

TRAVEL & ARRIVAL PROTOCOL

2021

QUARANTINE EXEMPT STUDENT



INTERNATIONAL  
STUDENT PROGRAM  
COMOX VALLEY

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## PURPOSE

The current COVID-19 pandemic as well as travel restrictions and quarantine requirements have resulted in pre-departure, travel and arrival protocols for international students (new and returning) destined for Canada.

These procedures are intended to:

- Alleviate any fear and concerns of students, host families, schools and communities
- Support the safe travel/transit, health/well-being of international students
- Ensure students and host families manage this period safely and smoothly

Our priority remains the health and safety of our students, host families and school communities. It is important to note that Canadian educational institutions must follow the regulations and recommendations of various authorities, including the government of Canada, provincial and local public health authorities.

This information package is intended for students who have been fully vaccinated against COVID-19 and will be entering Canada as a **Quarantine Exempt Student**. Please ensure you review the requirements needed to be considered for the exemption below. If you do not meet all the requirements for exemption, please contact our office for the information package for students who need to quarantine.

Take time to review the information in this package. Failure to abide by this protocol may result in you being denied entry into Canada; dismissed from the Comox Valley International Student Program; and/or be issued fines by Government authorities.

After reading and agreeing to these protocols, complete and upload the Pre-Departure Declaration on the last page to the Docs Tab of your True North portal or email it to [melissa.jobes@sd71.bc.ca](mailto:melissa.jobes@sd71.bc.ca)

## FULLY VACCINATED TRAVELLERS

### Exemptions for those who meet specific conditions

You may qualify for certain exemptions to quarantine and testing requirements if you:

- are eligible to enter Canada – hold a valid Study Permit or Letter of Introduction for Study permit approval.
- are asymptomatic
- meet the Government of Canada requirements of fully vaccinated travellers
- meet all other entry requirements, including entering your information in the ArriveCAN app before arrival

Those who meet the requirements may be exempt from:

- quarantine
- day-8 testing requirement

## Ensure you qualify for the exemption

To be considered fully vaccinated, you must:

- be eligible to enter Canada by holding a valid Study Permit or Letter of Introduction for Study Permit approval
- have received the full series of an accepted COVID-19 vaccine or a combination of accepted vaccines
- have received your last dose at least 14 days prior to the day you enter Canada
  - Example: if your last dose was anytime on Thursday July 1st, then Friday July 16th would be the first day that you meet the 14 day condition
  - **Note:** To meet the 14 condition to arrive in Canada on September 1, 2021, you need to have received your last dose of vaccine on or before August 17, 2021
- upload your proof of vaccination in the ArriveCAN app

## Accepted vaccines:

- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
- Moderna (mRNA-1273)
- AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
- Janssen/Johnson & Johnson (Ad26.COV2.S)

If you received your vaccines outside Canada, it's still accepted but proof of vaccination must be uploaded digitally in ArriveCAN and must only be in French or English, or certified translation into French or English.

## PRE-DEPARTURE

### Communication and Relationship Building

- Connect with your host via Zoom or Skype and get to know one another or re-connect
- Share how you have been living during the COVID-19 pandemic; share your experience and the precautions your country, community, and family have been taking
- Exchange emails and cell phone numbers and program into phones
- Confirm arrival plans

Consider Pre-Purchasing a Canadian cell phone plan and SIM card

In a typical year, homestays take students to get a Canadian cell phone plan when they arrive (mandatory for safety and communication reasons). This will not be possible this year until students have completed quarantine. One option is to get a Canadian cell number and plan before you come to Canada. A SIM card can be delivered to your home.

## Low-Risk Pre-Departure Activities

In the weeks leading up to your departure, keep your social circles minimal, wear a mask, do not go to any large parties or events, etc. We want you to be COVID free when you depart so keep your bubble small and be safe.

## 72 HOURS BEFORE YOUR DEPARTURE

### Pre-entry COVID-19 test requirements

All travellers 5 years of age or older, regardless of citizenship, must provide proof of a negative COVID-19 test result.

There are no exemptions to pre-entry testing for fully vaccinated travellers.

When flying to Canada, you must take a test within 72 hours of the scheduled departure time of your flight to Canada. Airlines will refuse boarding to travellers who are unable to provide a valid molecular test result.

If you have a connecting flight:

- the test must be conducted within 72 hours of the scheduled departure time of your last direct flight to Canada
- you may need to schedule the test in your transit city

All travellers must:

- provide one of the accepted types of tests, not an antigen test
- keep proof of your test results for the 14-day period that begins on the day you enter Canada

For more information about pre-departure testing requirements and which tests are acceptable, please see the following website.

<https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist/covid-19-testing-travellers-coming-into-canada#getting-tested>

## Proof of your Result

You will have to present an accepted test result (paper or electronic proof) to airline and immigration agents during your travel. Your test result must include:

- Traveller name and date of birth
- Name and civic address of the laboratory/clinic/facility that administered the test
- The date on which the test was conducted
- The type of test conducted
- The test result

You **must** show proof of your test results even if you:

- have tested negative for COVID-19 previous to the 72 hour period
- have been vaccinated for COVID-19
- recovered from COVID-19 and no longer test positive
- recovered from COVID-19 and continue to test positive

At this time, travellers should have their test performed at a reputable laboratory or testing facility (i.e., one recognized by the local government or accredited by a third party, such as a professional organization or international standards organization).

## ArriveCAN App

All students, entering Canada by air, **must** use ArriveCAN. You'll need to submit your information within 72 hours before your arrival to Canada.

Download and complete the ArriveCAN App (available for iPhone and Android).



Use ArriveCAN to provide mandatory travel information on and after your entry into Canada. It only takes minutes to help keep each other safe.

Available for iOS, Android and online.



- You must fill in this APP before departing
- You will need to do a daily check-in on the app after you arrive
- Failure to do this may result in a fine

## Getting your ArriveCAN receipt

Once you submit your information through ArriveCAN:

- a receipt will be displayed and emailed to you
- show the receipt to a Canadian border services officer when you enter
- you can show your ArriveCAN receipt from:

- the app
- a screenshot
- your email
- a printout

The ArriveCAN mobile app saves your contact information (name, date of birth and travel document information) for travel at a later date.

### **If your travel details change before you enter Canada**

If you've already submitted your information and have an ArriveCAN receipt, start over in ArriveCAN. ArriveCAN will clear your previous information.

More information on How to Use the ArriveCAN app can be found here:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

## **Pre-Register to Pick-Up your Study Permit and Skip the Line**

The Vancouver Airport (YVR) has developed an expedited process to assist Canadian Border Service Agents in facilitating your arrival as an international student through the Study Permit program. If YVR is your 'port of entry' to Canada, complete as much of this online form (<https://www.yvr.ca/en/students>) as possible to allow for an efficient and streamlined process at the airport. Your UCI number can be found on your Study Permit Approval Letter.

Note that you must ...

- Fill out the form AT LEAST 72 hours before arriving
- Must have your Study Permit Approval Letter/Letter of Introduction with you
- Be arriving directly at Vancouver Airport as your first point of entry into Canada

## **Arrival COVID Test Exemption**

Effective August 9, 2021, the Government of Canada is adjusting its post-arrival testing strategy for fully vaccinated travellers. Fully vaccinated travellers will not need a post-arrival test unless they have been randomly selected to complete a Day 1 COVID-19 molecular test.

There is no fee for the arrival test if you are selected.

## **CARRY ON LUGGAGE**

In addition to regular packing requirements suggested in the Student Handbook, students should also, in their carry-on luggage, have at least 2 masks, a travel sized bottle of hand-sanitizer (100 milliliters or less) and some disinfecting wipes.

Please also make sure you have the following documents packed in your carry-on luggage in clear folders.

- Passport

- Letter of Acceptance
- Custodianship documents
- Study permit or permit confirmation document (POE Letter of Introduction)
- Homestay profile and contact information
- Pick-Up and Contact information sheet for our staff
- Travel confirmation document (letter of support from our district)
- PCR test results – pre-entry test results
- Copy of this document, signed by yourself and your parents

Please also bring a change of clothes and travel appropriate snacks.

## DEPARTURE

### Airport and Flight Recommendations

Wear a Mask

- Wear a mask in the airport at all times.

Practice Physical Distancing

- Be aware of your surroundings
- Avoid busy areas of the airport
- Avoid unnecessary movement within the airport – go to your gate and stay in one place
- If they are open, avoid restaurants and food kiosks

Wash hands frequently and avoid touching your face

Use hand sanitizer when necessary

- If you are unable to wash your hands regularly at the airport or during your flight, please use hand-sanitizer, especially if you touch anything on the plane and before you eat.

Sanitize your personal space and high touch areas

- Before sitting down on the airplane, wipe down your seat area, including armrests, seatbelt buckle, eating tray, touch screens and remote controls, etc. with a good quality disinfecting wipe.

Minimize trips to the washroom

- Of course, use the washroom as needed, but avoid moving around the plane if not necessary. When using the washroom make sure to flush the toilet with the seat down and wash your hands thoroughly afterwards. Avoid opening the door with your bare hand after washing your hands.



Touch as few surfaces as possible

- Keep your hands to yourself.
- Avoid touching surfaces unnecessarily in the airport. When that is unavoidable (checking in, going through security, etc.) wash your hands thoroughly immediately after.

Keep your cell phone charged

- You will need your cell phone to contact your homestay family or the person who is picking you up when you arrive. Please make sure that it is charged throughout the flight.
- If you are using your phone throughout the flight to watch movies or play games, please wipe it down with a disinfecting wipe frequently.

Bring some food with you as the restaurants or stores may not be open and flights may not be serving food.

- Make sure it is food that you will be allowed to take on the flight. Check with your airline.
- Bring a refillable water bottle with you

If you need help at the airport go to the Information desk or look for volunteers who can help you.

## **PORT OF ENTRY ARRIVAL**

Upon arrival in Canada, proceed through the airport while maintaining physical distancing (2m away from other people).

Students must have the documents outlined under 'Carry on Luggage' ready to provide to Canada Border Services. Students will also be screened by border services or a quarantine officer for symptoms of COVID-19.

Wear a fresh mask

- You should be wearing a mask throughout your flight
- When you arrive, please dispose of that mask, thoroughly wash your hands and put on a new mask
- Avoid touching surfaces in the airport, and when you do, immediately wash your hands
- You will keep your mask on until you arrive in your homestay or place where you will be living

**Text your host family/person who is picking you up**

Once you have left the plane, immediately text your homestay to let them your status.

## Quarantine Plan Required

Even though you are arriving as a fully vaccinated traveller, the final determination of whether or not you qualify for the exemption is made by a government representative at the border. This means you must have and know your Quarantine plan in case you don't get the exemption upon examination from a Canadian Border Service Agent.

You must therefore be prepared to quarantine for 14 days, in case you:

- are symptomatic
- don't meet the requirements

You should:

- Have print outs or screenshots of your plans and documents
- Have any confirmation numbers
- Know the name and address of your host family (bring your homestay profile)
- Bring any documents provided to you by the school district (including this document)
- Know the name of the person who is picking you up
- Be able to show the ArriveCAN App on your phone

## Immigration Processing & Baggage Pick Up

- Maintain physical distancing
- Don't rush. Take your time and keep plenty of space between you and others.
- If you are a new student who has a study permit approval letter, **MAKE SURE** you get your luggage and then pick up your permit before exiting to the arrivals hall. If you are unsure what to do, ask at the information desk.
- If pre-registered to pick-up your Study Permit, enter the room where you 'trade' your approval letter for the Study Permit. Tell the attendant at the door that you have completed the VC Portal. You will get to skip the line-up! (Vancouver only)

## REQUIREMENTS FOR EXEMPT QUARANTINERS

There are strict requirements you must follow even if you are exempt from quarantine.

You must:

- wear a mask at all times for your first 14 days when in public/shared spaces
- maintain a list of all close contacts for your first 14 days in Canada
- monitor yourself for signs and symptoms of COVID-19

## POST ARRIVAL EXPECTATIONS FOR STUDENT & FAMILIES

Continue to practice proper hygiene

- Wash hands frequently
- Keep your washroom clean
- When soap and water is not available, use hand-sanitizer
- Let your family know if you don't feel well. If you are ill do not attend school or be in social contact with others.

Use proper coughing and sneezing etiquette

- Cough and sneeze into your elbow, not your hand
- If using a tissue, dispose of the tissue in a plastic lined garbage container immediately

Practice physical distancing when outside of the home

- Stay at least 2m away from all people who are not members of your immediate household

Get connected

- After being in your room for 14 days, it may feel normal for you to be there. You and your host family will have to start to make new routines where you are integrated with the family and part of their daily lives. Quarantine is not 'normal' ... and is not the expectation after the 14 days are over!

Stay connected

- Keep communicating and reaching out to our staff as needed

## CURRENT PUBLIC HEALTH ORDERS AND RECOMMENDATIONS

<https://www2.gov.bc.ca/gov/content/covid-19/info/response>

## STUDENTS OR FAMILY MEMBERS WHO DEVELOP SYMPTOMS OR ARE DIAGNOSED WITH COVID-19

If anyone in a household is experiencing even mild symptoms including fever, chills, cough, shortness of breath, loss of sense of smell, headache, muscle ache, fatigue or loss of appetite they should talk to the family and then –

- Complete the self-assessment tool - <https://bc.thrive.health/covid19/en> or contact 8-1-1
- Follow the directions outlined on the self-assessment tool or by the nurses on 8-1-1 and contact public health authorities if, when and how recommended
- Contact Comox Valley International Student Program

- Follow the directions of the Public Health Authority

## RESOURCES

For further reading on preparation for contact with and care for individuals exposed to COVID-19, please refer to the following:

- Vancouver Airport Website on Travel Directives and Screening - <https://www.yvr.ca/en/updates/covid-19-update-2>
- Tips for cleaning and disinfecting, including garbage collection and laundry procedures - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>
- Self-Quarantine Explained - <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-travellers-without-symptoms-returning-canada/covid-19-travellers-without-symptoms-returning-canadag-en.pdf>
- Do's and Don'ts for Quarantining - [https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/factsheet\\_returningtravelers\\_final.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/factsheet_returningtravelers_final.pdf)
- British Columbia Public Health Orders and Recommendations - <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>
- Tips for proper hand washing - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/hand-washing>

## PRE-DEPARTURE DECLARATION – QUARANTINE EXEMPT

Please complete and upload this declaration to the Docs Tab of your True North portal or email it to [melissa.jobe@sd71.bc.ca](mailto:melissa.jobe@sd71.bc.ca) as soon as possible.

Each of the undersigned fully understands these Protocols and agrees to all of its requirements. Students understand that any violation of the terms of Quarantine Protocol will result in immediate removal from the Homestay Program. Custodianship services will be cancelled and the student will have to return to the care of their natural parent(s) or an alternative custodian as legally authorized through a document notarized in Canada and in the home country of the student. If this is not feasible, students will be dismissed from the program and will return to their home country. There will be no refund of tuition fees. The student may also be subject to severe penalties from the Government of Canada. Students and their parents are responsible for any fines incurred due to breach of Canada's *Quarantine Act*.

Student Arrival Date \_\_\_\_\_

Student Full Name (print)			
Signature		Date	
Parent Full Name			
Signature		Date	
Relationship	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify):		
Parent Full Name			
Signature		Date	
Relationship	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify):		
Vaccination Information	<input type="checkbox"/> Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2) <input type="checkbox"/> Janzen (J&J) <input type="checkbox"/> Moderna (mRNA-1273) <input type="checkbox"/> AstraZeneca/COVISHIELD		
Vaccination Date			

**Student Email Address:** \_\_\_\_\_