

BCIT Nap Room

Please review these rules before entering the room

NEED TO KNOW

1. The nap room is for **students only**
2. You **MUST** have previously booked a nap time slot at studyrooms.bcit.ca/ prior to entering the nap room
3. The nap room will be available for usage on Mondays, Tuesdays, Thursdays, and Fridays from 10:30 am – 4:30 pm
4. You should only enter the room when a slot is due to start
5. Naps are intended to be **no longer** than **40 minutes** in length
6. The 10 minutes before and after your nap are designated for set-up and clean up
7. We ask that you set a vibrate alarm on your phone – all students are expected to exit the room by the time their 60 minute booking is over
8. Students are encouraged to put all personal belongings into a designated locker inside the nap room prior to napping – BCIT and the BCIT Student Association will **not** be responsible for any stolen or lost items
9. In consideration of others, all noise is prohibited inside the nap room
10. Cellphone conversations are prohibited and students are asked to silence their cellphones
11. Beds are not allowed to be pushed together and inappropriate behaviours and sexual misconduct will not be tolerated – no cuddling either!
12. After use, students are required to wipe down their vinyl cots with the sanitizer provided and put their used pillow case in the designated bin before exiting
13. Students are limited to one nap booking per day and one per week to start
14. If you exceed your four allotted study room bookings per week, please visit the Library in SE 14

Students who use the nap room are expected to abide by these rules and BCIT policies. Breaching those policies may result in sending the student to Judicial Affairs or Safety and Security which could result in expulsion from their program.

Happy Napping! 🤤