



Travel and Arrival Protocol – April 2022

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.

Currently, due to flight restrictions for students LEAVING Canada, all students who are over the age of 12 are required to have two doses of one of the following COVID vaccines. Of course, parents need to be vaccinated as well to leave the country.

- AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
- Bharat Biotech (Covaxin, BBV152 A, B, C)
- Moderna (mRNA-1273)
- Novavax (NVX-COV2373, Nuvaxovid, Covovax)

- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
- Sinopharm BIBP (BBIBP-CorV)
- Sinovac (CoronaVac, PiCoVacc)
- or a single dose of the Johnson & Johnson (Janssen) vaccine

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).

Provided other conditions are met, travellers who have received these vaccines are exempt from Quarantine.

Currently, other vaccines are not acceptable. It is also not accepted to have one dose of the vaccine and proof of recovery.

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.

[Current Travel Information from the Government of Canada](#)

Please note that in not following these protocols, students and parents 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 croesler@GoDelta.ca by Monday, March 21st 2022.

Children under the age of 12 years and 4 months are not required to be vaccinated, although vaccination is strongly encouraged for all school aged children.

Who has to Quarantine upon arrival?

- Unvaccinated parents and children over the age of 12
- Vaccinated parents and children who do not have the appropriate paperwork completed on their ArriveCAN APP when arriving
- Anyone who has a COVID positive result on their arrival test must isolate for 10 days

- An unvaccinated child under the age of 12 whose parent tests positive on arrival must isolate for 14 days
- If anyone you travel with tests positive you must isolate for 14 days from last contact with that person

Who does NOT have to Quarantine upon arrival?

- Fully vaccinated parents and children over the age of 12 with acceptable documentation and successful completion of the ArriveCAN app
- Unvaccinated children under the age of 12 who arrive with their fully vaccinated parents
- Fully vaccinated children aged 5 and older who arrive with unvaccinated parents

Secondary school students should download What's App to their phones and other devices either before arriving or immediately upon arrival and check emails frequently for important information. Secondary students will receive instructions on how to log into a Delta Learns account.

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
 - o Israel Aucca (Spanish/Portuguese Support) – iaucca@GoDelta.ca
 - o Elaine Chu (Korean Support) – echu@GoDelta.ca
 - o Akane Nishikiori (Japanese Support) – anishikiori@GoDelta.ca
 - o Tiana Pham (Vietnamese Support) – tpham@GoDelta.ca
 - o Laura Liu (Chinese Support) – lliu@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

Pre-Departure Testing – Mandatory for those aged 5 and up

- As of March 1st, 2022 there are THREE options for pre-departure testing/proof of COVID recovery

- The first choice is 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.
- The second choice is a professionally administered negative antigen test taken no more than one day before your flight.
- For those who have recently recovered from COVID, they may present a POSITIVE PCR test result from at earliest 10 days before travel and at latest 180 days before travel. This positive result must be from an official lab and must also be from a PCR test. The date of the test result must be clearly indicated on the results and they must be in English or a certified translation. A positive antigen test is not acceptable.
- Those who test positive for COVID-19 and cannot travel as scheduled should contact ksymonds@GoDelta.ca immediately to discuss other departure options.
- Please bring a copy of your test and your child's 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

Unless you have recently had COVID and have the proper documentation to show this, all students and parents, whether vaccinated or not, must have a negative test to travel to Canada.

For more information on pre-departure testing requirements, please see the link [HERE!](#)

Having had COVID-19 does not exempt you from the necessity to have a test. [Click Here!](#)

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
 - o Parents can also upload the documentation for their children on this app
- 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 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
- It is highly likely that all people over the age 5 and older will have to complete an arrival test
- You may be lucky and not be asked. If this is the case, lucky you!

Packing

All secondary students need to have a cell phone and a laptop when coming or returning to Canada for the 2021-2022 school year. Secondary school 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 at least 1 cloth face mask
- One large bottle of quality hand sanitizer
- Box of Nitrile gloves
- Thermometer

It is important that masks are of good quality and fit properly. If you have some, N95 (FFP2) masks are the best, followed by medical grade masks and then multi-layer cloth masks should they fit properly. Consider double-masking if you do not have N95 masks.

[Tips for Making Sure Masks Fit Properly](#)

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) if you have applied for a study permit
- Proof of address where staying in Canada
- PCR or Antigen test results/proof of recovery from COVID 19 in the form of a positive test result 10-180 days ago
- Copy of this document, signed

These documents provide proof that you have the intention to study in Delta as well as provide the proof that you have a Quarantine Plan. All travellers entering Canada must be able to show that they have a quarantine plan in place.

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 frequently

- 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, even if you are fully vaccinated.

- 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 (if you have applied for one) BEFORE EXITING TO THE ARRIVALS HALL.** If you are unsure what to do, ask at the information desk.

COVID Test

- all unvaccinated travellers and the majority of those who are vaccinated will have to complete an arrival test at the Vancouver airport or be given a take home test to be done as soon as they arrive home

Again, the processing order at the Vancouver Airport is -

- Canada Border Services
- Luggage Pick Up
- Study Permit Pick Up (new students only, and only if applied for)
- COVID Test

Transportation

- Taxis are available at the airport and can transport you even if you have to quarantine.

Quarantine

If directed to quarantine, you must proceed directly to where you will quarantine without making any stops along the way.

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 isn't does have to keep their child in quarantine if they are 12 or older. Children under the age of 12 do not need to quarantine. Written instructions SHOULD be given at the airport for all travellers (vaccinated or not). All people who arrive must wear a mask whenever in public (indoor and outdoor) for the first 14 days and need to track their contacts and where they have been.

As part of the Quarantine Act, non-vaccinated ADULT travellers are to 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 through the quarantine time. Please make sure we know how to reach you and your child.

Again, if asked to quarantine, you will have to proceed straight to your residence after arriving. 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 if it is required

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 – Remind your children to ...

- Wash their hands frequently with plain soap and water for at least 20 seconds.
- Use paper towels to dry their hands and dispose of them in the garbage can in the bathroom.
- Cover their mouth and nose with their elbow when coughing or sneezing, or use a tissue. They should avoid coughing into either their hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash their hands.
- Shower once per day and brush their 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

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 if you are arriving in February

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.

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. This includes children age 5 and older.

Ongoing Expectations for Students & Families

Continue to practice proper hygiene

- Wash hands frequently
- Keep your washroom clean
- When soap and water is not available, use hand-sanitizer
- Do not attend school or go to crowded places if you are sick

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

Stay connected

- Keep communicating and reaching out to our staff as needed

Complete the K to 12 Health Check App everyday

- For further information regarding symptoms of COVID and when you should and should not go to school, go for a COVID test, see a doctor, etc contact 8-1-1 or [use this assessment tool](#).

Be aware and adhere to current Public Health Orders and Recommendations – [Click Here!](#)

Current community and school protocols will be reviewed with students in any orientations and on the first day of school. All students must wear a mask while in school.

Parents and students will need to get a BC Vaccination Card soon after arrival if staying for more than 3 months.

Instructions on how to apply for your BC Vaccination Card can be found [HERE](#).

However, in the interim, having your passport and the vaccination documents that you used to arrive in Canada will be sufficient in the short term.

Students and parents are eligible for vaccinations and boosters for COVID-19 while in Canada. Please reach out to your cultural support staff for more information.

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 Authorities

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>
- COVID-19 and Children in School - <https://www.deltasd.bc.ca/news-events/news/information-for-parents-guardians-novel-coronavirus/>
- 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
- 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

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 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 : _____