



The Pre -Arrival Package

Welcome to Q College (Campus) we are excited to have you in our (Program name) starting (start date).

As you are planning on traveling during this unique time, we require you to complete the following documents and return them to covid-19helpdesk@qcollege.ca

Additional Information

- Student are required to download the [ArriveCan](#) App
 - This should be done prior to your leaving your primary residences
 - A screen shoot of your phone or tablet is required to be submitted with this Pre—Arrival package
- Guidance on travel from airport to quarantine location
 - This information will be provided by the team and will vary depending on location as each city has their own COVID-19 regulations
- PDF Documents will be attached of Groceries stores with Contactless Delivery in your area you are located in
- PDF Documents will be attached of Drug Store or Pharmacies with Contactless Delivery in your area you are located in
- PDF Documents will be attached of Counselling Services in your area you are located within

******PDF Documents are updated on weekly bases. ******

Send these forms and your completed Self-Isolation Plan to covid-19helpdesk@qcollege.ca



Use ArriveCAN to enter Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

[Use ArriveCAN: Submit travel information to enter Canada - Canada.ca](#)

****This information will be updated as it is updated on the website above*****

All travellers are required to provide contact and quarantine information upon and after entry into Canada. This is part of Canada's efforts to reduce the spread of COVID-19 and prevent importation. This information is crucial to Canada's response to COVID-19.

Paper forms can be incomplete or inaccurate, and can take days to process. To help provinces and territories protect their citizens, the Government of Canada is moving to a safer and faster paperless process.

Requirements for entry and after entry to Canada

Requirements for entering Canada by air

As of November 21, 2020, if you're flying to Canada as your final destination, you must use ArriveCAN to submit your:

- travel and contact information
- quarantine plan (unless exempted under conditions set out in the mandatory isolation order)
- COVID-19 symptom self-assessments

You must use ArriveCAN before you board your flight to Canada.

If you're using the ArriveCAN app, your window to submit information opens 90 days before your flight. If you submit your information by signing into ArriveCAN online, your window opens 14 days before your flight.

Once you submit your information through ArriveCAN:

- a receipt will be displayed
- be ready to show the receipt to a Canadian border services officer
- you can show your receipt from the app as a screenshot or printout
 - If you don't travel with a smartphone
 - Submit your information before you leave your point of departure by signing in online.
 - No data on your phone while travelling
 - Submit your information before you leave and take a screenshot to show upon entry into Canada.
 - No computer or smartphone
 - You can sign in online on any personal computing device, like those found in Internet cafés or libraries.



- If you don't submit your information through ArriveCAN, you won't be denied boarding, but you may:
 - face additional delays at the border for public health questioning
 - be subject to enforcement action, which can range from verbal warnings to \$1,000 fines
- Exceptions to mandatory digital submission
 - Travellers who are in transit to another country (and aren't leaving the secure area at the airport) shouldn't submit their information through ArriveCAN.

Entering Canada by land or sea

If you're travelling to Canada by land or sea, you're strongly encouraged to submit your travel information through ArriveCAN. This will speed up processing at the border and limit points of contact.

Show your ArriveCAN receipt to the border services officer.

Requirements after you've entered Canada

As of November 21, 2020, all travellers, whether you travel by air, land or sea, must report daily after your entry into Canada. If you're entering Canada for exempt travel, you don't have to report after you've entered.

You must report to:

- confirm that you've arrived at the address you provided for your quarantine or isolation location within 48 hours of your entry into Canada
- complete daily COVID-19 symptom self-assessments until the completion of your quarantine period or until you report symptoms

If you don't complete your reporting after you've entered Canada, you may receive phone calls or public health follow-ups.

How to report depends on if you:

- Used ArriveCAN to enter Canada
 - If you've used ArriveCAN before you entered Canada, you're encouraged to continue to use it daily after your arrival. You'll be able to complete your mandatory reporting in less than a minute.
- Did not use ArriveCAN to enter Canada
 - If you submitted your information verbally or by paper form when you entered Canada, you can't use ArriveCAN to complete your mandatory reporting. You must call 1-833-641-0343 instead. It will take approximately 5 minutes to complete your daily reports.

How to use ArriveCAN

Use ArriveCAN to submit your information easily and securely before your arrival in Canada. ArriveCAN is available to download as a mobile app or you can sign in online.

Whether you're entering Canada by air, land or sea, use ArriveCAN to:

- provide required contact information for you and your family travelling together



- answer questions about your quarantine plan if your trip isn't exempt from quarantine requirements
- get an ArriveCAN confirmation receipt to show to border services officers
- take a screenshot or print your confirmation if you sign in online
- report after your entry and complete COVID-19 symptom self-assessments

Details you'll provide to ArriveCAN

You provide the following information in ArriveCAN:

- contact information, such as your name, date of birth, email address, phone number and travel document details
- travel details, such as your:
 - date of arrival
 - port of entry if you're entering by land or marine vessel or
 - flight number, airport and airline if you're entering by air
- the purpose of your travel (such as exempt travel, work, study, family reunification or compassionate reasons)
- any symptoms you may be experiencing

For your quarantine plan, questions will include:

- whether you have a place to quarantine or isolate for 14 days
- the address of the place where you'll be staying during your quarantine or isolation period
- if there are vulnerable people at that place
- if it's a group living environment or houses multiple families
- if you can have food, medication and other necessities delivered to you while in quarantine
- Meeting the conditions of a suitable quarantine plan

If you arrive in Canada without a suitable quarantine plan, you'll be asked to develop a quarantine plan within your financial means. Those that aren't able to confirm a suitable quarantine plan may be required to quarantine or isolate at a designated quarantine facility.

The ArriveCAN mobile app saves your contact information (name, date of birth and travel document information) for travel at a later date.

If you're an exempt traveller, you don't need to provide destination details or a quarantine plan.

Additional Information go to:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>



Travellers entering Canada

To limit the spread of COVID-19, travellers entering Canada must follow the rules set out by the emergency orders under the Quarantine Act.

Instructions for travellers entering Canada during COVID-19.

No one should travel when sick. Commercial airline restrictions may also prevent you from boarding your plane if you're sick. However, Canadians, persons with status under the Indian Act and permanent residents who have COVID-19 symptoms are allowed to return to Canada.

When entering Canada, you'll be:

- asked if you have a cough, fever or difficulty breathing
- required to acknowledge that you must:
- quarantine for 14 days if you don't have symptoms or
- isolate for 14 days if you have symptoms
- asked if you have a suitable place to isolate or quarantine, where:
- you'll have access to basic necessities, including water, food, medication and heat during the winter months
- you won't have contact with people who:
- are 65 years or older
- have underlying medical conditions
- have compromised immune systems
- you won't be in a group or community living arrangement such as:
- industrial camps
- student residences
- construction trailers
- residential or long-term care facilities
- sharing a small apartment
- living in the same household with large families or many people
- having roommates who haven't travelled with you that you can't avoid
- given instructions about the actions you must take under the emergency order and the penalties for non-compliance



Q College Checklist Form

Q COLLEGE is looking forward to welcoming you in _____.

British Columbia remains a safe and welcoming destination for international students. However, as a result of the COVID-19 pandemic, there are some important protocols that international students must follow to reduce the risk of infection and transmission of the virus, including undertaking a mandatory 14-day quarantine period immediately upon arrival in Canada.

Please take some time to review the information in this document. Please note that in not following this protocol, students may be denied entry into the country, or may be denied entry/dismissed from your program of study with no refund. Government authorities may also fine students for non- compliance in certain situations.

Please understand that our number one priority is the health and safety of our students and communities.

Please confirm that that you understand and agree with the following:

- I am aware of the requirement to comply with the Government of Canada’s Quarantine Act, including the penalties of violation of the Quarantine Act, which include up to 6 months in prison and/or \$750,000 in fines.
- I agree to comply with the Student Responsibilities laid out on Page 7 the Q COLLEGE Return to New “Normal” Recovery Plan.
- I have completed and printed the B.C. Self-Isolation Plan for presentation at my port of entry, and have registered via the Arrive CAN App. Please enclose a screenshot of app

I confirm that I am responsible for my medical coverage, including COVID-19 related emergencies, until the first day of classes.

Name: _____

Student Number: _____

Signature: _____ Date: _____



Pre-Departure Checklist

Q COLLEGE requires each student to submit their travel and quarantine plans prior to departure from their home country which will be verified by our team. Please submit the following information to Q COLLEGE

Name: _____ Student Number: _____

Email address: _____ Mobile phone number: _____

Arrival date: _____

Flight number: _____

Travel to Self-Isolation destination: _____

Address for completing Self-Isolation:

- Attach Confirmation from Rental of hotel, personal suite rental or rental agreement

I confirm that I have completed and shared my Self-Isolation Plan in full. _____
Initials

In regard to medical insurance in Canada, please check the box that applies to you:

I have completed the documents provided to me by Q College for my medical coverage

I confirm that the above information is correct.

I will submit this completed form to covid-19helpdesk@qcollege.ca before I travel to Canada.

Signature: _____

Date: _____



Self-Isolation Completion Checklist

Q College requires each student to submit proof of completion of their 14-day self- isolation. This form must be completed and emailed to thin 48 hours of your covid-19helpdesk@qcollege.c a self-isolation ending.

Q COLLEGE must acknowledge receipt of this form before you will be allowed to visit Q College campus.

Name: _____ Student Number: _____

Program: _____

Start Date for Self-Isolation: _____

End Date for Self-Isolation: _____

Address for Self-Isolation: _____

- I confirm that the above information is correct.
- I confirm that I have no symptoms of COVID-19.
- I have called 8-1-1 and have gotten clearance from a medical professional
- I will submit this completed form to covid-19helpdesk@qcollege.ca within 48 hours of my self-isolation period ending.

Student Name: _____ Signature: _____

Date: _____

Q COLLEGE CAMPUS STAFF ONLY

Reviewed By: _____

Date: _____

Signature: _____

Date approved to attend Campus: _____