



## Travel and Arrival Protocol – Summer 2021– Parents Travelling with their Children

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 and expectations 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 first priority remains the health and safety of our students, natural families, 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.

Since July 5<sup>th</sup> 2021, procedures have changed depending on whether travellers are deemed “fully vaccinated” or not. As well, as of August 9<sup>th</sup>, there are updated COVID testing requirements for those arriving fully vaccinated.

### What does ‘fully vaccinated’ mean and how does this impact Quarantine?

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.

Full vaccination must be complete 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 acceptable. Partially vaccinated adults and students, including those who had COVID and only have received one vaccine, must quarantine.

If a parent is fully vaccinated and their child over the age of 12 is not, the parent does not need to quarantine, but the child does.

Children under the age of 12 do not need to quarantine as of August 9<sup>th</sup>, 2021. However, it is the parents' responsibility to ensure that their child is wearing a mask in public, staying away from large crowds and is not participating in any group activities with other children during the first 14 days after arrival.

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

Please also go to the official website that explains the processes for vaccinated travelers to enter Canada. It is very important to read through the official website and check back frequently for updates.

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

**As of August 9<sup>th</sup>, 2021 non-vaccinated parents and children arriving with an adult (parent or chaperone) no longer need to quarantine in a hotel for the first 3 days. Those who arrive before August 9<sup>th</sup>, 2021 must still complete the mandatory three day hotel stop-over. Please [CLICK HERE](#) for booking instructions.**

Please take some time to review the information in this package. Please note that in not following this protocol, you and your children may be denied entry into the country or may be delayed in starting school. Government authorities may also fine your family for non-compliance.

**For Action – Please make sure you fill out the form at the back of the package and return it to [croesler@GoDelta.ca](mailto:croesler@GoDelta.ca). As well, please contact our staff if you need any support through Quarantine.**

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 and activities.

If students arrive outside of the recommended arrival window of August 21<sup>st</sup>-24<sup>th</sup>, parents will be responsible for monitoring quarantine and students will have to join some orientation activities by Zoom and need to watch their emails for schedules.

## Pre-Departure:

### Communication and Connection

- If you have any questions about this protocol or feel you will need some help or support, please contact one of the following people
  - o Karen Symonds (Director) – [ksymonds@GoDelta.ca](mailto:ksymonds@GoDelta.ca)
  - o Israel Aucca (Spanish/Portuguese Support) – [iaucca@GoDelta.ca](mailto:iaucca@GoDelta.ca)
  - o Elaine Chu (Korean Support) – [echu@GoDelta.ca](mailto:echu@GoDelta.ca)
  - o Akane Nishikiori (Japanese Support) – [anishikiori@GoDelta.ca](mailto:anishikiori@GoDelta.ca)
  - o Tiana Pham (Vietnamese Support) – [tpham@GoDelta.ca](mailto:tpham@GoDelta.ca)
  - o Anna Zhao (Chinese Support) – [azhao@GoDelta.ca](mailto:azhao@GoDelta.ca)

### Pre-Departure – Keeping Risks Low

- In the two weeks prior to coming to Canada, please do your best to limit contact with people outside of your household to ensure your best possible health when arriving
- Please wear masks and maintain a safe physical distance when you leave your home

### Medical Check / Testing

- As of January 7<sup>th</sup>, 2021 all people entering Canada by air must have a PCR test within 72 hours of their last departure point before arriving in Canada. Those who test positive for COVID-19 should contact [ksymonds@GoDelta.ca](mailto:ksymonds@GoDelta.ca) immediately to discuss other departure options.
- Please bring a copy of your test results to the airport and be prepared to present it to border services in Canada as well. The result 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 – [CLICK HERE](#)

Fully vaccinated parents and 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 complete this APP before departing, but no more than 72 hours prior to departure
  - o You must also do the health check on this App on a **daily basis** if you are in quarantine
  - o Failure to do this may result in police following up with you at your place of quarantine and/or fines
- Instructions for filling in the ArriveCAN App can be found [HERE!](#)

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

- o The details of your first dose (date, country, and vaccine name)
- o The details of your second dose (unless you had the Johnson & Johnson vaccine)
- o 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 to Pick-Up your Study Permit (new students only) and Save Time at the Airport

- Go to <https://www.yvr.ca/en/students> and fill in the form. Please note that the UCI number can be found on your Study Permit Approval Letter
- When you arrive at the Vancouver Airport, proceed through customs as you would normally. Pick-up your luggage and then enter the room where you 'trade' your approval letter for the Study Permit. Please tell the attendant at the door that you have completed the VC Portal. You will get to skip the line-up!
- **Please note that you must ...**
  - o Fill out the form AT LEAST 72 hours before arriving
  - o Must have your Study Permit Approval Letter/Letter of Introduction with you
  - o Be arriving directly at Vancouver Airport as your first point of entry into Canada

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

- Although not mandatory, you can pre-register for your Arrival COVID test at the following website [https://checkout.lifelabs.com/inbound/yvr\\_onsite\\_day1](https://checkout.lifelabs.com/inbound/yvr_onsite_day1)

As of August 9<sup>th</sup>, 2021, fully vaccinated travellers no longer need to take a 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. If you are arriving before August 9<sup>th</sup>, you will need to complete a COVID test upon arrival and should register in advance.

## Packing

**All secondary students need to have a cell phone and all students need a laptop when coming or returning to Canada for the 2020-2021 school year. Students should have What's App downloaded if they have a cell phone, if not before they arrive 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 1 cloth face mask
- One large bottle of quality hand sanitizer
- Box of Nitrile gloves
- Thermometer

You and your children should also, in your 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 (if required)
- Study permit or permit confirmation document (Letter of Approval)
- Proof of address where staying in Canada
- Travel confirmation document (letter of support)
- PCR test results
- Copy of this document, signed

Fully vaccinated travellers should bring all of the documents listed above as well as their vaccination record. Students who intend to arrive fully vaccinated against COVID-19 must still submit the signed last sheet of this document to [croesler@GoDelta.ca](mailto:croesler@GoDelta.ca) and bring this complete document with signed last page with them when they travel as well.

If you or your child have recently received a new passport, please bring BOTH the new passport AND the old passport.

Please also bring a change of clothes, travel appropriate snacks and some Canadian money as you will not have any opportunity to go to a bank upon arrival.

## **Airport and Flight**

### **Wear a Mask**

- Wear a mask in the airport at all times and when not eating or drinking on your flight.

### **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 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.) thoroughly wash your hands immediately after.

### **Keep your cell phone charged**

- You may need your phone upon arrival. Please keep it charged.
- 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 proceed through the airport wearing a mask and maintaining physical distancing (2m away from other people).

Please have the documents outlined under 'Packing' ready to provide to Canada Border Services. You 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 plans for quarantine as you will be asked.**

- Have print outs or screenshots of your plans and documents
- Have any confirmation numbers
- Know the name and address of where you will be staying
- Bring any documents provided to you by the school district (including this document)
- Know the name of the person who is picking you up or have planned how you will get to your place of quarantine
- 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 requirements for a traveller to be exempt from quarantine.

The Canada Border Services agent will make the final determination.

Please be aware that even if you arrive fully vaccinated, the determination may be made that you have to quarantine anyways. Therefore, please be comfortable with the information in this handout and be able to present a quarantine plan if required.

### **Proceed through baggage pick up and immigration 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 BEFORE EXITING TO THE ARRIVALS HALL.** If you are unsure what to do, ask at the information desk.

### **COVID Test**

- If not vaccinated, you and your family will be required to take a COVID test at the airport and will have to quarantine at a pre-authorized hotel (if arriving before August 9<sup>th</sup>). If arriving **AFTER** August 9<sup>th</sup>, 2021 you will be able to move directly to your place of quarantine
- Instructions will be given regarding another COVID test which will need to be taken on Day 8 of your quarantine. Do not leave the airport without the Day 8 test if not fully vaccinated or told to quarantine.

After August 9<sup>th</sup>, 2021, 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.

As of July 5<sup>th</sup>, 2021 the processing order is

- Canada Border Services
- Luggage Pick Up
- Study Permit Pick Up (new students only)
- COVID Test

### **Transportation**

- If you are arriving before August 9<sup>th</sup>, transportation will be provided to the quarantine hotel if you are not vaccinated. If you do not have to quarantine, taxi services are available at the airport.

### **Self-Quarantine**

If you arrive before August 9<sup>th</sup> and are not vaccinated, after you have completed the 3 day hotel quarantine (provided you are informed that your arrival COVID test was negative) you may move and finish your quarantine at another hotel, or wherever other living arrangements have been made. You cannot make any stops at stores, etc. between leaving the quarantine hotel



and arriving at the site where you will continue your isolation for the next 9 days. After August 9<sup>th</sup>, you will proceed directly to your site of quarantine.

Fully vaccinated travellers who are given clearance from Canada Border Services do not have to quarantine for 14 days and do not have to complete the Day 8 test. Again, a parent who is vaccinated with a child who is not does has to keep their child in quarantine if they are over the age of 12. Children under the age of 12 do not need to quarantine, but should have their interactions with others severely restricted for the first 14 days after arrival and be monitored daily for symptoms. Written instructions will be given at the airport for all travellers (vaccinated or not).

As part of the Quarantine Act, non-vaccinated travellers are to self-quarantine for 14 days. This means that you have to stay in your home, apartment or hotel room. You cannot leave for any purpose. If you are in a home with a yard, you may go outside in your yard. You can also go out on balcony or deck from your apartment or hotel room provided you don't go through any common or shared spaces. You cannot go for a walk.

Government of Canada officials will call you to monitor compliance with the mandatory quarantine. You must be prepared to answer any phone calls, even if there is no caller ID or an unfamiliar phone number. If you do not answer calls they will come to visit you and check in.

Please be aware that there are currently some COVID-19 scams worldwide. Canada Border Services will not ask you for financial information when they call. If anyone contacts you requesting personal financial information, do not provide it.

**Please note that students and their parents will need access to wifi for communications purposes and to participate in orientation activities through the quarantine time. Please make sure we know how to reach you and your child.**

### **For Families Without a Confirmed or Furnished Place**

If you have not rented a place to stay yet, or if it is not furnished and set-up for living yet, it is advised that you quarantine in a hotel, although you can change hotels after you receive a negative COVID test result. Please contact Karen Symonds or your Cultural Support Staff for some recommendations.

## **For Families With a Confirmed and Furnished Residence**

You will have to proceed straight to your residence after arriving or after your quarantine stop-over if arriving before August 9th. You will need to have someone be available to assist you with dropping off food and other supplies you might need. Feel free to use someone you know in the community. However, if you do not know anyone, we will happily connect you with someone living in Delta who will be in contact with you to help out! Please let us know.

### **Responsibilities and Expectations During 14 Day Quarantine**

#### **Stay in your own residence/accommodations 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, the greater community is not put in contact with it as well
- Therefore, it is VITAL that you stay in your accommodations.

#### **Keep your accommodations well-ventilated and clean**

- open windows to let the air circulate.
- It is important to get fresh air and to make sure your place stays clean and fresh.

#### **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.
- 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.

#### **Complete the Daily ArriveCAN App Health Check**

**On Day 8, complete the Day 8 COVID test with help of the online coaching and make sure it is picked up by the courier.**

**Secondary Students Must Log-In to their Delta Learns Account each day starting August 20<sup>th</sup>**

There will be some orientation activities that are MANDATORY, even for those finished quarantine or who didn't have to quarantine. Please ensure your child is checking the quarantine classroom DAILY so that they do not miss important information.

### **Stay connected**

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

### **Monitor your physical and mental well-being**

- Complete the health self-monitoring form
- Contact 8-1-1 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!

### **Be creative**

- Find unique ways to communicate with and interact with others ... watch movies together with friends virtually, eat dinner together virtually, play games online
- If you are new to us, we will provide your child with a buddy to communicate with
- Watch for activities and chat groups hosted by our program!

### **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 for those who are not fully vaccinated or have been told to quarantine by Canada Border Services.**

**Please do reach out for help if you need it to our staff, or if you are feeling unwell physically or emotionally, to 8-1-1 where they have assistance in many languages.**

If you arrive fully vaccinated and do not need to quarantine, you are required to wear a mask in all public indoor and outdoor spaces, keep a list of places you visit during the first 14 days in Canada and keep a list of all people with whom you have close contact.

## 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 accommodations for 14 days, it may feel normal for you to be there. 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 and adhere to current Public Health Orders and Recommendations – [CLICK HERE](#)

Current community and school protocols will be reviewed with students on September 3<sup>rd</sup>, 2021 before school starts.

## 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 -

- 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 (available in multiple languages)
- 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:

- Vancouver Airport Website on Travel Directives and Screening - <https://www.yvr.ca/en/updates/covid-19-update-2>
- Tips for proper hand-washing - [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_Handwashing%20Poster\\_MD%20offices.pdf](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>
- COVID-19 and Children in School - <https://www.deltasd.bc.ca/news-events/news/information-for-parents-guardians-novel-coronavirus/>
- 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>
- Check List – Flying to 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](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)
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## Student and Natural Parent Pre-Departure Declaration

Please complete this portion of the form and email to [croesler@GoDelta.ca](mailto:croesler@GoDelta.ca) as soon as possible. Please also send a copy of the student 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 individuals is at the discretion of Canada Border Services.

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

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

Student Full Name (print)			
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):		

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