



Travel and Arrival Protocol – Dec 2021 to Feb 2022 – Student in Private Homestay

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 outline expectations and requirements in order 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 first 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. With high vaccination rates in Canada, requirements for quarantine are being relaxed.

Students will quarantine with their custodian and/or host family if un-vaccinated.

All students are encouraged to have Vancouver Airport as their first point of entry to Canada. Unvaccinated student who must transfer airplanes within Canada have a limited window to do so under current restrictions. For more information, click [HERE](#).

Students arriving in Delta must already be vaccinated with two doses of an approved COVID-19 vaccine in Canada OR must be willing to become vaccinated while studying here.

Due to new travel rules coming into effect on October 30th, 2021 students who are unvaccinated and unwilling to become vaccinated cannot be enrolled in our program.

Updated Travel Restrictions - October 30th

UPDATED Quarantine information for students that are vaccinated!

Travellers who have received two doses of

- the Pfizer-BioNTech
- Moderna
- AstraZeneca (COVISHIELD)
- or a single dose of the Johnson & Johnson (Janssen) vaccine

will be exempt from quarantine provided other conditions are met.

After November 30th, two doses of the following vaccines will also qualify –

- Sinovac
- Sinopharm
- Covaxin

Full vaccination must be completed at least 14 days prior to entering Canada and can be from a combination of accepted vaccines (e.g. first dose Pfizer, second dose Moderna).

Currently, other vaccines are not accepted. Partially vaccinated students must quarantine, including those who had COVID and only have received one dose of vaccine.

Unvaccinated children under the age of 12 do not need to quarantine. However, it is the responsibility of the parent/private custodian/homestay family to ensure that the child is wearing a mask in public, staying away from large crowds and is not participating in any group activities with other children or groups of adults during the first 14 days after arrival. These students cannot attend school until they have been in Canada for 14 days.

If you are, or will be, fully vaccinated upon arrival, watch for specific information in this package that pertains to you in the **BLUE** boxes.

Please also go to the official website that explains the process for vaccinated travellers to enter Canada. It is important to be familiar not just with the information in this package but current official instructions at the time of your travel.

<https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>

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 and custodians for non-compliance in certain situations.

For Action – Please make sure you fill out the form at the back of the package and email it to croesler@GoDelta.ca.

Secondary students should download What's App to their phones and other devices either before arriving or immediately upon arrival and check emails frequently for orientation and other activities.

Secondary students will receive instructions on how to log into a Delta Learns account and a Google Classroom each day for information.

Pre-Departure:

Communication and Relationship Building Between Homestay and Natural Families (where required)

- Have several Zoom or Skype meetings to get to know one another or re-connect
- Share how you have been living during the COVID experience and the precautions being taken
- Exchange emails and cell phone numbers and program into phones
- Confirm arrival plans
- Build relationships and trust between the families
- Make sure you communicate a plan regarding airport pick-up and how the student and the host family/custodian are going to connect at the airport

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 after quarantine is completed. 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!
- <https://try.gophonebox.com/newarrivals/>

Keeping Health Risks Low

- In the two weeks leading up to departure, students should limit their socializing and limit their risk of coming into contact with COVID-19.

Medical Check / Testing

- All people entering Canada by air must have a PCR test within 72 hours of departure. If a student has a connecting flight, the 72 hours means 72 hours before the last flight leaving for Canada. For example, a flight routing is from Rome to Amsterdam to Vancouver. The test must be with 72 hours of when the flight leaves Amsterdam, not Rome.
- Those who test positive for COVID-19 should contact ksymonds@GoDelta.ca immediately to discuss other departure options.
- Please bring a copy of your test to the airport and be prepared to present it to border services in Canada as well. Your test results can be in paper or electronic form and must include
 - o Your name and date of birth
 - o The name and address of the clinic/facility/lab that performed the test
 - o The date and time the test was conducted
 - o The type of test
 - o The test result

Having had COVID-19 does not exempt you from the necessity to have a test or quarantine - For more information [CLICK HERE!](#)

Fully vaccinated students must also have a negative test within 72 hours of their final departure to Canada.

Completing Arrival Plans

- Download and complete the ArriveCAN App (available for Iphone and Android).
 - o You must also complete this APP before departing, but cannot complete it more than 72 hours before departure

- You will need to do a **daily check-in** on the app after you arrive if you are in quarantine
- Failure to do this may result in a visit from police, the health authorities and/or a fine
- Please also make sure you have handy your Homestay address and contact information
- Instructions for filling in the ArriveCAN App can be found [HERE!](#)

To be considered for a quarantine exemption, your proof of vaccination and potential quarantine information must be uploaded to the ArriveCAN app. In the app you must provide the following information –

- The details of your first dose (date, country, vaccine name)
- The details of your second dose (unless you had the Johnson & Johnson vaccine)
- A photo or pdf of the record of your vaccinations. **This MUST be in English or French or must be a certified translation into English or French.** Records or receipts in your home language will not be accepted.

Failure to correctly fill in the App or upload documents as per the instructions MAY mean that you will have to quarantine.

Pre-Register for your Arrival COVID Test and Save Time at the Airport

- Although not necessary, you can pre-register for your Arrival test on the following website – https://checkout.lifelabs.com/inbound/yvr_onsite_day1
- If you are fully vaccinated against COVID-19 do not pre-book a test

Fully vaccinated travellers no longer need to take a COVID test upon arrival. However, please be aware that you MIGHT be asked at random to do a test in the airport or do a take home test as part of Canada's ongoing COVID screening processes.

Packing

All secondary school students need to have a cell phone and a laptop when coming or returning to Canada for the 2021-2022 school year.

Students should have What's App downloaded on their cell phone, if not before, then when they arrive.

In addition to regular packing requirements as in the Student Handbook please also bring –

- 60 disposable face masks OR 30 disposable and at least 1 cloth face mask
- One large bottle of quality hand sanitizer
- Box of Nitrile gloves
- Thermometer

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 (approval letter) if applied for
- Homestay address and contact information/information about place of residence
- PCR test results
- Copy of this document, signed by yourself and your parents

Vaccinated students should bring all of the documents listed above as well as their COVID vaccination record. Students who intend to arrive fully vaccinated still must submit the signed last page of these protocols to croesler@GoDelta.ca and bring the completed and signed protocols with them as well. **Everyone arriving in Canada must have a quarantine plan (this document and the ones above make up that plan) whether they are vaccinated or not.**

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

If you have recently received a new passport or study permit, please bring both the new AND old documents.

Airport and Flight

Wear a Mask

- Wear a mask in the airport at all times, whether vaccinated or not.

Wash hands frequently and avoid touching your face

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

Use hand sanitizer regularly

- 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.) thoroughly 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.

Arrival at Vancouver Airport

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

Have the documents outlined under 'Packing' ready to provide to Canada Border Services. The student will also be required to undergo a screening by a border services or quarantine officer to assess travellers for symptoms.

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

Be prepared to speak about your quarantine plan as you will be assessed

- Have print outs or screenshots of your plans and documents
- Have any confirmation numbers
- Know the name and address of your host family/where you will be staying for quarantine
- Bring any documents provided to you by the school district (including this document)
- Know the name of the person who is picking you up and how you will get to their home
- Be able to show the ArriveCAN App on your phone

Canada Border Services will review the documentation of a fully vaccinated traveller (including what has been entered on the ArriveCAN app) and determine whether the documentation meets the necessary requirements to be exempt from quarantine.

The Canada Border Services agent will make the final determination.

Students must be aware that even if fully vaccinated, the determination may be made that they have to quarantine anyways. Therefore, please be comfortable with ALL of the information in this handout. All students need to bring all documentation to prove they have a plan for quarantine if needed.

Proceed through immigration and baggage pick up while maintaining 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 **PLEASE MAKE SURE YOU GET YOUR LUGGAGE AND THEN PICK UP YOUR PERMIT (if you have applied for it) BEFORE EXITING TO THE ARRIVAL HALL.** If you are unsure what to do, ask at the information desk.

Take your COVID test

- If you are not fully vaccinated, you will be asked to do a COVID test at the airport. You will be contacted approximately 3 days after the test with the results.
- In some cases, you may be given an at home test instead. If you receive one of these, complete it as soon as you arrive in your homestay and send it to the lab using instructions provided in the kit.
- You will be given a second test and instructions that needs to be done on Day 8 of your quarantine. **Do not leave the airport without this test (if you have to quarantine).**
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Currently, travellers deemed to be fully vaccinated do not have to complete a COVID test upon arrival unless randomly selected to do so. You will not have to do the Day 8 test.

Again, the processing order at the airport is

- 1) Canada Border Services
- 2) Luggage Pick Up
- 3) Study Permit Pick Up (if applicable)
- 4) COVID test (if applicable)

Pick Up Options

- General public is now allowed back into the airport
- Please discuss with your host family/custodian whether they will wait for you in the arrival area inside the airport OR if they will meet you outside. Some people are more comfortable in crowded areas than others are.

Load your own luggage into 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 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!

Host families may request that a fully vaccinated student wear a mask in the car and even in the areas of the home where adequate distancing cannot be maintained until 14 days after arrival (at most) or an earlier point when the host family feels comfortable. Please respect their comfort level.

Quarantine

As part of the Quarantine Act, travellers who are not fully vaccinated 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.

Fully vaccinated students given clearance from Canada Border Services do not have to quarantine for 14 days and do not have to complete the Day 8 test. Written instructions SHOULD be provided at the airport.

Fully vaccinated travellers must wear a mask in all public spaces (both indoor and outdoor) for their first 14 days in Canada and must keep track of everywhere they go and any people with whom they have close contact.

After arriving in Canada, Government of Canada officials will call you and/or your host family to monitor compliance with the mandatory quarantine. You and your host family must be prepared to answer calls. They may come from an unknown caller or a call with no caller ID.

Please note that there are some COVID scams out there. If someone phones claiming to be checking in with you regarding COVID do not provide any financial information. If you are not sure if a call is legitimate, please let your homestay know of your concerns.

These instructions and protocols may seem overwhelming. Please ask your host family for assistance.

Your homestay will provide you with food, clean linens every couple of days, a comfortable room and access to them via text, Facetime, What's App and other remote communication. Our staff will check on you frequently as well. For February starts, there will be a Google Classroom set-up for your Quarantine time. A daily check-in form needs to be completed before noon everyday. Our staff will also check in with you periodically.

As you may not have had a chance to get a Canadian cell plan yet, please make sure you are connected to wifi in your house and able to communicate with us and your homestay through an app like Facetime, WeChat or What's App.

Students who are not required to quarantine MAY be asked by their host family to wear a masks and/or physically distance within the home until they feel confident the student is healthy or after the first 14 days.

Student Responsibilities and Expectations During 14 Day Quarantine

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.

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 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 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 and have it couriered as per the instructions that come with the test. Do not do the test without having someone help you.

Complete the District Check-In Daily.

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 leave wifi. password in your room)
- 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

Monitor your physical and mental well-being

- 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!

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 new 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.
- Please talk with you host family about how food delivery will work, when it will be delivered, etc.
- Do not share dishes, drinking glasses, cups or utensils with anyone else in the family

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 Quarantine is a requirement of the Quarantine Act and not optional for those who are not fully vaccinated or have been told to quarantine by Canada Border Services.

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 it not the expectation after the 14 days are over!

Stay connected

- Keep communicating and reaching out to our staff as needed

Be aware of and follow the current Public Health Orders and Recommendations – [CLICK HERE](#)

Current community and school COVID protocols will be reviewed with students at school on their first day and in an afterschool zoom meeting. Remember that all students, regardless of age, must wear a mask while in school.

If a Student or Family Member Develops Symptoms or is 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>
- Follow the directions outlined on the self-assessment tool and contact public health authorities if, when and how recommended
- Contact Delta International Student Programs and 8-1-1
- Follow the directions of the Public Health Authority

More Resources

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

- Tips for proper hand-washing - http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf
- 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>
- 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>

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- 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>
- Checklist for entering Canada - https://travel.gc.ca/travel-covid/travel-restrictions/entering-canada-checklist?utm_campaign=gac-amc-covid-20-21&utm_source=flying-canada-checklist&utm_medium=redirect&utm_content=en

Student and Natural Parent Pre-Departure Declaration

Please complete this portion of the form and email to croesler@GoDelta.ca as soon as possible. Please also send a copy of the vaccination record if the intent is to arrive fully vaccinated against COVID 19.

Each of the undersigned fully understands these Protocols and agrees to all of its requirements. Students will be unable to attend school if Quarantine is not adhered to in full. Students will be dismissed from the program and will return to their home country. There will be no refund of tuition fees. The student and parent 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 Quarantine Protocol. The undersigned fully understand that exemption from Quarantine for fully vaccinated students is at the discretion of Canada Border Services.

Student Arrival Date _____

Will the student arrive fully vaccinated? Y N Date of last vaccine _____

Student Full Name (print)			
Signature		Date	
Parent Full Name			
Signature		Date	
Parent Full Name			
Signature		Date	
Custodian Full Name			
Signature		Date	
Homestay Full Name			
Signature		Date	

Student Email Address –