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# COVID-19 TRAVEL & ARRIVAL PROTOCOLS

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## 1. PRE-DEPARTURE

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- Book and pay for a 3-day stay in a government-approved hotel by calling 1-800-294-8253 (in North America) or 1-613-830-2992 (collect call from outside North America)
- If staying with a host family, contact them in advance to discuss expectations; be sure to send a current photo of you
- Provide arrival information and exchange contact information (cell, email)
- Read “*How to Self-Isolate After Travel When You Live With Other Family Members*” and “*Daily Self Monitory Form for Covid-19*”
- Complete, send and print the online Mandatory Self-Isolation Plan found here: <https://travelscreening.gov.bc.ca/> (Be sure to send a copy to our Campus Director, Vickie Boughen, vickie@cg-masters.com)
- Download the COVID-19 APP and Daily Symptom Tracker: <https://ca.thrive.health/>
- Download the ArriveCAN App (iOS and Android)
- Pack 60 disposable face masks OR 30 disposable and 1 cloth face mask, a large bottle of hand sanitizer, a box of nitrile gloves and a thermometer in your checked luggage.
- For your carry-on bag, pack the following items:
  - Passport
  - Study Permit or Study Permit Approval Letter
  - Custodianship Documents (if required)
  - Letter of Acceptance from CG Masters School of 3D Animation & VFX
  - Non-discretionary travel letter (if provided by IRCC)
  - If staying with a host family, include the family provide with contact information
  - Residence/Dormitory/Hotel information (if applicable)
  - Private transportation service information (if applicable)
  - Complete BC Self Isolation Plan Form
  - Medical clearance letter (if you have one)
  - COVID test results (if you have them)
  - Copy of this document signed by yourself (and your parents/guardians if you are under the age of 19)
  - 2 masks, 3 pair of gloves, travel-sized hand-sanitizer, disinfecting wipes.

## 2. AT THE AIRPORT

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- Wear mask and gloves
- Wash hands frequently and use hand sanitizer
- Practice social distancing and touch as few surfaces as possible

- Sanitize your personal space and minimize washroom trips
- Keep cell phone charged
- Bring your own food and refillable water bottle

### 3. ARRIVAL IN CANADA

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- Wear fresh mask and gloves
- Have all documents ready to proceed through immigration
- Maintain physical distancing when picking up luggage
- Take a COVID-19 molecular test
- Collect a test kit for use later during your quarantine
- Take transportation to your pre-booked hotel as arranged before arrival

### 4. IN 3 DAY HOTEL QUARANTINE

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- Go to pre- booked hotel to wait results of your COVID-19 test taken on arrival
- If test is negative contact host family/transportation provider to arrange transportation to hotel/residence/dormitory/homestay for remainder of your 14 day quarantine

### 5. IN HOMESTAY/RESIDENCE/DORMITORY/HOTEL – SELF ISOLATION

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- Complete your COVID-19 test kit received at the airport as instructed
- You are required to self-isolate for 14 days – this means staying in your room and avoiding contact with others
- When you arrive, immediately remove your travel clothes and place them in a plastic bag for laundering
- Any food or supplies will need to be delivered to your room in a COVID-safe manner, either by your host family or by service providers
- Keep your room well ventilated and clean – open your window to allow air circulation whenever possible
- Practice good hygiene
- Stay connected with friends and family by phone or internet
- Monitor your physical and mental well-being. If you are not feeling well, let your host family or the LAB Vancouver team know
- Empty garbage frequently, wash hands after
- Clean the bathroom after every use
- Follow your host family's advice to wash clothes / do laundry
- Keep personal items separate from those belonging to others
- Ask for help from your host family or homestay coordinator if you need it!
- Complete your COVID-19 test kit received at the airport as instructed

## 6. COVID-19 TRAVEL AND ARRIVAL PROTOCOLS DECLARATION

This document must be signed and sent to Vickie Boughen at [vickie@cg-masters.com](mailto:vickie@cg-masters.com) before you leave your home country.

Self-isolation is a requirement of the Quarantine Act and is not optional. Students who are in private homestay arrangements, residence/dormitory/hotel, or are staying with family or friends must self-isolate for 14 days after arrival in Canada.

By signing, I have read, understand, and agree to comply with the expectations listed in this document. I understand if I do not follow these expectations, I risk being dismissed from the program. Students (and parents/guardians of students under the age of 19) are responsible for any fines incurred due to breach of the Quarantine Act and regulations from the Government of British Columbia.

<b><u>Student-Legal Name (Print)</u></b>		
<b><u>CG Masters Student ID</u></b>		
<b><u>Phone Number (In Canada)</u></b>		
<b><u>Address in Canada</u></b>		
<b><u>Email</u></b>		
<b><u>Student Signature</u></b>		<b><u>Date</u></b>
<b><u>Parents / Guardians</u></b>		
<b><u>Full Name (Print)</u></b>		
<b><u>Signature</u></b>		<b><u>Date</u></b>
<b><u>Relationship</u></b>		
<b><u>Full Name (Print)</u></b>		
<b><u>Signature</u></b>		<b><u>Date</u></b>
<b><u>Relationship</u></b>		