

Draft Regulations

Draft Regulation

Cannabis Regulation Act
(chapter C-5.3)

Training on the retail sale of cannabis and information to be communicated to a purchaser in the course of a cannabis sale

— Amendment

Notice is hereby given, in accordance with sections 10 and 11 of the Regulations Act (chapter R-18.1), that the Regulation to amend the Regulation respecting training on the retail sale of cannabis and information to be communicated to a purchaser in the course of a cannabis sale, appearing below, may be made by the Minister of Health and Social Services on the expiry of 45 days following this publication.

The purpose of the draft Regulation is to modify one of the training guidelines that cannabis sales employees working in sales outlets of the Société québécoise du cannabis must receive.

A further purpose of the draft Regulation is to amend the information the Société québécoise du cannabis is to communicate to a purchaser in the course of a cannabis sale.

The draft Regulation has no impact on enterprises, in particular on small and medium-sized businesses.

Further information on the draft Regulation may be obtained by contacting Yovan Fillion, Direction québécoise de la légalisation du cannabis, Ministère de la Santé et des Services sociaux, 1075, chemin Sainte-Foy, 12^e étage, Québec (Québec) G1S 2M1; telephone: 418 266-4593; email: yovan.fillion@mss.gouv.qc.ca.

Any person wishing to comment on the draft Regulation is requested to submit written comments within the 45-day period to the Minister for Health and Social Services, 1075, chemin Sainte-Foy, 15^e étage, Québec (Québec) G1S 2M1.

LIONEL CARMANT
*Minister for Health
and Social Services*

CHRISTIAN DUBÉ
*Minister of Health
and Social Services*

Regulation to amend the Regulation respecting training on the retail sale of cannabis and information to be communicated to a purchaser in the course of a cannabis sale

Cannabis Regulation Act
(chapter C-5.3, ss. 30 and 31, 2nd par.)

1. The Regulation respecting training on the retail sale of cannabis and information to be communicated to a purchaser in the course of a cannabis sale (chapter C-5.3, r. 1) is amended by replacing “5. Advocate, as much as possible, in the context of the sale, the occasional use of cannabis and the use of products with low concentrations of tetrahydrocannabinol (THC) that contain cannabidiol (CBD)” in Schedule 1 by “5. Advocate, as much as possible, in the context of the sale, the occasional use of cannabis and the use of products with low concentrations of tetrahydrocannabinol (THC)”.

2. Schedule II is replaced by the following:

“SCHEDULE II (a. 3)

CONSUMER INFORMATION

WHAT IS CANNABIS?

Cannabis is composed of more than 500 different substances, the main ones being

— delta-9-tetrahydrocannabinol (THC): a psychoactive substance that causes a “high”; and

— cannabidiol (CBD): a substance generally not psychoactive.

Also worthy of mention is the presence of terpenes, the substances that provide cannabis with its aromatic properties.

Cannabis consumption affects several functions of the body and central nervous system and all the effects of the various substances contained in cannabis are not yet known. Each person reacts differently and several factors influence the consumption experience: the person’s physical and mental state, the product and quantity consumed, and the context in which it is used.

CANNABIS CONSUMPTION - CERTAIN FACTS TO BE AWARE OF

Cannabis consumption has health and safety risks. It remains difficult to predict whether or not an individual will experience significant problems after using cannabis. In short, experts agree that cannabis use is never completely safe.

If you believe you need cannabis for medical purposes, consult your physician to discuss the matter and evaluate the options available under the federal provisions regarding access to cannabis for medical purposes.

HOW TO USE CANNABIS RESPONSIBLY AND REDUCE HEALTH AND SAFETY RISKS

Use cannabis on an occasional basis

Using cannabis regularly (every day or almost every day) increases the risks to your health, performance at work or school or your social life. There is a time for everything. Keep in mind that cannabis alters your perception, concentration and coordination.

Choose quality products and identify your limits

Try to use products with a low THC concentration and wait until you feel the effects before considering further use. Extremely high THC concentrations can cause overly intense effects and make you feel unwell (for example: pulse rate increase, anxiety, disorientation).

By choosing the legal market, you will obtain products that are subject to quality controls, whether for THC and CBD concentrations or the presence of pesticides and mould. Remember that only the Société québécoise du cannabis is legally authorized to sell cannabis products for non-medical use to consumers in Québec. Be wary of websites that offer cannabis and argue otherwise, and products containing synthetic cannabinoids such as K2 or Spice.

Go easy with edible products you prepare and eat

Edible cannabis products are not harmful to your lungs although it is not easy to estimate the quantities of THC and CBD being absorbed. Also, the effect takes longer to be felt (30 to 60 minutes, sometimes longer) and lasts longer (6 to 8 hours, sometimes longer). Start with a low dose of THC, ideally less than 2.5 mg, and avoid consuming more within the next 2 to 3 hours so as to reduce the risks of overdose.

Store edible products in a secure location so that children or household pets cannot ingest them by accident.

Protect your lungs

If you smoke, do not hold the cannabis smoke in your lungs. Taking a big puff and keeping it in as long as possible only extends the time your lungs are exposed to the toxic substances.

The other inhalable cannabis products available in another form such as vaping solutions also involve a degree of risk.

Be considerate toward your family and loved ones

Do not expose them to second-hand cannabis smoke.

Do not drive or operate machinery after using cannabis

Plan your return home when you intend to use cannabis by designating a sober driver, calling a cab or using public transportation.

Even if you try to be careful, cannabis increases your reaction time and reduces your attention span. You run the risk of being involved in an accident and that risk is compounded if you consume alcohol along with the cannabis.

Be wary of mixing

Mixing cannabis with alcohol increases the effects of either substance, so much so that you may feel sick, dizzy or even vomit.

Mixing cannabis with tobacco should also be avoided since doing so can amplify the effects and result in more serious consequences for your health, not to mention that tobacco is a highly addictive product.

Cannabis and medication? There could be interactions with medications you are taking. Talk to a health professional, such as your pharmacist, to find out more.

SHOULD YOU REFRAIN FROM USING CANNABIS?

If you are a young adult, you should put off your first use of cannabis for as long as possible, ideally until you are over 25. The younger you start using cannabis, especially before the age of 16, the greater the risks.

If you or a member of your immediate family has a history of psychosis, addiction or mental health issues, you should reconsider using cannabis because the risk of experiencing problems associated with cannabis is much higher.

While you are pregnant or breastfeeding, you should avoid cannabis. The substances contained in cannabis pass through the placenta and breast milk. Using cannabis could adversely affect the development of your child.

MORE ABOUT CERTAIN HEALTH AND SAFETY RISKS

Cognitive functions: Regular cannabis use reduces short-term memory, attention span, concentration and the ability to organize, integrate and process complex information.

Accidents and injuries: Cannabis affects the functions necessary to drive a motor vehicle and operate machinery. It increases reaction time and reduces attention span, the ability to maintain a trajectory and vigilance. The impairment caused by cannabis doubles the risk of road accidents.

Respiratory system: Regular cannabis smokers cough more and have more secretions and symptoms of chronic bronchitis. Cannabis smoke is harmful and contains more tar than tobacco smoke.

Prenatal exposure: Using cannabis during pregnancy could cause the child to experience certain developmental delays.

Mental health problems: Regular use of cannabis may affect mental health. It may trigger schizophrenia prematurely or other psychoses in individuals with a personal or family history of mental health problems.

Addiction: Cannabis addiction affects approximately 1 out of 10 users. Daily consumption increases the risk to 1 out of 4 persons, and sometimes even 1 out of 2 persons.

CANNABIS REGULATION MEASURES

To learn more about the measures regulating cannabis in Québec, including possession, cultivation and consumption, as well as the measures that deal with highway safety, go to www.quebec.ca/cannabis.

Keep in mind that in Québec, unless there is an exception, smoking cannabis in places open to the public is prohibited. It may be possible to do so in some designated parks if the municipality has passed a by-law expressly permitting it. To avoid being on the wrong side of the law, make sure you know the rules that apply in the provinces, territories and cities you find yourself in.

As a final point, entering or leaving the country with cannabis is strictly prohibited. Be extra careful, even the simple smell of cannabis could cause you problems when going through customs.

FOR FURTHER INFORMATION OR ASSISTANCE

Further information on cannabis may be found at www.quebec.ca/cannabis.

If you experience a health problem after using cannabis or need advice or references, contact Info-Santé (free and confidential telephone consultation service) at 8-1-1.

To reduce or stop cannabis use

Cannabis users may wish to ease off or quit. Some people may feel the need for professional help. The following are services available:

— telephone service: Drugs: help and referral (available at all times, free, anonymous and confidential) at 1 800 265-2626;

— telephone service: Info-Social (available at all times, free, anonymous and confidential) at 8-1-1;

— integrated health and social service centres: The centres provide free services in all regions for individuals wishing to reduce or stop using cannabis. Contact your CLSC or visit www.sante.gouv.qc.ca/repertoire-ressources/clsc/;

— community or private resources offering addiction lodging: To find a resource, consult the resource directory at www.msss.gouv.qc.ca/repertoires/dependances/.

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Draft Regulation

Code of Civil Procedure
(chapter C-25.01)

Court of Québec

Notice is hereby given of the publication, pursuant to article 64 of the Code of Civil Procedure (chapter C-25.01), by the chief judge of the Court of Québec after considering the observations of the Minister of Justice, of the draft Regulation to amend the Regulation of the Court of Québec, appearing below. The draft Regulation may be submitted to the Government for approval of the sections regarding the Youth Criminal Justice Act (S.C. 2002, c. 1, s. 17) on the expiry of 45 days following this publication.

Any person wishing to comment on the draft Regulation is requested to submit written comments within the time stated to the Honourable Lucie Rondeau, Chief Judge