:

- To ensure that all party guests remain respectful at all times, and that everyone present is aware of, and abiding by, all Housing policies.
- To be respectful of the RAs, who may stop by the party occasionally to assess how the gathering is going. If an RA deems the noise level excessive, or notices any other issue, they can shut down the party at their discretion.
- To ensure that all guests are signed-in, and to keep the guest list updated
- To remain present for the duration of the party, and take responsibility for the party at all times
- To avoid excessively loud noise (EX: No amps and/or sub-woofers/ shouting etc)
- To ensure that no students under the legal drinking age are consuming alcohol
- To prohibit games that encourage excessive alcohol consumption from being played at the party
- To keep the party contained to the suite/unit with the valid pass
- To shut down the party **before quiet hours**
- **To contact the RA on-call for help if the party is getting out of hand!**
- **If the party gets shut down, support the Housing Services staff and be respectful.**

AFTER THE PARTY

- You may be required to return the Party Pass and guest sign-in sheet to your building’s Housing kiosk at the discretion of Housing services.
- If your party gets shut down, a cleaning inspection **will** be conducted after 48 hours. Failure to pass the cleaning inspection may result in revocation of your party pass privileges, and any cleaning fees will be applied to the host’s Housing account.

KEEP IN MIND

- Those under the influence of alcohol and/or drugs cannot consent to sexual activity.
- Failure to abide by Housing policies as outlined in this Handbook will result in Party Pass privileges being revoked and/or additional disciplinary action.

SEXUAL VIOLENCE RESPONSE AND PREVENTION

All members of the University of Regina community have the right to work, teach and study in an environment that is free from any form of sexual assault, harassment, or violence. The University also recognizes that all persons have inherent right to exercise control over their own bodies, and to engage only in sexual activity in which they consent to engage.

WHAT IS CONSENT?

Consent is the active, ongoing, informed and voluntary agreement to engage in physical contact or sexual activity.

- Consent is not present when someone says or does something to show that they are not agreeing to an activity, including but not limited to, pushing away, silence, giving in, not removing one's own clothing.
- Consent cannot be coerced through harassment, manipulation, threats or abuse of power.
- A person is unable to give consent when they are impaired and under the influence of alcohol and/or drugs. Impaired judgment that leads a person to think or believe that there is consent is not an excuse for sexual violence/misconduct.
- A person is incapable of giving consent if they are asleep, unconscious, drugged, or otherwise unable to communicate.
- The fact that consent to a sexual relationship was given in the past does not mean that consent is deemed to exist for all future sexual activity.
- Consent cannot be assumed in the context of relationships, including dating or marriage.
- A person can withdraw consent at any time during the course of a sexual encounter therefore consent must be on-going.

RESPONDING TO SEXUAL ASSAULT

IMPORTANT: In the event of an imminent threat of assault/violence occurring, or if an incident of assault/violence is in process, please call 911 immediately.

Housing Services operates in compliance with the [University of Regina Sexual Violence/Misconduct Policy](#).

If you, or someone you know are subject to, witness to, or have knowledge of an incident of sexual assault and/or intimate partner violence, please know that there are staff available at the University who are trained and available to support you! [The Office of the Sexual Violence Prevention and Response Coordinator](#) (SVPR) is your best resource on campus, located in room 251 of the Riddell Centre. The Coordinator can be reached via email at sexual.violence.response@uregina.ca. The Coordinator is available Monday through Friday from 8:30 a.m. to 4:30 p.m. The SVPR can assist either survivors or their supports in person, by telephone, Zoom Healthcare or via email. The office offers supports to students that have experienced recent or historic violence in a trauma informed, person-centred approach. Assistance can include listening and supporting, accompaniment to appointments; including legal or medical attention, referrals to both on and off campus resources, advocate for deferrals, extensions and/or other academic accommodations, as well as providing general information. You do not have to make a report to access University services offered through the SVPR, disclosures will remain confidential.

In Housing, Residence Life Coordinators, Resident Assistants and Community Assistants are all available to assist you after hours if you need support. They are trained to help keep you safe, maintain privacy and connect you to additional resources!

Note: In the event of a complaint of sexual assault wherein substances (alcohol or cannabis) were used in breach of the Housing Community Standards, neither the complainant nor the witnesses will be subject to disciplinary action for substance use under the incident process outlined in this Handbook.

FIRE SAFETY

Fire Safety is a serious matter. Please note the following:

CANDLES AND INCENSE ARE PROHIBITED

Violations are subject to fines and/or disciplinary action.

TAMPERING WITH FIRE DETECTION AND FIRE FIGHTING EQUIPMENT IS A FEDERAL OFFENSE

All apartments, dorms/bedrooms and common spaces are equipped with fire detection/fighting equipment. These include: heat/smoke detectors, fire sprinklers, fire alarms, and automatic door closers. It is important that you **do not tamper with the equipment**. If your detector is beeping, the battery may be low. Please contact Housing Services or a CA/RA if it is after office hours to report this issue. **Do not disconnect your smoke detector or obstruct/cover it in any way.**

VIOLATION OF FIRE RULES AND REGULATIONS

Residents must never hang objects from sprinkler heads. In addition, the playing of sports, etc. in common area spaces is prohibited. Such activity may result in false fire alarms and potential damage, as smoke and heat detectors and sprinkler heads are sensitive to impact.

FALSE ALARMS

Pulling a fire alarm in a non-emergency situation, tampering with fire detection or fire fighting equipment, or making a false bomb threat is a serious matter and will be subject to legal action, fines and disciplinary proceedings.

FIRE DRILLS AND EMERGENCY PROCEDURES

Residents are expected to know the location of all fire exits, alarms, and extinguishers. Fire doors, hallways, and stairways must be clear of obstruction at all times. A fire drill will take place once a year to familiarize residents and staff with proper evacuation procedures and escape routes.

NEVER LEAVE COOKING UNATTENDED

If your fire alarm goes off from cooking- **open WINDOWS and NOT the doors**. If you think your alarm is too sensitive, please fill out a [maintenance request form](#).

COOKING IS NOT ALLOWED IN SINGLE DORMS

Cooking in rooms or spaces without a proper kitchen poses a fire hazard as these spaces are not equipped with the proper fire safety detection systems or equipment.

FIRE EVACUATION LOCATION

Gathering Areas for Buildings	Kīšik Towers	College West	Paskwāw and Wakpá Towers	La Résidence
Gathering Area	Lot 13 & Lot 14	Academic Green	Academic Green	Lot 14
Redirected Area (Guided by Fire Wardens)	Campion College	Riddell Center	La Résidence/ Education Building	Campion College

IN THE CASE OF A FIRE ALARM

- Close your bedroom door
- Alert the person in the nearest bedroom on your way out
- Leave the apartment door closed and unlocked
- Walk quickly to the nearest exit and take the stairs (**do not take the elevators**)
- Exit the building towards the gathering area and do not re-enter unless given the all clear
- If you require assistance to exit the building, please go to the nearest stairwell and wait there
- If you have any information about the cause of the alarm, or if you are aware of someone who may require assistance, please talk to a Fire Warden immediately
- Listen to and follow direction from Fire Wardens

Failure to evacuate the building during a fire alarm is a violation of Housing rules and regulations and may result in a fine and/or further disciplinary action.

HOUSING KEYS

Your move-in package includes:

- An Access Card (provides access to apartment or dorm as well as common spaces; no access card is issued to those living at La Résidence or College West)
- Metal Key (provides access to your individual bedroom if you live in an apartment)
- Mailbox Key (a smaller metal key to access your mailbox)
- Fob (small blue device scanned at entrances of buildings and apartments)

DON'T LEND OUT YOUR KEYS!

The items provided in your move-in package are only to be used by you. Letting family, friends, or another Resident use your keys or access card/fob is considered a breach of your Housing Contract and you may be subject to disciplinary action. Please also note that your keys give you access to your assigned building only. If you would like to visit other Housing buildings, you will need to enter as a guest of a Resident in that building.

RETURN ALL KEYS/CARDS/FOBS TO THE HOUSING OFFICE WHEN YOU MOVE OUT.

Please do not mark or make alterations to your keys in any way. It is prohibited to make a copy of University-owned keys. Loss or failure to return keys will result in a replacement charge or Late Move Out charge.

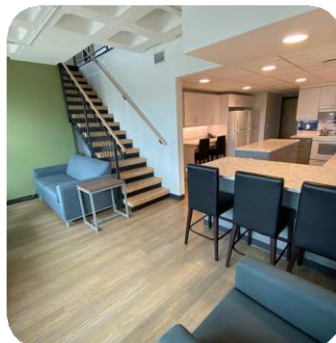
LOCK-OUTS

If you have locked yourself out of your room, please be prepared to present your student ID, and observe the following procedure:

During Office Hours: Call or Stop by the Housing Services office to have a staff member help you out.

After Office Hours: Stop by a Housing Kiosk to be let in by a **CA** or **RA**

Note: Frequent recurring lockouts (more than 3 times) will result in a lock out fee being applied to your account.



PERSONAL SAFETY, SECURITY AND PRIVACY

Housing Services strives to provide a positive living experience for all students living on campus. To ensure that everyone's stay is enjoyable, RAs will stop by all suites periodically to check in on the wellbeing of students, and to promote community development programs.

Although Housing staff will stop by your suite from time to time, they will not enter your unit unless they were invited into the common areas by one of the residents of that suite, or you were provided with 24 hours notice. Notice can be provided by email, or via note placed on suite doors or bulletin boards by the elevators.

Exceptions to the 24 hour room entry policy

- In the case of a suspected or reported health & safety violation
- In the event of a noise violation (parties, an alarm clock going off when Resident is away, excessive noise after quiet hours etc.)
- Any time Housing staff are asked or otherwise authorized by an occupant of that unit to enter (for suite meetings, unauthorized guest complaints, or damage assessment etc.)

To further protect your privacy, door-to-door soliciting, advertising, and canvassing are not permitted in Housing. If you notice this behaviour occurring, please notify Housing Staff.

EMERGENCY INFORMATION

The University of Regina's enhanced **Emergency Notification System (ENS)** is designed to ensure effective and timely warnings to faculty, staff, students, and visitors in the event of a threatening situation when people must take immediate action to stay safe on campus.

Classrooms, common areas, dorms, and other occupant spaces are equipped with wall-mounted Emergency Mass Notification beacons with integrated flash sounder signaling and message display. These beacons will automatically push messages that explain the appropriate course of action to take for the given situation.

There is also an Alertus app available. Look for the Alertus Recipient app on the Google Play Store or the iOS App Store. Download it to receive emergency notifications on your mobile device. Be sure to enable notifications on your phone and update to version 3.2.7 of the app to receive messages. Type in "uralerts" (case sensitive) when asked to enter your organization code.

PROTECTIVE SERVICES

[Protective Services](#) is responsible for the safety of the people, buildings, contents, and grounds of the University of Regina with primary focus on the prevention of crime. They are located on campus and respond to calls 24/7. **Office:** RIC 120 **Phone:** (306) 585-4999

HOUSING INCIDENT PROCESS

The Housing Incident Process is grounded in various restorative practices that aim to hold students accountable for their behaviour, help them understand the impact of their actions, and, wherever appropriate, gives them an opportunity to rebuild community trust after incidents occur. We promote responsible citizenship and as such, we expect students to conduct themselves in accordance with the guidelines established in this Handbook. In the event that a student violates a rule or regulation, the following incident process is followed:

LEVEL 1 OFFENSE

These are policy infractions that compromise the success of other Resident students. **Examples include:** noise violations, giving out keys, not presenting student ID, failing to maintain room cleanliness etc. In first case offenses, a warning will be issued. In the case of repeat offenses, the Resident may be issued a fine and/or be required to meet with management to discuss how the behaviour has impacted others, and how it will be prevented going forward; this may include implementation of a behavioural contract, or participation in a restorative or educational-based process.

LEVEL 2 OFFENSE

These are incidents that compromise the safety and security of other residents or student Housing premises. **Examples include:** underage drinking, binge drinking, creating a fire hazard (using candles, unauthorized cooking appliances), disrespecting/harassing staff or other residents, etc. These offenses will result in a fine and possibly other disciplinary actions such as: behavioural contracts, restorative or educational-based processes, requirement to relocate to a different room in Housing and/or loss of privileges. If you have three (3) level 2 offenses, you will be unable to apply as a Resident the following year and you may be subject to conduct eviction.

LEVEL 3 OFFENSE

These are serious infractions of the rules and will result in immediate contract termination (conduct eviction), including all applicable administrative charges. **Examples include:** physical or threat of physical violence, vandalism, serious fire safety violations, illegal drugs, weapons, etc.

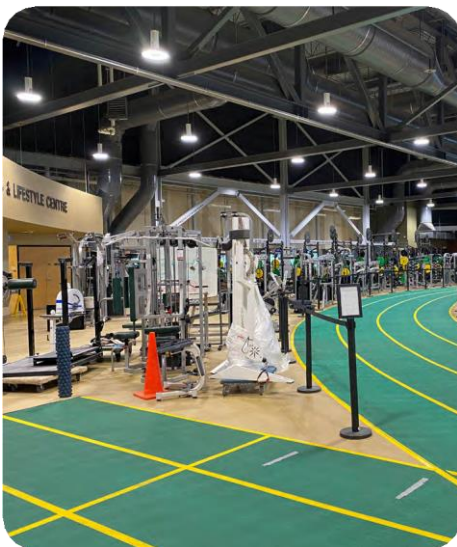
APPEAL PROCESS

1. The student will send an email to bryan.wilson@uregina.ca, no later than two weeks following the issue date of the disciplinary letter. The appeal should clearly state why they feel the disciplinary decision was unjust.
2. If more information is required, the Manager of Housing Services, or designate, will arrange a meeting with the student to discuss the circumstances in person.
3. The Manager of Housing Services, or designate, will respond in writing via email, outlining the outcome of the appeal.

Note: Students who are subject to contract termination from Housing should refer to Pg 14 of this Handbook for detailed information regarding evictions and the appeal process.

CROSSROADS PROGRAM

The Crossroads program offers Resident students an alternative to traditional sanctioning in cases where Housing policies have been violated. The program is grounded in a restorative and alternative resolution approach, which asks students to reflect on their actions, identify the harm done, and find ways to address the core driving factors which led to the policy violation. The goal of the program is to provide educational and reflective opportunities to participants, where they may find ways to address any harm that they have caused, restore damaged relationships that may have resulted from their violation, and rebuild community trust. In doing so, participants will gain the tools that they need to avoid further policy violations, and to become healthy and active members of the Housing and larger University community. The Crossroads program only applies to your first offence and does not apply to a level 3 offence.



OPERATIONAL FEES

\$50.00	Housing Application
\$400.00	Confirmation Fee
\$25.00	Late Rent Payment
\$100.00	Room Change
\$1,000.00	Contract Termination
\$100.00	Eviction Processing
\$35.00/Day	Approved Early Arrival/Late Departure
\$100.00	Failure to Depart on Move-Out Date
\$25.00/ Semester	Locker Booking

LOCKS & KEYS

\$10.00	Lost Key Card
\$25.00	FOB Replacement
\$25.00	Metal Key
\$5.00	Replacement
	Excessive Lock Out Fee

POLICY FEES

\$300.00	1 st Fire Hazard Violation
\$500.00	2 nd Fire Hazard Violation
Eviction	3 rd Fire Hazard Violation
\$100.00	Failure to Evacuate During Alarm
\$50.00	Giving Out Key cards/keys/FOBs
Warning	1 st Quiet Hour Violation
\$50.00	Subsequent Quiet Hour
Cost of Repair	Violation(s) Equipment Damage
Fine + Repair	Vandalism
\$150.00	Possession of Restricted Item
\$100.00	Misconduct Violation

CLEANING & REPAIRS

\$55/Hour	Cleaning
\$125.00/Hour	After Hours Trades Call Out Charge (min 2 hrs)
\$300.00	Call Out of Emergency Services (Fire Department)
\$150.00	Improperly Disposed Garbage/Recycling
\$50.00	Offensive Odour Fine

MOVE-OUT DATE

The contract term ends either 24 hours after your last exam or for-credit academic commitment OR the final day of the exam period stated, WHICHEVER OCCURS FIRST.

Exam schedules are verified on the University of Regina course management system. If you have been given a project to complete in place of an exam, or you do not have a final exam for your class, please obtain proof of your end date from your faculty and provide a copy to the Housing office **at least 1 week prior** to the expected move out date.

If you require a later move out date due to exam or flight scheduling, you must get approval from Housing Services at least one week prior to your expected date of departure. To request a Late Move Out, please complete our Late Move-Out Request form on the [Housing Portal](#).

MOVE-OUT CLEANING

Upon departure, Housing facilities staff will inspect your space for damages, and to determine if you have cleaned appropriately. If your cleaning has not been completed, you may be assessed the time it takes for facilities to prepare the room for the next occupant.

Please see our [move-out cleaning checklist](#) for a detailed list of cleaning duties that should be performed when you move out. Please remember to remove all perishable food items from your bedroom and apartment fridge and/or freezer (if applicable).

COMING BACK

Our goal is to provide all Housing students with a safe, fun and comfortable space to live and learn through the entirety of their academics! We hope that you enjoyed your time as a member of the Housing community, and we look forward to seeing you back in future terms.

Please Note:

- Applications for Fall/Winter 2025-2026 will open in October 2024.
- Room self-selection will be offered to all eligible students who apply by January 31st, 2025.

If you have any comments about your stay, please [email us](#). We are constantly striving to enhance the on-campus Housing experience for students, so we appreciate your feedback.

STUDENT JOBS IN HOUSING

Each year, Housing Services offers a number of positions to students who would like to gain work experience, and earn some extra money throughout the year. If you are interested in working with Housing Services, please check the [University of Regina Careers page](#) for postings. Some of the positions that will be posted include:

- Residents Assistant positions
- Housekeeper positions
- Community Assistant Positions

EMERGENCIES

If you are experiencing a medical emergency, please call 9-1-1. If an ambulance is required, the Resident using the service will be responsible for the costs incurred.

REGINA GENERAL HOSPITAL

Location: 1440 14 Ave **Phone:** (306) 776-4444

PASQUA HOSPITAL

Location: 4101 Dewdney Ave **Phone:** (306)

766-2222 STUDENT WELLNESS CENTRE

The Student Wellness Centre is fully staffed by Nurse Practitioners that offer non-urgent physical and wellness care to students of the University of Regina.

Location: Paskwāw Towers, RM 119 **Phone:** (306) 337-2200 **E-mail:** student.wellness@uregina.ca

[HEALTHLINE 811](#)

Healthline 811 is a **free**, confidential, 24-hour health information and support telephone line. It is staffed by experienced and specially trained client navigators, registered nurses, registered psychiatric nurses, and social workers. Services are offered in English, with translation in over 100 languages. Online services are also available.

[211 SASKATCHEWAN](#)

211 Saskatchewan is a free, confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 5,000 listings of social, community, non-clinical health, and government services across the province.

In addition to searching on the 211 Saskatchewan website, individuals can now call 2-1-1, text 2-1-1 or go on-line to chat with trained professionals to help find and navigate services they need. This access to community, health and government services is available 24 hours a day, 7 days a week, 365 days a year. Over 175 languages, including 17 Indigenous languages, are available over the phone.

FIRST AID KITS

Housing staff and Protective Services have access to First Aid Kits in the Housing kiosks and offices. If you need help with minor injuries, all Housing staff are trained in First Aid.

AEDS (AUTOMATED EXTERNAL DEFIBRILLATORS)

AEDs are located all around campus and Protective Services also carries an AED in their mobile unit.



MENTAL HEALTH

As a university student, it's especially important to keep your mental health in mind. Your emotional well-being is just as valid as physical well-being; it's needed as you take the steps you need to make sure you're doing well. There are many free resources on campus to help give you the boost you need!

All our Housing Managers, RLC's, RA's and CA's are trained in Mental Health First Aid. If you are struggling, or simply need a little extra support, please know that help is available! The resources listed below are accessible to all students. Also, don't forget that Housing Services staff are available 24/7 to assist you if you need additional support and information.

COUNSELLING SERVICES

[Counselling Services](#) is our on campus support centre for students. You can book an appointment **on-line**. **Hours:** Monday - Friday 8:30 am - 4:30 pm

ONLINE CBT THERAPY

[Online CBT Therapy](#) is an on-line therapy tool that is run through the University of Regina and is free of charge to all Saskatchewan residents.

MOBILE CRISIS

[Mobile Crisis](#) is a city-wide service available to individuals in crisis 24/7, weekends and stat holidays. **Phone:** 306-757-0127

SUNLIFE PSYCHOLOGY TRAINING CLINIC

[Sunlife Psychology Training Clinic](#) is a clinic located in the basement of College West that offers:

- Individual cognitive behavioural therapy for adults with symptoms of anxiety/ depression
- Cognitive behavioural therapy day-workshops

Hours: Monday - Friday 8:30 am 4:30 pm

Phone: (306) 585-5685

TA-TAWÂW STUDENT CENTRE

The ta-tawâw Student Centre is a respectful and welcoming place that encourages student empowerment, identity, community connection and Indigenous ways of learning.

Location: Room 108 Research and Innovation Centre **Phone:** 306-337-3153 **E-mail:** tatawaw.student.centre@uregina.ca

CAMPUS STORE

The Campus Store carries textbooks, school supplies, Cougars and Rams gear, Fair Trade goods, and funds go back into the student community.

Location: Room 139 College West **Phone:** 306-585-4755

PROTECTIVE SERVICES

On campus 24/7, 365 days a year.

Location: Room 120 Research and Innovation Centre **Phone:** 306-585-4999 **E-mail:** protective.services@uregina.ca

CENTRE FOR EXPERIENTIAL AND SERVICE LEARNING (CESL)

Whether you are trying to choose a career direction, or looking for full-time, summer, part-time, or co-op employment, visit the Career Centre!

Location: Room 163 Riddell Centre **Phone:** 306-585-4600 **E-mail:** experiential.learning@uregina.ca

STUDENT ACCESSIBILITY

Supports all students in achieving academic success and enjoying a full and rewarding university experience. We are committed to a diverse and inclusive learning community by providing services and supports to enable students with disabilities to approach their studies in an equal and effective manner.

Location: Room 119 Paskwâw Tower **Phone:** 306-337-2200 **E-mail:** accessibility.centre@uregina.ca

STUDENT WELLNESS CENTRE

Our on campus support for students. Book an appointment on-line here: <https://www.uregina.ca/student/counselling/>

Location: Room 119 Paskwâw Tower **Phone:** 306-337-2200 **E-mail:** counselling.services@uregina.ca

SEXUAL VIOLENCE PREVENTION AND RESPONSE

The SVPR coordinator supports sexual violence prevention programming and workshops that educate and encourage a community of responsibility. The University also provides opportunities to share information on sexual violence, healthy relationships and consent.

Location: RSW Room 251 Riddell Centre **Phone:** 306-337-3149 **E-mail:** sexual.violence.response@uregina.ca

LA CITÉ

La Cité embodies the heart of French-language secondary education in the province. It is the ideal place to live out an exceptional, authentic Francophone university experience, connected to the Fransaskois community and to the issues of the modern world around us.

Location: 2nd Floor La Cité **Phone:** 306-585-4828 **E-mail:** cite@uregina.ca

[PARKING AND TRANSPORTATION SERVICES](#)

All parking on campus is paid parking. Several options are available to you, depending on your parking needs.

Location: Room 108 College West **Phone:** 306-585-5555 **E-mail:** uparking@uregina.ca

[RESPECTFUL UNIVERSITY SERVICES](#)

They provide confidential consultations, offer a variety of resolution options ranging from informal approaches, mediation and formal investigations, as well as run customized workshops and presentations that promote respect and fair treatment for all.

Location: Room 251.14 Riddell Centre **Phone:** 306-585-5400 **E-mail:** respect@uregina.ca

[STUDENT AWARDS & FINANCIAL AID](#)

They are here to help with any questions you may have related to scholarship applications or financial aid programs.

Location: Room 108 AdHum **Phone:** 306-585-4591
E-mail: safa@uregina.ca or scholarships@uregina.ca or student.loans@uregina.ca

[STUDENT SUCCESS CENTRE](#)

They provide personalized guidance and support to students working to achieve their university, professional development, and life goals! Free tutoring, academic workshops, the Ambassador program, and other opportunities are all found there!

Location: Room 230 Riddell Centre **Phone:** 306-585-4076 **E-mail:** student.success@uregina.ca

[UNIVERSITY OF REGINA STUDENT UNION \(URSU\)](#)

The Students' Union strives to maintain a sense of social responsibility while allowing students to interact socially. They help keep students connected, and look out for their best interests. URSU provides Health and Dental plan coverage, U-PASS, student group/club funding.

Location: Room 221 Riddell Centre **Phone:** 306-586-8811 **E-mail:** member.services@ursu.ca

[UR INTERNATIONAL \(URI\)](#)

This department specializes in everything international. URI provides individualized assistance for international students on campus, as well as domestic students interested in study abroad opportunities!

Location: Room 127 College West **Phone:** 306-337-3309 **E-mail:** international.recruitment@uregina.ca

[UR PRIDE CENTRE FOR SEXUALITY AND GENDER DIVERSITY](#)

A non-profit 2LGBTQI+ service provider at the U of R. They provide a lounge with a multi-media library, confidential peer support & referrals, workshops & lectures, social events, a Positive Space Network, Youth Programming, safer sex supplies, publications, and much more!

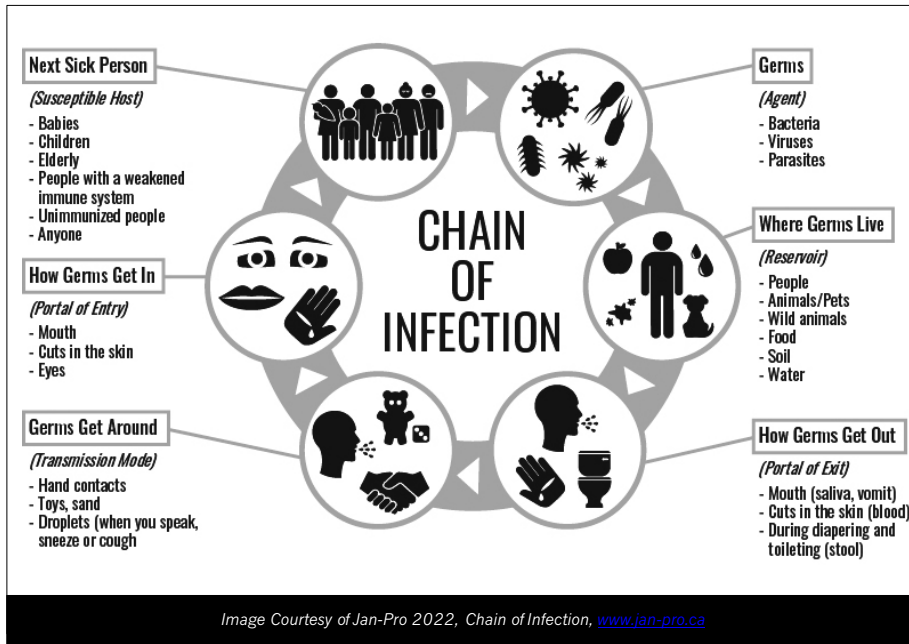
Location: Room 225 Riddell Centre **Phone:** 306-900-4625 **E-mail:** contactus@urpride.ca

[WOMEN'S CENTRE](#)

They provide a safe and supportive space for all students, regardless of gender, to access services or just come hang out and relax, read, study or visit. They also provide services such as: crisis counselling, referrals, and information about dating, violence, sexual assault, women's health and much more.

Location: Room 226 Riddell Centre **Phone:** 306-584-1255 **E-mail:** wc@ursu.ca

INFECTION CONTROL AND PREVENTION PRACTICES



Staying healthy while enjoying the campus experience is important for participating in classes, labs, exams and other activities. A combination of both personal hygiene practices and some simple infection control practices will help lower the risk of catching an infectious disease.

Germs such as bacteria and viruses are everywhere in our environment including door knobs, elevator buttons and on sinks. When bacteria and viruses have the ability to cause

diseases such as the common cold, influenza, COVID and other infections, these contaminated surfaces can pass illness from one person to another. This is referred to as the Chain of Infection.

Learning how germs move from person to person gives us a better understanding about how to break the chain of infection to prevent transmission of germs to others. If you have a cold, flu, vomiting or diarrhea, it is important to STAY HOME until you feel better or the symptoms improve. If you live in shared accommodations, contact Housing Services (306-585-5450) so you can be moved to an isolation room for the duration of your illness as you can spread a cold easily through droplets and close contact with other people. Stomach ailments can be spread by not performing hand hygiene and contaminating surfaces after using the washroom.

Infection Control practices such as hand washing, getting vaccinated and respiratory (use a tissue or your elbow for sneezing and coughing) are used to reduce the transmission of colds, flus and other communicable diseases. These measures are basic yet effective to stop the spread of germs to other students, faculty and staff.

OH NO! I'M SICK! NOW WHAT?

If you are experiencing a medical emergency, please call 911 for immediate assistance.

Inevitably people will catch a cold or another infectious disease; however the goal is to try to prevent transmission to other people. For the protection of the campus community, please STAY HOME IF YOU ARE SICK and notify your instructor. There are various healthcare providers in the City of Regina who can advise you on a course of treatment and if you should seek care from a physician.

HEALTHLINE



Call Saskatchewan Health Authority HealthLine by dialing 811 for non-emergent care or healthcare advice. You will be connected with a licensed healthcare professional who will assess your symptoms and suggest treatment such as visiting the Emergency Department or scheduling an appointment with a physician.

Did You Know? HealthLine 811 is available 24 hours a day including holidays. Services are offered in English, with a translation available in over 100 languages.

There are various walk-in clinics in Regina where you can visit a physician without making an appointment; however, you will need a valid Saskatchewan Health Card. For more information about obtaining a Saskatchewan Health Card visit: [Apply for a Health Card](#)

A list of walk-in clinics in Regina are found on the Saskatchewan Health Authority website at: [Walk-in Clinic](#)

INFECTION CONTROL AND PREVENTION STRATEGIES FOR RESIDENCE OR AT HOME

There are things that you can do to protect your roommates, friends and family if you are sick:

- Practice social distancing as much as possible
- Clean often, especially high touch surfaces such as door knobs, light switches, toilets, counter tops
- Practice proper cough and sneezing etiquette (into a tissue or the bend of your elbow)
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands
- Maintain safe food practices to prevent food-borne illness
- DO NOT share toothbrushes, razors, nail files, nail clippers or personal grooming tools
- Change your toothbrush after an illness
- If contact lenses are disposable, open a new pair after an illness (e.g. IF wearing monthly contact lenses and you become ill, but you have only worn the lenses for 10 days, throw the lenses out).
- Keep all cuts and abrasions covered with a waterproof bandage. Be careful with badly chapped skin; it can crack and allow germs to enter
- Moisturize hands with lotion after washing to prevent skin from cracking
- Wash your hands when you get home and ask visitors to do the same!

When was the last time you disinfected your cell phone!

Remember to check with the manufacture how to clean your phone (Apple and Samsung recommend using Clorox wipes, 70% alcohol wipes or alcohol on a microfiber cloth). Don't wash it with the dishes or use a disinfectant cleaning spray!

K1 149, 3747 Lee Gren Ave
Regina, SK S4S0A2

Tel: (306) 585-5450

Email: housing.services@uregina.ca

www.uregina.ca/housing

UR HOME.

HOUSING HANDBOOK



University
of Regina

Housing
Services