

PART TWO



Nº2

PREPARING
YOURSELF AND
PACKING

KEEYASK GENERATION PROJECT

Congratulations! You got the call and you're hired. Here's what you need to know before you head to site.

DON'T GET SENT HOME BEFORE YOU EVEN START.

You must arrive to the camp fit for duty and ready to work — that means clean and sober, even if you don't start work on your first day.

You can not have illegal drugs, marijuana, drug paraphernalia or alcohol on you or in your luggage. You and your stuff will be in range of a drug dog at some point. (Everyone is).

There is a chance you will take a drug and alcohol test at site, a breathalyser and saliva and urine samples, so it is best to stop all drug use (except your own prescription drugs). Drugs stay in your system for days. How long they stay in your system, or show up on a drug test, is different for every person.

You will be sent home if:

- You are under the influence of drugs or alcohol when you arrive at the gate.
- You have drugs or drug paraphernalia on you or in your luggage.
- You are asked to take a drug test and site results indicate you are not fit for duty.



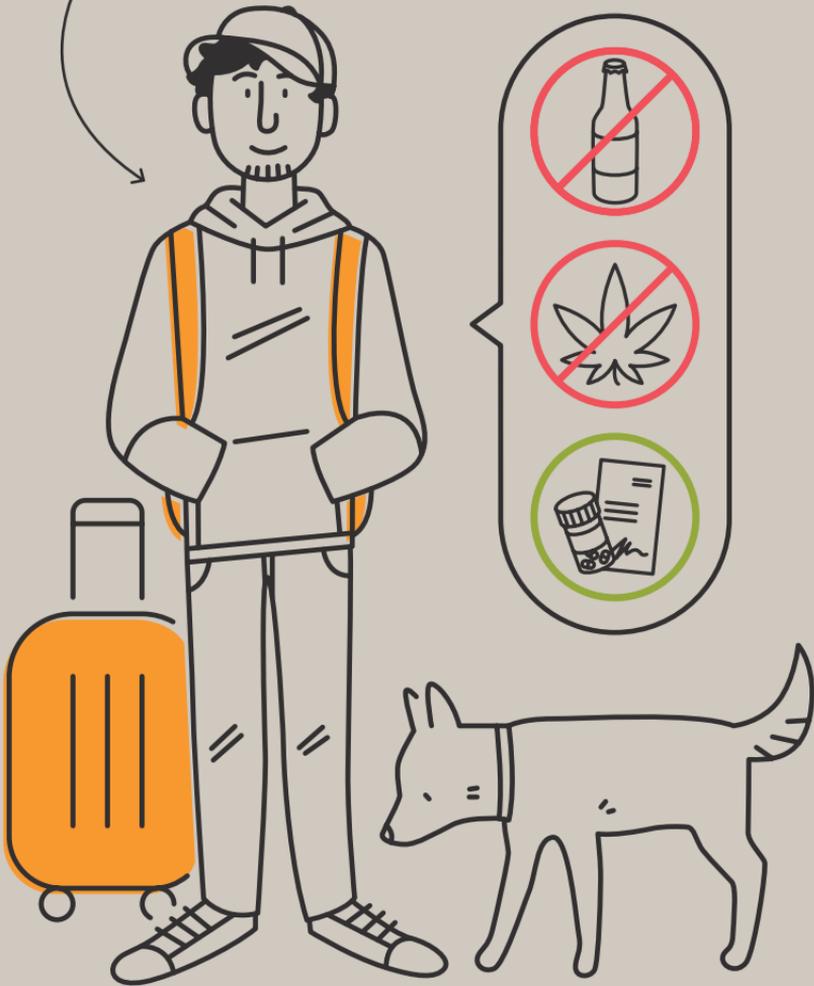
The full Keeyask Drug and Alcohol policy is on KEEYASK.COM/EMPLOYEE-INFO/, or ask your supervisor or union rep.



Clean and Sober ✓

No Drugs or Drug Paraphernalia ✓

Has not used drugs for a very, very, very long time ✓



TIP:

Don't offer the drug dog a snack!

PREPARING YOURSELF AND PACKING

HOW TO PACK:

1. Make sure all your bags are clean and drug-free before you pack. Even trace drug odor will be picked up by the drug dogs.

If the drug dogs hit on trace drug odor on your luggage or clothing, this will lead to a search. If drug paraphernalia like pipes, lighters, scissors or anything used to prepare, use, or hold drugs is found and tests show traces of drugs, you will be sent for a D&A (Drug & Alcohol) test. You may be evicted for up to one year.

If you are driving your own vehicle to camp, clean it completely before packing it up.

2. All prescriptions must be clearly labeled with your name, your doctor's name and the expiry date. Bring at least enough medication for 28 days, in case of weather or shift changes.

Remember, prescriptions need to be in your name — not your wife's or your friend. If you are found in possession of prescription medication that is not in your name, is not valid, or is expired, you will need to go for Drug & Alcohol testing. You will also be asked to produce a valid prescription.

3. Pack all electronics, prescription medication and liquids to be easily accessible. Before your bags are scanned, you will be asked to take out any of these items. Consider putting all your liquids together in one or two bags within your luggage.

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Don't pack drugs or drug paraphernalia.



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Only bring prescriptions that have your name on them,
and bring enough for 28 days.

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Pack all liquids together and put them at the top of your bag for easy access.

A wide-angle photograph of a snowy construction site under a clear, bright blue sky. The ground is covered in a thick layer of snow, with various pieces of construction equipment and materials scattered across the landscape. In the foreground, a white snowplow is partially visible on the left. In the middle ground, there's a white trailer with a logo, a yellow and black generator, and other equipment. To the right, there's a white building and a circular structure under construction with rebar. The text is centered in the upper half of the image.

**GO FOR IT. THERE
ARE LOTS OF
OPPORTUNITIES
HERE — WHATEVER
YOU LIKE, YOU CAN
FIND IT HERE.**

— LAURA



PREPARING YOURSELF AND PACKING

WHAT IS HERE:

Keeyask provides a large variety of healthy food and drinks for free, that are available anytime. You can buy chips, pop, chocolate bars and other snack foods at the commissary (store).

Your room has a bed, a desk and chair, a sink, a private washroom* with a shower, a TV, an alarm clock and a desk lamp. Sheets, blankets and pillows are also provided.

Housekeeping cleans the bathroom, changes bedding and cleans flat surfaces every three days.

YOU NEED TO BRING:

1. You need \$5.00 cash when you arrive to get your room key.
2. Towels and facecloths — bring enough for a week. There is a laundry room you can use. Laundry soap is provided.
3. Personal grooming items — shampoo, soap, toothbrush and toothpaste, etc. If you forget something, you can buy it at the commissary.
4. At least two pairs of footwear — outdoor shoes or boots are not allowed in camp, bring indoor shoes and outdoor footwear or work boots.
5. If you like to use the gym or the sauna, join a game of basketball, a fitness class, etc. bring runners, gym clothes and a swim suit.
6. There are options for those with food allergies but if you have favourite alternatives, bring them (nut free, dairy free, etc).
7. Your employer will provide you with a list of work gear.

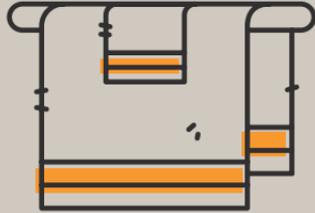


**The start-up camp, used during times of peak occupancy, has shared washrooms and showers.*

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PREPARING YOURSELF AND PACKING

WHAT YOU MIGHT WANT TO BRING:

Your room is your own for your full 21-day shift. A lot of people find it important to bring things to make their stay more comfortable and help them sleep well. Things like:

1. Your own pillow (Keeyask pillows are not for everyone).
2. Ear plugs (in case you are a light sleeper or your neighbour has their TV turned up loud).
3. Hangers (these are not provided).
4. Photos, books, or hobbies.
5. Phone, tablet, computer and chargers (land line phones are available throughout the camp).
6. Personal water bottle or travel mug (lidded cups aren't allowed in some areas).
7. A combination or key padlock.
8. Cash and a credit card or a debit card for purchases at the commissary. They only take debit or credit in the lounge. There are no bank machines at site. If you are a smoker, you might want to bring cigarettes or vape, both are also for sale in the commissary.

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PREPARING YOURSELF AND PACKING

TIPS TO HANDLE THREE WEEK SHIFTS:

1. Once you leave your home, it's easier to just accept that you have your shift to complete. If you spend all your time wishing you were home, the 21 days will seem longer.
2. Bring things that help you pass the time like games, books or hobbies.
3. Get to know people at Keeyask.
4. Use the amenities, like the games room, the gym, or the lounge.
5. Take advantage of Employee Retention and Support Services, they have life skills programs, drop-in events, traditional ceremonies, and counselling services to help with work, home or personal challenges.
6. Try new things. Being away from home is a chance to do some things you've always wanted to do (on-line learning, get in shape, plan a trip, etc).
7. Stay in touch with family and friends. Phones and computers are available throughout Keeyask and the wi-fi is good.

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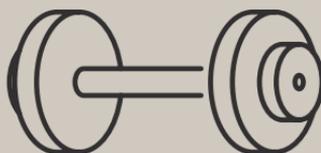
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