

Protocols for Pre-Departure, Travel & Arrival into Canada

Homestay Accommodation

Welcome to the Qualicum International Student Program. We are so happy that you have chosen to join us this year. We do understand that this is not a normal year and we have to do things a bit differently this year due to COVID-19. To reduce the risk of infection and transmission of the virus, there are important protocols that international students and other travellers must follow. This includes undertaking a mandatory 14-day quarantine period immediately upon arrival in Canada.

These procedures outline expectations and requirements 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

Please understand that our priority is the health and safety of all students, host families, school and communities. Canadian educational institutions must follow the regulations and recommendations of the government of Canada, provincial and local public health authorities.

We understand that this document may be overwhelming when you read this but please understand that you must follow these guidelines for 14 days and after that, you will be able to continue with the program as every other Canadian student. In fact, many of our students had to follow these protocols when In-class Suspension began in March 2020. The pictures you will see throughout this document are the inspirational quotes that our students sent out to our community during this time.



Definitions:

The Public Health Agency of Canada draws a distinction between the need to [quarantine](#) (self-isolate) and [isolate](#).¹

- **Quarantine (self-isolate):** Quarantining is necessary for 14 days if you have **no symptoms** and **any** of the following apply: you are returning from travel **outside of Canada** (mandatory quarantine); you had close contact with someone who has or is suspected to have COVID-19; **or** you have been told by the public health authority that you may have been exposed and need to quarantine.
- **Isolate:** You must isolate if **any** of the following apply: you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19; you have symptoms of COVID-19, even if mild; you have been in contact with a suspected, probable or confirmed case of COVID-19; you have been told by public health that you may have been exposed to COVID-19; **or** you have returned from travel outside Canada with symptoms of COVID-19 (mandatory).

Resources:

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

- Public Health Agency of Canada (PHAC) How to care for a person with COVID-19 at home - Advice for caregivers: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/how-to-care-for-person-with-covid-19-at-home-advice-for-caregivers.html>
- Public Health Agency of Canada (PHAC) Being Prepared - for individuals: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html#a2>
- Provincial and territorial resources for COVID-19: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html>
- COVID-19 App and Daily Symptom Tracker: <https://ca.thrive.health/>

¹ <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#self>

Pre-Departure Protocol:

1. Communication and Relationship Building with your Host Family

- Have several Skype, FaceTime or Zoom meetings to get to know one another
- Remember to exchange emails and phone numbers and program into mobile phone
- Confirm who and where you will be meet after arriving at the airport, as drivers or host families will not be entering the airport building
- Order your SIM card through PhoneBox <https://schoolincanada.ca/wp-content/uploads/2020/05/Phone-Box-2020-2021.pdf>



2. Preparing for 14 Day Quarantine

- Read the article: [How to self isolate after travel when you live with other family members](#)
- Download COVID-19 App and Daily Symptom Tracker: <https://ca.thrive.health/>
- Make a plan for your physical and emotional wellness during quarantine. Consider whether there is anything you want to bring to help keep you busy/entertained during the mandatory 14-day quarantine period

3. Medical Check / Testing (Where Possible)

Students who are able to obtain a medical clearance letter/certificate, COVID-19 or antibody test are asked to bring this documentation / test results with them when they travel to Canada.



4. Completing Arrival Plan(s)

Prior to arrival, all international students & travellers must provide their information for approval on the Canadian government's ArriveCAN application.

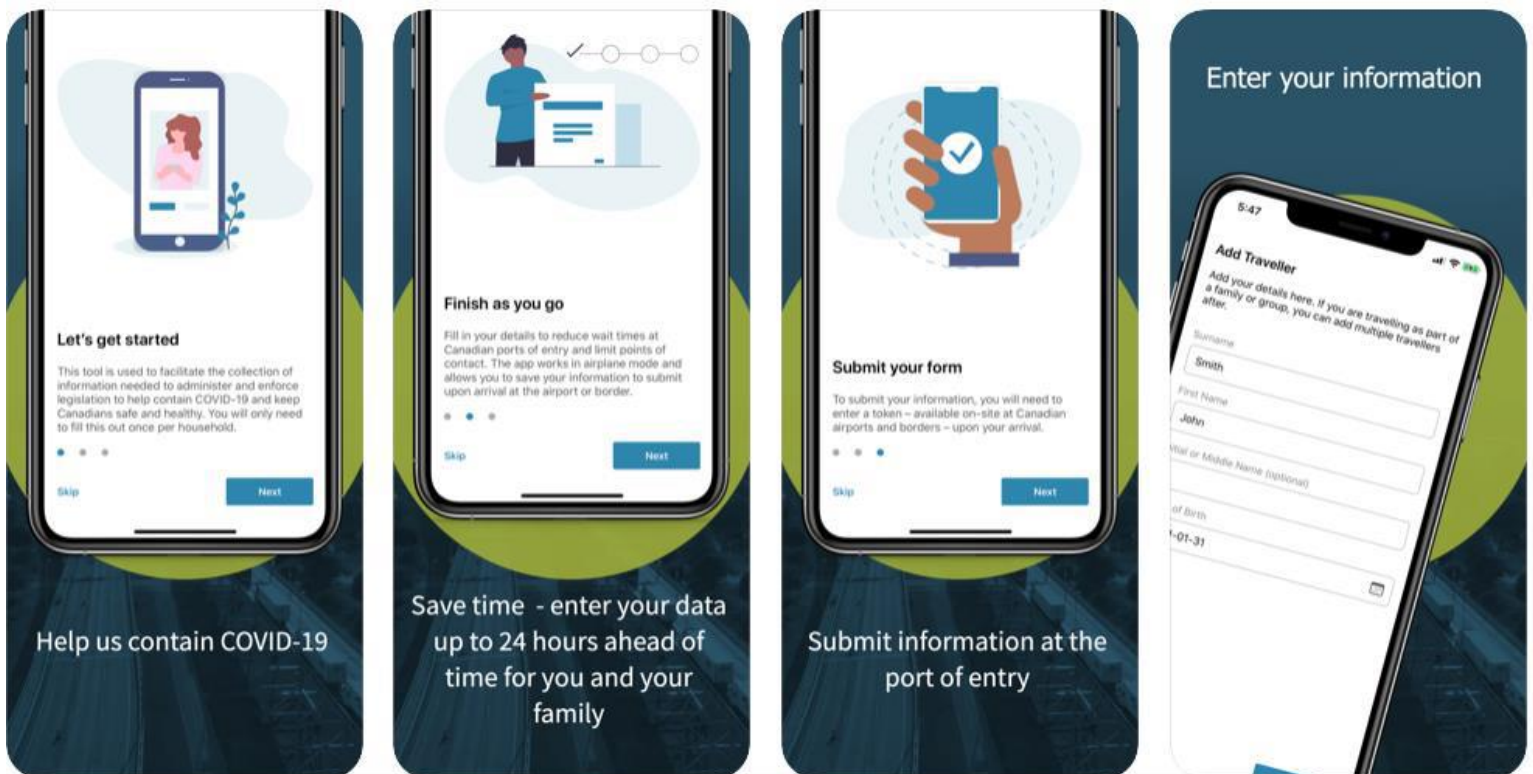
Download and complete the ArriveCAN App at: [iPhone/App Store](#) [Android Devices](#)

[This app must be set up before you arrive at Immigration in Canada because the immigration office will provide you with a TOKEN NUMBER you will need to enter.](#)

ArriveCAN App

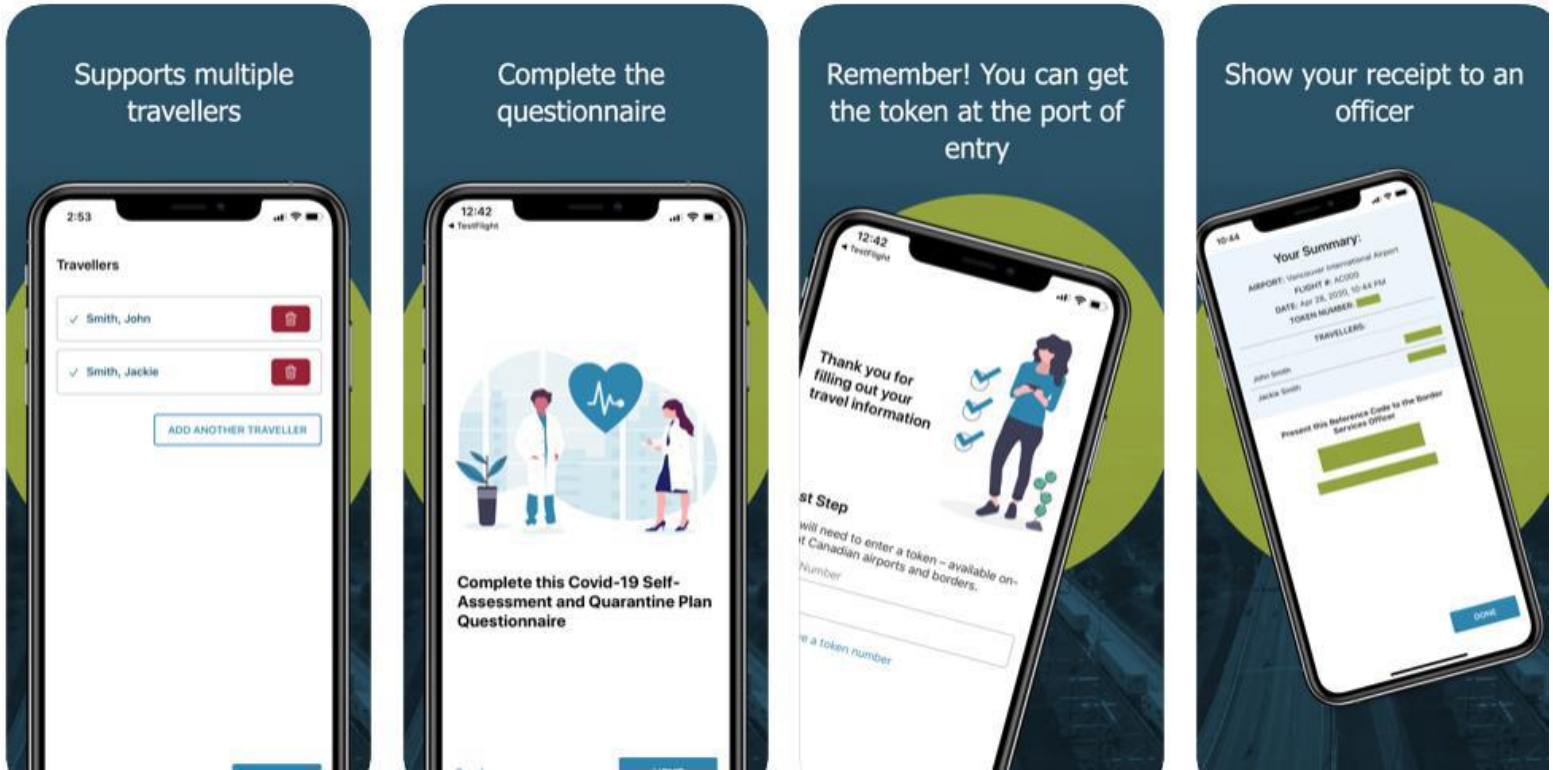
Here are the steps to setup the app:

iPhone Screenshots



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BC Government Self-Isolation Plan

Before you leave your home country, it is very important that you complete the BC Government Support for International Travelers Self Isolation Plan form. When you arrive at the airport, you will be asked to show this form and the information must be correct.

Our office will fill in part of the form to make sure the information is correct. Once you receive the form from our office, please fill out the "Travel Information" and the "Certify Declaration" section. On the next page, you will see an example. Once you have completed the form:

- 1) Send a copy to the International Education office at isp@sd69.bc.ca
- 2) Print a copy for your carry on bag
- 3) Keep a copy on your phone
- 4) Complete an online version of the form at <https://travelscreening.gov.bc.ca>

Packing

Students must ensure they have the following packed in their **carry-on luggage**:

- Passport
- Study permit or approval letter (if studying for 6 months or longer)
- Letter of Acceptance from Qualicum International Student Program
- Letter of Essential Studies
- Custodianship documents
- Confirmation of health insurance coverage
- Homestay profile and contact information
- Contact information sheet for International Student Program / Homestay staff, including 24/7 emergency phone number
- Copy of **Protocols for Pre-Arrival, Travel and Arrival into Canada**, signed by student and parent(s)
- Print out of Self-Isolation Plan**
- Prescription medication & hygiene products
- Change of clothes (in case of delayed luggage)
- Masks (5 or more)
- Travel-sized bottle of hand-sanitizer (100 ml or less)
- Disinfecting wipes

All students need to have a cell phone and a laptop when coming or returning to Canada to study for the 2020-2021 school year.





Travel Protocol:

While in transit to the airport, in airports and during the flight(s), students must:

- Wear a mask
- Practice physical distancing (minimum 2 metres from others)
- Wash hands frequently and avoid touching face
- Use hand sanitizer regularly and as necessary, particularly before eating
- Sanitize your personal space and high-touch areas (armrests, seat belts, tray tables, screens)
- Minimize trips to the washroom (flush the toilet with the seat cover down)
- Keep your cell phone charged and if using throughout the flight to watch movies or play games, clean it with a disinfecting wipe frequently
- Bring some food as restaurants or stores may be closed
- Bring a refillable water bottle



Arrival in Canada Protocol: Welcome to Canada



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

Please make sure that you have the documents outlined under 'Packing' ready to provide to Canada Border Services including:

- Print outs or screenshots of quarantine or self-isolation plans and documents
- Any confirmation numbers
- Name and address of host family (bring your homestay profile)
- Copies of any documents provided to you by the Qualicum International Program
- Contact information for person picking up at airport

The student will be required to undergo a screening by a border services or quarantine officer to assess for symptoms.

Study Permits: If you have a study permit approval letter, make sure to pick up your Study Permit before getting your luggage. If you are unsure what to do, ask!

Welcome to Vancouver Island.



Please make sure you:

- Contact host family and confirm pick up point
- Wear a fresh mask
- Maintain physical distancing when picking up luggage
- Load your own luggage into the car and sit in the back seat if possible

Quarantine Protocol: Students are reminded that quarantine (self-isolation) is not optional.

As required under the Government of Canada's Quarantine Act, all travellers to Canada are required to quarantine for 14 days. This means that students will have to stay in their own room for 14 days and avoid contact with (keep a 2 metre distance from) others.

After arriving in Canada, Government of Canada officials want to make sure all new arrivals to Canada are safe and healthy. To do this, they will call you or your host family to make sure you are self-isolating and following the law. You must be prepared to answer calls from **1-855-906-5585** or **613-221-3100**.



These instructions and protocols may seem overwhelming but everyone has worked hard to keep COVID-19 manageable. Last spring our students had to maintain the same rules and everyone did very well. If you have any questions or concerns during this time, you are encouraged to ask your host family or Homestay Coordinator for assistance. **Our emergency number is 250-954-3049.**

Sandie Wassbauer is your homestay coordinator and you can reach her at 250- 927-3351. We are always available to help you. An alternative contact is Jenny Atkinson and you can reach her at 250-954-7162.

Student Responsibilities & Expectations during 14 Day Quarantine:

To keep you and your host family safe while you are self-isolating, it is important that you practice physical distancing. Here are some tips to help you during this time:

- Stay in room as much as possible and away from others. If you are using common spaces, please wear a mask and keep your physical distance of 2 metres.
- Keep your room well ventilated and clean – open your window to let the air circulate. Make sure your heat is not turned on during this time.



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➤ Practice good hygiene:

- Wash your hands frequently with plain soap and water for at least 20 seconds
- Use a separate towel which is kept away from others
- Cover your mouth and nose with your elbow (or use a tissue) when coughing or sneezing - 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



➤ Use a separate bathroom if possible:

- Clean the bathroom regularly with household cleaning products
 - Flush the toilet with the lid down
- Keep bathroom & frequently touched surfaces such as doorknobs, countertops, dressers, and other surfaces clean and disinfected at least once a day
- Keep personal items (toothbrush, cups, cell phone, tablets, laptops, etc.) separate from those belonging to others
- Package up your garbage – empty garbage frequently and wash your hands immediately
- Monitor your Mental Health: Being in a new country is exciting but being in self-isolation may be challenging. Find some time to go outside each day; you can stay in a private place like the yard. Communicate with your host family regularly and let them know how you are feeling.



- Stay Connected. Contact your family and friends when you are self-isolating with Wi-Fi connection using text, email, and FaceTime. Be creative to find ways to interact with your host family – play games online, watch movies virtually



- Monitor your physical well-being
 - if you are not feeling well, ask your host to help you complete an online self-assessment to determine if you need further assessment or testing
 - use <https://ca.thrive.health/> for daily self-monitoring
- Establish a 'routine' as quickly as possible (don't stay awake all night and sleep all day)
 - We will be setting up a schedule so you can connect with your academic advisor, your homestay coordinator, and all the new students.
- Take care with laundry: Speak with your host family as to who will be will doing this
 - All clothes worn during the flight should be washed as soon as possible
 - All student clothes should be washed separately from other host family laundry
 - Student will need to wash and fold his/her own laundry
- Eat in area maintaining physical distance. Do not share dishes, drinking glasses, cup or eating utensils.
- Ask for help and reach out to host family or program staff any time!



Post-Quarantine Expectations of Student & Families:

- Continue to practice proper, recommended hygiene (wash hands frequently, keep room clean, let host family know if you don't feel well and if you are ill do not attend school or be in social contact with others)
- Use proper coughing and sneezing etiquette (into your elbow, not your hand & if using a tissue, dispose of the tissue in a plastic lined garbage container immediately)
- Practice physical distancing (at least 2m away) from all people who are not members of your immediate household
- Avoid malls, crowded spaces and sports where physical distancing is difficult
- Follow and respect government health directives
- Become better connected and make new routines with your host family where you are integrated and part of their daily lives. Quarantine is not 'normal' and it is not the expectation after the initial 14 days are over!





School District No. 69 (Qualicum) Ross Pepper, District Principal Email rpepper@sd69.bc.ca website www.schoolincanada.ca

Please review, check boxes to indicate you agree, sign and return to:

- I have read in full, understand and agree to comply with the requirements in this **Protocols for Pre-Departure, Travel & Arrival into Canada** document.
- I am aware that any violation of the 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 alternate custodian as legally authorized through a document notarized in Canada or in the home country of the student.
- I am aware of the student's requirement to comply with the Government of Canada's **Quarantine Act** and the serious consequences/penalties for not complying with the Act.
- I have registered using the ArriveCAN App and completed any necessary provincial Quarantine/Self-Isolation Plan for presentation at the airport upon arrival in Canada.
- I confirm that I have appropriate medical insurance, effective as of the date of my arrival in Canada, which includes coverage for COVID-19 during the quarantine period.

Student Full Name			
Signature		Date	
Full Name			
Signature		Date	
Relationship	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify):		
Full Name			
Signature		Date	
Relationship	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify):		