



## Protocols for Pre-Departure, Travel & Arrival into Canada

The current COVID-19 pandemic as well as travel restrictions and quarantine requirements have resulted in new pre-departure, travel and arrival protocols for international students (new and returning) destined for Canada.

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.

### Student Pre-Departure Plan:

#### 1. Communication and Relationship Building

- If you plan to stay with a homestay family, make sure you speak to them about expectations
- Make sure you are clear about who and where you will be meeting after arriving at the airport, as drivers or host families will not be entering the building
- Carry your host's cell phone number(s) – this is important for all arrivals

#### 2. Household Isolation and Physical Distancing

- Read the article: [How to self isolate after travel when you live with other familymembers](#)
- Download COVID-19 App and Daily Symptom Tracker: <https://ca.thrive.health/>

#### 3. Negative COVID-19 Test

All air travelers 5 years of age or older will be required to present a negative COVID-19 test result to the airline prior to boarding international flights bound for Canada. Please click on the link below for more information. [New requirement to enter Canada](#). Negative COVID-19 tests will not change the requirement to quarantine (self-isolate) for 14 days upon arrival. This is mandatory for all travelers arriving into Canada.

#### 4. Arrival Plans

All travelers will be required to submit their information electronically through ArriveCAN before they board their flight. This includes travel and contact information, quarantine plan, and COVID-19 symptom self-assessment. Travelers must be ready to show their ArriveCAN receipt. <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

In addition, the student must complete, send and print the MANDATORY Self-Isolation Plan in advance to <https://travelscreening.gov.bc.ca>.

#### 5. Packing

Students should also bring in their carry-on luggage, at least 2 masks, a travel-sized bottle of hand-sanitizer and disinfecting wipes.

Please also make sure you have the following documents available when you arrive in Canada in your carry-on luggage:

- Passport
- Study permit or approval letter from IRCC (“letter of introduction”) (if studying for 6 months or longer)
- Custodianship documents
- Letter of Acceptance from school
- Homestay profile and contact information (if applicable)
- Copy of BC Self-Isolation Plan

## **Student Travel Plan:**

While travelling to their destination in Canada, students are expected to:

- Wear a mask
- Practice social distancing
- Wash hands frequently
- Use hand sanitizer regularly and as necessary
- Touch as few surfaces as possible
- Keep their cell phone charged
- Bring some food as restaurants or stores may be closed
- Bring a refillable water bottle

## **Student Arrival Plan:**

Upon arrival in Canada the student should proceed through the airport while maintaining physical distancing. Canada Border Services will ask for the documents outlined under "Packing". The student will also be required to undergo a screening by a border services or quarantine officer to assess travelers for symptoms. The Coquitlam School District has purchased medical insurance for its students to cover them during their studies in Canada.

The student will need to:

- Text the driver/host to advise the flight has arrived
- Wear a fresh mask
- Pick up baggage while maintaining physical distancing
- Exit the baggage area and go directly to the location previously agreed upon to meet the driver or host family
- Load his/her own luggage into the car and sit as far away from the driver as possible

## **Quarantine (Self-Isolation) Plan:**

As part of the Quarantine Act, travelers to Canada are required to self-isolate for 14 days. During your self-isolation period, you should avoid contact with (keep a 2-metre distance from) others.

Within 48 hours of entering Canada, travelers must confirm they have arrived at their place of quarantine or isolation through ArriveCaN or by calling the 1-833-641-0343 toll free number. Those in quarantine must complete a daily COVID-19 symptom self-assessment during their quarantine period.

After arriving in Canada, Government of Canada officials will call the student to monitor compliance with the mandatory quarantine. The student must be prepared to answer calls from **1-855-906-5585** or **613-221-3100**.

## **Post-Quarantine/Post-Isolation Period:**

The student's parent(s) or custodian will be responsible for the student's compliance with the public health regulations while in Canada. Coquitlam School District will continue to monitor the student's health and safety.