

Travel and Arrival Protocol

2022



SCHOOL DISTRICT NO. 73
(Kamloops-Thompson)

**KAMLOOPS - THOMPSON
INTERNATIONAL
STUDENT PROGRAM**

ispcanada.ca

Kamloops International Student Program Travel and Arrival Protocol - 2022

Please note: This protocol was developed with the most up to date information available at the time of writing. Students need to work with their travel agents and educational agents to assure that they are following the travel conditions in place at the time of their travel.

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.

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

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.

Students will quarantine in their Homestay, until they receive a negative COVID test result upon arrival (the result is usually received within 24 hrs of arrival)

Please take some time to review the information in this package. Please note that in not following this protocol, 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.

Please ensure you have an active personal email account that you check regularly every day. To be used for homestay and program communication.

UPDATED Quarantine information for students that are vaccinated!

Students that have received two doses of:

- 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, 2021 people arriving with two doses of the following vaccine will also be considered fully vaccinated:

- Sinopharm
- Sinovac
- Covaxin

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 students must quarantine, including those who had COVID and only have received one dose of the vaccine.

Please also go to the official website that explains the process for vaccinated travelers 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.

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.

Pre-Departure:

Communication and Relationship Building Between Homestay and Student

- 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

Completing Arrival Plans

- Download and complete the [ArriveCAN App](#) (available for iPhone and Android).
 - You must also complete this APP before departing. However, do not download and complete the app more than 72 hours before departure
 - You will need to do a **daily check-in** on the app after you arrive
 - Failure to do this may result in a fine
- Please have hard copies of these documents as well as you may be asked questions about them when

you arrive.

- Please also make sure you have handy your Homestay address and contact information.

Fully vaccinated travellers no longer need to take a COVID test upon arrival. 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.

https://checkout.lifelabs.com/inbound/yvr_onsite_day1

Please note that there are some COVID-19 scams out there. If someone phones claiming to be checking in with you regarding COVID-19 do not provide any financial information. If you are not sure if a call is legitimate, please let your homestay know of your concerns.

Pre-Register to Pick-Up your Study Permit and Save Time at the Airport

- If the Vancouver airport is your 'port of entry' to Canada, 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!

Please Note that you must....

- Fill out the form AT LEAST 72 hours before arriving
- Must have your Study Permit Approval Letter/Letter of Introduction with you
- Be arriving directly at Vancouver Airport as your first point of entry into Canada

Medical Check/Testing

All people entering Canada by air must have a PCR test within 72 hours of departure. This is not 72 hours prior to when you leave your closest airport, but 72 hours before your final flight departs for Canada. For example, if you are flying from Rome to Amsterdam to Vancouver, the test must be completed 72 hours prior to your departure from Amsterdam, not Rome.

Those who test positive for COVID-19 should contact kbrewer@exc.sd73.bc.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:

- Your name and date of birth
- The name and address of the clinic/facility/lab that performed the test
- The date and time the test was conducted
- The type of test
- The test result

Having had COVID-19 does not exempt you from the necessity to have a test or quarantine.

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

Packing

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. 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>

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

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

Please give at least 15 disposable masks and the box of gloves to your homestay upon arrival in your host family house.

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
- ❑ Study permit or permit confirmation document (if you have one)
- ❑ Custodianship documents
- ❑ Letter of Acceptance
- ❑ PCR test results
- ❑ Homestay profile and contact information
- ❑ COVID Vaccination record
- ❑ Contact emergency information sheet for our staff
- ❑ Contact information for your homestay family

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

Students requiring prescription eyewear should bring a spare pair along with a recent copy of your prescription.

Airport and Flight

Wear a Mask

- ❑ Wear a mask in the airport at all times.

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

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

- 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 Airport

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

You must 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.

Be prepared to speak about your self-isolation 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 (bring your homestay profile)
- Bring any documents provided to you by the school district (including this document)
- Know the name of the person who is picking you up

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 24 hours 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 the instructions provided in the kit.

Proceed through immigration and baggage pick up while maintaining physical distancing

- If you are a new student who has a study permit approval letter **PLEASE MAKE SURE YOU PICK UP YOUR STUDY PERMIT BEFORE GETTING YOUR LUGGAGE.** If you are unsure what to do, ask at the information desk.

Again, the processing order is ...

1. Canada Border Services
2. Luggage Pick Up
3. Study Permit Pick Up (for new students only who have applied for a study permit)
4. COVID test (if required)

Proceed to your next gate to prepare for your flight to Kamloops.



Arrival at Kamloops Airport

Kamloops is a very small airport and easy to navigate.

Upon arrival in Kamloops, proceed through the airport while maintaining physical distancing (2m away from other people).

You must have the documents outlined under 'Packing' be prepared to undergo an additional screening to assess travellers for symptoms.

Text your host family/person who is picking you up

- Once you have left the plane, immediately text your homestay to let them know you have arrived and that you are off the plane

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

Proceed to baggage pick up while maintaining physical distancing

- Don't rush. Take your time and keep plenty of space between you and others.

Exit the baggage area and proceed to the exit door

- Your homestay will be standing outside the exit

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!

Canada Border Services will review the documentation of a fully vaccinated student (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 travellers need to bring all documentation to prove they have a plan for quarantine if needed.

If CBS determine that you must Quarantine, please adhere to the following instructions

Homestay families will ensure that you do not quarantine in a place where you have contact with vulnerable individuals, including those who have an underlying medical condition, compromised immune system from a medical condition or treatment, or are 65 years of age or older.

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 from **1-855-906-5585** or **613-221-3100**.

These instructions and protocols may seem overwhelming. Please ask your host family or Homestay Coordinator 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 and other remote communication. Our staff will check on you frequently as well.

If you have not 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. As well, please check your email as our staff will be sending you links to various chat groups and activities through email.

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 homestay residence and as much as possible stay in your own 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. If you find your room too hot, please let your homestay family know so they can provide you with a fan.

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 at least 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.

Stay connected

- Text, email 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

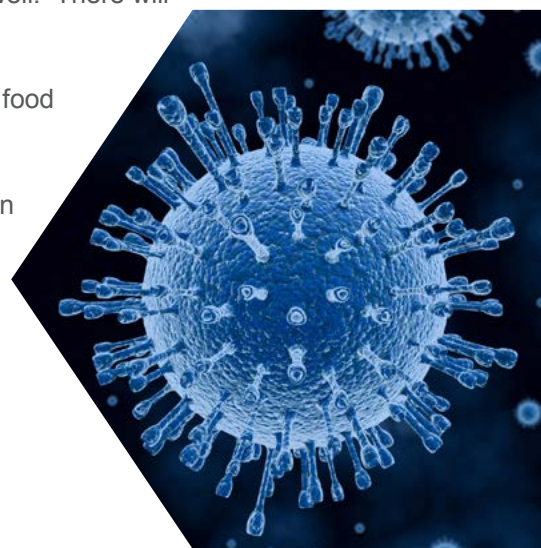
- Immediately upon arrival in your house, remove your travel clothes and place them in a plastic bag. Put on gloves and securely tie the bag and place it outside of your room.
- Your family will provide you with a laundry hamper lined with a plastic bag. Halfway through quarantine, place your sheets 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 Canadian 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

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.
- Your host family will drop off breakfast in the morning and dinner in the evening. If your host family works outside of the home, they may drop off a bagged lunch for you to eat as well. There will be snacks and water in your room for you to consume when needed.
- Please communicate with your host family about amount of food and any food issues. Including cleanup of dishes and leftovers.
- 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
- Complete the ArriveCAN app check in daily

Day 10 COVID Test

- You will be required to do a COVID test on Day 10. Your host family will help with this process.

Please remember that Self-Quarantine is a requirement of the Quarantine Act and not optional.

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

Avoid malls, crowded spaces and sports where physical distancing is difficult or impossible

Get connected

- After being in your room and at the homestay residence 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**

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

- If you are experiencing symptoms of COVID 19
- Complete the self-assessment tool - <https://bc.thrive.health/covid19/en> or contact 8-1-1
- Follow the directions outlined on the self-assessment tool and contact public health authorities if, when and how recommended
- Contact the District Principal Kamloops-Thompson International Student Programs at kbrewer@sd73.bc.ca.
- Follow the directions of the Public Health Authority
- In the unlikely event that a host is ill and unable to care for the student, a respite or alternate arrangement will be made.

Resources

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

- British Columbia Public Health Orders and Recommendations
<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>
- School District 73 website
<https://www.sd73.bc.ca/en/community-parents-and-students/parent-resource-page.aspx>
- Vancouver Airport Website on Travel Directives and Screening
<https://www.yvr.ca/en/updates/covid-19-update-2>
- Frequently asked questions at Vancouver Airport regarding COVID-19
<https://www.yvr.ca/en/coronavirus/faq>
- Kamloops Airport Information
<http://kamloopsairport.com/news/covid-19/>
- Tips for proper hand-washing
<https://bc.thrive.health/covid19app/resources/58c360e2-ad98-47f3-bcf9-2c162c96a626?from=/home>
- 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>
- Physical Distancing Fact Sheet
<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Physical-distancing.pdf>
- COVID-19 and Children in School
<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-k-12-schools.pdf>
- Self-Quarantine Explained
<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-how-to-self-isolate-home-exposed-no-symptoms/covid-19-how-to-self-isolate-home-exposed-no-symptoms-eng.pdf>





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