

TRAVEL AND ARRIVAL PROTOCOL CHECKLIST

The following checklist will outline the expectations of federal and provincial governments, local health authorities and the Richmond School District. Students must abide by these expectations to participate in the RIE program.

PLEASE READ CAREFULLY

NOTE

- If you are exempt from the travel restrictions, are not symptomatic and you are considered fully vaccinated against COVID-19 in Canada, you do not need to stay at a government-approved hotel. You will also not need to quarantine nor will you need to take another COVID-19 test on the eighth day after arrival.
- If, for health reasons, you are unable to get vaccinated, you will still need to quarantine and take a COVID-19 test on Day 8. This applies to anyone over the age of five.
- Should your test result return as positive, you will need to quarantine and isolate yourself from others regardless of your vaccination status.

PRE-DEPARTURE:

- Set up a quarantine plan regardless of my vaccination status.
- Complete and email the **RIE Isolation Plan**. An isolation plan is required regardless of my vaccination status.
- Provide Richmond International Education (RIE) with my flight information, RIE Isolation Plan and this Travel and Arrival Protocol Checklist.
- Less than 72 hours before departure -- Take a COVID-19 polymerase chain reaction (PCR) test and receive a negative result. For more information, please visit the [IRCC website](#).
- 48 hours before departure, download the **ArriveCAN app** (iOS and Android) and complete the arrival questionnaire.
- Pre-register for a COVID-19 test to take upon arrival.
- Contact your host family and custodian to discuss expectations; make sure they have a current photo of me. Provide arrival information and exchange contact information (cell phone, email).
- Think about what I would like to bring to keep you busy and entertained during my isolation period (if required).
- Consider reading [How to self-isolate after travel when you live with other family members](#) and [Daily Self-Monitoring form for COVID-19](#).
- Consider downloading the **COVID-19 app** and Daily Symptom Tracker: <https://ca.thrive.health/>.

TRAVELLING:

- Follow airline and airport protocol.
- Wash hands frequently and use hand sanitizer.
- Keep cell phone charged.
- Bring my own food and refillable water bottle.
- Have a hard copy of all important documents in my carry-on luggage and a photo on my phone.

ARRIVAL IN CANADA:

- Contact host family and confirm pick up point (if applicable)
- Wear fresh mask
- Wash my hands frequently
- Have all documents ready to proceed through Canadian customs and immigration
- Follow directions around physical distancing and walking channels
- Contact my homestay family to let them know I have arrived. There is free Wi-Fi available throughout the Vancouver International Airport (YVR) as well as public phones. "Greeters at the Arrivals Hall can

offer assistance.

- Make sure to have the ArriveCAN receipt ready on my phone. Travellers may be asked to show this receipt to a Canada Border Services Agency (CBSA) officer.
- Proceed to the immigration office to pick up my study permit.
- Before leaving the airport, do another COVID-19 test.
- Go directly to my isolation/quarantine location, unless exempt.

IN HOMESTAY – ISOLATION/QUARANTINE (if applicable)

- Depending on my vaccination status, I may be required to quarantine/isolate for 14 days – this means staying in my room and avoiding close contact with others for an extended period of time.
- If staying with an RIE Homestay family, I will be provided with food, clean linens, a comfortable room and internet access.
- I should keep my room well ventilated and clean and open my window to allow for air circulation.
- I should practice good hygiene and use a separate bathroom if possible.
- I should clean the bathroom regularly.
- I should stay connected with friends and family by phone or Internet.
- I must monitor my physical and mental well-being. If I are not feeling well or developing symptoms, I must notify my host family know immediately.
- I must check in with the ArriveCan app daily.
- I should empty garbage frequently and wash hands after.
- I must follow my host family’s advice to wash clothes / do laundry.
- I should keep personal items separate from those belonging to others.
- I will ask for help from your host family or RIE staff if you need it.

As an international student and parent/legal guardian:

- **I have read and understood the Travel and Arrival Protocol Checklist;**
- **I understand that I need a RIE Isolation plan, regardless of my vaccination status;**
- **I understand adherence to the *Quarantine Act* is mandatory;**
- **I agree to follow all isolation requirements as indicated by the federal and provincial governments;**
- **I understand that I must notify RIE immediately if I present COVID-19 symptoms at any point;**
- **I understand students and parents are responsible for any fines incurred due to breach of the *Quarantine Act* and regulations from the Government of British Columbia;**
- **I understand that if I do not follow these expectations, I risk being dismissed from the program and sent home;**
- **I understand that RIE may need to share isolation and health information with appropriate government, health authorities or homestays and custodians, if necessary;**
- **I understand that by signing this checklist, I’m confirming that I have read, understand and agree to comply with the expectations listed in the RIE Pre-Departure and Arrival Guide;**

Declaration

_____ Student Signature	_____ Date
_____ Parent 1 Signature	_____ Date
_____ Parent 2 Signature	_____ Date