

## TRAVEL AND ARRIVAL PROTOCOL CHECKLIST

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The following checklist and form 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 program.

### PLEASE READ CAREFULLY

#### PRE-DEPARTURE:

- Contact host family and custodian to discuss expectations, make sure they have a current photo of you
- Provide arrival information and exchange contact information (cell, email)
- Consider reading [How to self-isolate after travel when you live with other family members](#) and [Daily Self-Monitoring form for COVID-19](#)
- Download the **RIE iCent app**
- Consider downloading the **COVID-19 app** and Daily Symptom Tracker: <https://ca.thrive.health/>
- Think about what you would like to bring to keep you busy and entertained during quarantine
- Consider self-isolating at home for 2 weeks and only meet your family
- If possible, request a letter from the doctor within 72 hours before departure that confirms you are healthy and safe to travel, as well as a COVID-19 test
- Download the **ArriveCAN app** (iOS and Android) and complete the arrival questionnaire 48 hours prior to departure.
- Complete, send and print the online mandatory **BC Self-Isolation Plan** (<https://travelscreening.gov.bc.ca/>)
- Make sure to review the arrival checklist in the **RIE iCent app** as well as the packing list in the Pre-Departure Booklet for an overview of documents and items to bring into Canada with you.

#### AIRPORT:

- Wear mask (and gloves, if you wish)
- 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
- Check with your airline regarding their travel protocol and requirements.

#### ARRIVAL IN CANADA:

- Check-in with RIE to let them know you have landed in Canada (through **RIE iCent app** or email)
- Contact host family and confirm pick up point (if applicable)
- Wear fresh mask
- Wash your hands frequently
- Have all documents ready to proceed through immigration (and obtain a study permit if you are a new student)
- Maintain physical distancing when picking up luggage
- Load your own luggage into the car and sit in back seat if possible

#### IN HOMESTAY – SELF-ISOLATION/QUARANTINE

- You are required to self-quarantine (or self-isolate) for 14 days – this means staying in your room and avoiding contact with others
- When you arrive to your host family's home immediately remove your travel clothes and place them in a plastic bag for your host family to wash for you.

- Your homestay family will provide you with food, clean linens, a comfortable room and internet access
- Keep your room well ventilated and clean – open your window to allow for air circulation
- Practice good hygiene and use a separate bathroom if possible
- Clean the bathroom regularly
- Stay connected with friends and family by phone or internet
- Monitor your physical and mental well-being. If you are not feeling well or developing symptoms, let your host family know immediately.
- Empty garbage frequently, wash hands after
- 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 RIE staff if you need it

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**As an international student and parent/legal guardian:**

- **I have read and understood the Travel and Arrival Protocol Checklist;**
- **I understand the self-isolation plan and adherence to the *Quarantine Act* is mandatory;**
- **I agree to follow all self-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 self-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;**

Who will be providing support for you during isolation?

Name: _____ Email: _____	Phone Number: _____ Address: _____
Relationship: Custodian, local friend, local relative, other: _____	

**Certify Declaration**

I, _____, certify this to be accurate. (Student’s First/Last Name in Print)	Date: _____ (YY-MM-DD)
I, _____, certify this to be accurate. (Student’s Parent’s First/Last Name in Print)	Date: _____ (YY-MM-DD)