

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. As we return back from a year and a half of COVID, we are not quite back to normal. We hope that we will be allowed to do most things but there may be some things that are still determined by the Public Health Authority. 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 if you are not fully vaccinated. **If you have been vaccinated, you must still quarantine until you receive your first negative test results.**

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 quarantine guidelines and after that, you will be able to continue with the program as every other Canadian student.

Please take some time to review the information in this package. Please note that in not following these protocols, students may be denied entry into the country, or may be dismissed from the program with no refund. Government authorities may also fine students for non-compliance in certain situations.

For Action – Please make sure you fill out the form at the back of the package and return it to jatkinson@sd69.bc.ca

TRAVEL TO CANADA CHECKLIST

Before you travel

The COVID-19 pandemic restricts travel to Canada and within Canada. It is essential to understand and comply with the requirements. [Use the same email address for all of your forms, apps and documents*](#)

There are some exemptions for fully vaccinated travellers. [Click here to see the requirements](#) to be considered fully vaccinated.

- Assess your quarantine plan before you travel** – Students will quarantine with their host family. Vaccinated students will quarantine until their test results are received. Unvaccinated students will quarantine for 14 days, or until they receive their Day 8 test result. [Click here for quarantine assessment](#)
- Get your pre-entry COVID-19 test** - 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. [Click Here for the accepted types of tests](#) and required documentation. Vaccinated students are also required to get tested.
- Reserve your 3 night hotel stopover**- this may be required for students aged 18 or older. [Click Here for Hotel Reservation Information](#)
- Register in advance for your arrival test** - You must create an account to perform your arrival test and access your results. Vaccinated students must also get an arrival test. Create an account in advance to save time at the border. Use the same email address you will use for ArriveCAN. [Click here to register your arrival test.](#)
- Download the ArriveCAN app** - All travellers, with limited exceptions, whether entering Canada by air or land, **must** use ArriveCAN. You'll need to submit your information within 72 hours before your arrival to Canada. [Click Here for ArriveCAN](#)
- Expedite your Study Permit (Vancouver Arrivals Only)** - The Vancouver Airport (YVR) has an online form that will expedite the processing of your study permit when you arrive. This form should be filled out prior to leaving your country. Go to: <https://www.yvr.ca/en/students>
- Download the iCent app** – This app is all information pertaining to Qualicum International Student program including contacts. [Click Here for installation instructions](#)
- Communicate with your host family** – Connect with your host family and use What's App, or a web based app so that you can communicate with them upon arrival

Boarding your flight

- Review the Travel Protocols below**
- Have your ArriveCAN** receipt and pre-entry test results ready to provide to the airline
- Check the requirements for boarding a flight to Canada** – [Click Here](#)

TRAVEL TO CANADA CHECKLIST (Continued)

Arriving in Canada

- Have your ArriveCAN receipt, test results, hotel confirmation (over 18) and quarantine plans ready for assessment by a Border Services Officer. **Get your day 8 test kit.**
- Get your study permit:** *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!*
- Take your CoVID test on arrival**
- Go directly to your connection flight**
- Meet your host family at the Nanaimo or Comox airport**



Please make sure you:

- Contact host family and confirm pick up point. Your host family will meet you outside of the airport. It is small so you cannot get lost. If your luggage does not arrive, please come out and let your host family know.
- Load your own luggage in the car and sit as far away from the driver as possible. Although your host family will be excited to greet you, for health reasons we are only asking that only one household member is there to pick you up. They will not be able hug you or shake your hand so please do not be offended.
- 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

Completing your full quarantine

All students under 18 will quarantine with their host family. Students who are vaccinated will stay in quarantine until their arrival test result is received. Students who are not vaccinated will quarantine for 14 days. On day 8 of your quarantine, you will take another test, following the instructions provided to you. You must stay in your place of quarantine while you await the results from this test.

- Use the ArriveCAN app daily** - You **must** use ArriveCAN or call 1-833-641-0343 to:
 - confirm that you've arrived at the address you provided for your quarantine or isolation location within 48 hours of your entry into Canada
 - complete daily COVID-19 symptom self-assessments during your quarantine period
- Fill out the QISP Daily Student Health Check** - You must fill out this form every day of your quarantine, even on weekends. Day one is the day you arrive. [Click here for the form.](#)
- Use your Day-8 test and await results** - [Click Here](#)

Pre-Departure Protocol

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



Pre-purchase 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!

We recommend using Phone Box to arrange your SIM card and Canadian phone Plan. [Click here for Phone Box information.](#)

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

Packing List

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 school district/board/division
- Custodianship documents
- Homestay profile and contact information
- Contact information sheet for International Student Program / Homestay staff, including 24/7 emergency phone number (Jenny's cell: 1-250-954-7162 Emergency Line: 1-250-954-3049)**
- Copy of this document, signed by student and parent(s)
- 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 2021-2022 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



Welcome to Vancouver Island.

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.
- 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 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 a designated area as established by your host family. 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 email signed form to jatkinson@sd69.bc.ca.

- 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.

The following information is imperative and will determine your quarantine time.

- Did you get 2 doses of a vaccine? Yes ____ No ____
- If yes, Date of 2nd dose (MM/DD/YYYY) _____
- If yes, what is the name of the vaccine? _____

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|--------------------|--|------|--|
| Student Full Name | | | |
| Signature | | Date | |
| Parent 1 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 2 Full Name | | | |
| Signature | | Date | |
| Relationship | <input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify): | | |