

TRAVEL & ARRIVAL PROTOCOL

2021

QUARANTINE **REQUIRED**
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 do not meet the quarantine exemption requirements and will be entering Canada as a **Student who needs to Quarantine**. If you have received this package in error and you meet all the requirements for quarantine exemption, please contact our office for the information package for Quarantine Exempt Students.

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.jobe@sd71.bc.ca

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.

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

Pre-Register for your Arrival COVID Test

Create an account for arrival testing

- Depending on where you enter, there are different testing providers.
- You can create an account in advance to save time at the border.
- Use the same email address you used for your ArriveCAN account.

**Students under 16 years old, traveling alone, may not be able to pre-register for arrival tests.

Airport test providers

You may be required to get tested before exiting the airport. To speed you through testing at the airport, we encourage you to register in advance with the testing provider:

[Montreal – Biron Groupe Santé](#)

[Toronto – Switch Health](#)

[Calgary – Government of Alberta](#)

[Vancouver – LifeLabs](#)

Taking your arrival test

When you enter Canada, you'll be instructed to either take an arrival test at the border, or receive a Day-1 home test kit. You will also get a kit to use on Day-8 of your mandatory quarantine.

There are no fees for arrival testing.

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

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

Know Your Quarantine Plan

- 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)

Taking your Arrival Test

When you enter Canada, you'll be instructed to either take an arrival test at the border, or receive a Day-1 home test kit.

- If you receive a Day-1 take home arrival test, complete it as soon as you arrive in your homestay and send it to the lab using the instructions provided.
- There is no fee for the arrival test.
- You will be contacted approximately 3 days after the test with the results.

You will also get a kit to use on Day-8 of your mandatory quarantine. **Do not leave the airport without your Day 8 test.**

- Your kit contains all of the instructions.
- Do not open your swab or tube until you are instructed to do so. This can cause contamination or result in a delay in receiving your test result.

SELF-QUARANTINE

Requirements and Guidelines

As part of Canada's Quarantine Act, you are required to self-quarantine for 14 days. This means that you have to stay in your own room for 14 days and avoid contact with others.

Although your host family will be excited to greet you, for health reasons we are asking that only one household member is there to pick you up. They will not be able to hug you or shake your hand. Do not take offense!

After arriving in Canada, Government of Canada officials will call you and/or your host family to monitor compliance with the mandatory quarantine. Calls may come from an unknown number or a call with no caller ID. Government official will **NOT** ask you for financial information. If you are not sure if a call is legitimate, please let your homestay know of your concerns.

During your quarantine, you **must avoid all contact** with anyone who isn't also quarantining.

- Avoid contact with others including your host family.
- Do not use shared spaces other than a bathroom in your hosts home.
- Food, clean linen/bedding, and anything else you need will be left at your bedroom door.
- Only go outside on a private balcony or yard.
- Practise physical distancing of 2 metres **at all times**.
- Do not have any visits from friends or guests
- Respond to calls or visits from screening officers or law enforcement.
- Do not leave your place of quarantine unless it is for a medical emergency, an essential medical service or treatment, to obtain a COVID-19 molecular test, or it is pre-authorized by a Quarantine Officer
- Follow guidelines from local public health. If there is a conflict between public health and this handout, follow the strictest measure.

Student Responsibilities and Expectations

Stay in your own room as much as possible and away from others.

- The purpose of quarantine is to ensure that, in the unlikely case you have been in contact with COVID-19 in your travels or pre-departure, your host family and the greater community is not put in contact with it as well.
- Therefore, it is VITAL that you stay in your room. You may, of course, exit your room to use the washroom facilities.

Keep your room well-ventilated and clean

- open your window to let the air circulate.
- It is important to get fresh air and to make sure your room stays clean and fresh.
- Make sure that you have a window open so air can circulate adequately. If you find your room too hot, please let your homestay family know so they can provide you with a fan.

Practice good hygiene

- Wash your hands frequently with plain soap and water for at least 20 seconds.
- Use paper towels to dry your hands and dispose of them in the garbage can in the bathroom.
- When you shower, take your towel back to your room with you.
- Cover your mouth and nose with your inner elbow when coughing or sneezing, or use a tissue. Avoid coughing into either your hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash your hands.
- Shower once per day and brush your teeth twice a day.

Use a separate bathroom whenever possible

- Your homestay will provide you with cleaning supplies and some instructions on cleaning your washroom. You are to clean your washroom thoroughly once per day.
- Please put all toilet paper in the toilet and flush the toilet with the lid down.
- If you are sharing a washroom, make sure you remove all of your belongings after each use (towels, toothbrush, brush, etc.) and clean the bathroom thoroughly after each use.

Complete the ArriveCAN App check in daily

On Day 8, complete the Day 8 COVID test with the help of your host family.

Complete the International Student Program Check-In Daily and participate in orientation activities. Check your email for information.

Package up your garbage daily

- Your homestay will provide plastic garbage bags for you. Each day, ensure all of your garbage is placed in the bag. Once a day, put on a pair of gloves, securely tie the bag and place it outside of your room for your homestay to dispose of it.

Take care with laundry

- Immediately upon arrival in your house, remove your travel clothes and place them in a plastic bag. Put on gloves and securely tie the bag and place it outside of your room.
- Your family will provide you with a laundry hamper lined with a plastic bag. Every three days place your sheets and towels and other laundry in the plastic bag. Wearing gloves, tie up the plastic bag and leave it outside your room. Your family will bring you clean sheets and towels and your clean clothes to fold once washed. Please do not wear anything delicate as your clothes need to be washed thoroughly in hot water.

Be creative

- Find unique ways to communicate with and interact with your host family ... watch movies together virtually, eat dinner together virtually, play games online
- Try to spend more time communicating with your Canadian family than with your family and friends back home – spending too much time communicating with family and friends back home can make you feel more isolated and lonely
- If you are new to us, we will provide you with a buddy to communicate with

- Watch for activities and chat groups hosted by our program!

Food

- Your host family will prepare food for you and leave it at your door. They will contact you when your food is there. Please do not keep any food garbage in your room.
- They will drop off breakfast in the morning and dinner in the evening. If your host family works, they may drop off a bagged lunch for you to eat as well. There will be snacks and water in your room for you to consume when needed.
- Please communicate with your host family about amount of food and any food issues.
- When finished eating, place your dishes, etc. and any uneaten food outside your door and let your host family know it is there.
- Do not share dishes, drinking glasses, cups or utensils with anyone else in the family

Stay connected

- Text, and use Facetime or other apps to stay in frequent contact with your homestay
- Ensure your cell phone is charged and you are connected to wifi (homestay will provide wifi passwords)
- Regularly check your emails
- If someone emails or contacts you, please respond immediately
- Make sure you are participating in online communication with our staff as instructed

Your physical and mental well-being

- Complete the online daily health-check for the district and also on your Arrive CAN app. Please fill it out completely and honestly.
- Contact your homestay immediately if you are not feeling well, you notice a change to your 'baseline' health or if you are feeling sad and lonely
- Reach out to our staff any time you want to talk
- Try to establish a 'routine' as quickly as possible. For example, do not stay up all night and sleep all day!

Ask for help!

These instructions and protocols might seem overwhelming but they are in place to remind you to be careful with your contact with others during the 14-day quarantine. This is for your personal health and safety and that of our schools, families and community. If you need to talk or need any help please reach out to any of our staff.

Please remember that Self-Quarantine is a requirement of the Quarantine Act and not optional. Students who are in private homestays or with their parents must also self-quarantine for 14 days.

POST QUARANTINE 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-canada-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
- 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 REQUIRED

Please complete and upload this declaration to the Docs Tab of your True North portal or email it to 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):		

Student Email Address: _____