



# PREPARATIONS FOR PRE-ARRIVAL TO CANADA

## **Registrar**

Policy Authority

**Oct 29, 2020**

Implementation Date

## **International Students**

Applicability

**Oct 29, 2020**

Date of Last Revision

## REASON FOR POLICY

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The Canadian College of Performing Arts (CCPA) is committed to ensuring the health and safety of all its students and community by following the guidelines of the Government of Canada and health authorities. For more information about how CCPA is addressing the COVID-19 situation, please visit our website at <http://www.ccpacanada.com/covid-19/>

## DEFINITIONS & APPENDIXES

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**“Canadian College of Performing Arts Campus”** and/or **“Campus”** is all offices, studios, common spaces, parking lots and outdoor spaces connect to 1701 Elgin Rd, or an insured, contracted rental space.

## POLICY STATEMENT

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This document is to provide CCPA international students who plan to travel to Canada with important information regarding the current travel restrictions and mandatory quarantine requirements considering COVID-19. Please review this information carefully for important updates and resources for a safe arrival in Canada. It is the responsibility of CCPA international students to understand the federal and provincial laws and regulations before planning to arrive in Canada. Students are recommended to review the government websites regularly for up-to-date information as they are subject to change.

## TRAVEL RESTRICTIONS AND QUARANTINE REQUIREMENTS

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Before you make plans to travel to Canada, it is very important that you understand the travel restrictions and exemptions for international students.

Please refer to the Immigration, Refugees and Citizenship Canada (IRCC) website for more information regarding Travel Restrictions and Exemptions.

<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/travel-restrictions-exemptions.html>

It is important to note that Canada border services can use their discretion to determine if your travel is considered discretionary (not essential) or non-discretionary (essential) based on the information you provide. Travelers arriving in Canada are required to self-isolate (quarantine) for 14 days under the Quarantine Act in order to slow the spread of COVID-19.

The Quarantine Act can be found at <https://laws-lois.justice.gc.ca/eng/acts/q-1.1/page-1.html>

Please visit the IRCC website for information about Quarantine Requirements.  
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#f>

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## COMMUNICATE YOUR TRAVEL PLAN WITH THE OFFICE OF THE REGISTRAR

Once you have determined that you are eligible <https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/visitors-foreign-workers-students.html#restrictions-students> to travel to Canada and have booked your flights, please email the Office of the Registrar at [registrar@ccpacanada.com](mailto:registrar@ccpacanada.com) the following information:

1. Your full name, student number, and program of study
2. A copy of your flight ticket
3. Your self-isolation/quarantine plan  
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return>
4. Once you arrive in Canada, please email the Office of the Registrar at [registrar@ccpacanada.com](mailto:registrar@ccpacanada.com) or call 250-595-9970 ext. 101 to let us know of your arrival.
5. You must remember to stay in your quarantine location for 14 days before you can attend classes (if required). All students are required to complete a pre-screen questionnaire through the SwipedOn Pocket App before being allowed to come on campus. Please email the Office of the Registrar at [registrar@ccpacanada.com](mailto:registrar@ccpacanada.com) for more information or technical support for the app.

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## PLANNING YOUR TRAVEL TO CANADA

International students should plan to arrive in Canada with adequate time to fulfil the 14-day quarantine plan before attending any classes in person (if applicable). This requires advance flight booking and planning with airlines.

### **Things to prepare for the flight (check with airlines for specific guidelines):**

- Wear a non-medical mask or face covering
- Wear gloves (if applicable)
- Practice safe social distancing
- Carry hand sanitizer and wash hands frequently

### **Things to prepare upon arrival in Canada:**

- Wear your non-medical mask or face covering on until you reach your quarantine location

- Provide basic information using the ArriveCAN mobile app or the Traveler Contact Information Form <https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/>
- Undergo a health check screening
- Provide Quarantine Plan <https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/travel-restrictions-exemptions.html#quarantine>
- Show your passport, CCPA provided LOA for Visa purposes, Port of Entry Introduction Letter <https://www.cic.gc.ca/english/helpcentre/results-by-topic.asp?top=26#http://www.cic.gc.ca/english/helpcentre/results-by-topic.asp?top=26> or study permit, proof of funds, and course registration information.

## TRANSPORTATION FROM VICTORIA INTERNATIONAL AIRPORT (YYJ) TO QUARANTINE LOCATION

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International students will have direct transportation from Victoria International Airport (YYJ) to their quarantine location. CCPA will ensure that the student will be picked up and dropped off in a safe and viable manner. CCPA is committed to working directly with international student(s) and an approved carrier so that their rides are arranged and paid for by the international student(s). The college can facilitate payment on the students' behalf with the charges added to the students account with CCPA Finance department. For tracking purposes the Office of the Registrar will communicate with the carrier to record the name of the driver and any staff at the quarantine location who were in direct contact with the international student upon their arrival. This record will be kept in the student file in a secure location on campus.

It is required that you wear a mask or face covering throughout the transportation process.

***Note: You should NOT take public transportation once you leave the airport as you will be exposing yourself to the public. IF you plan on taking public transportation after your quarantine period, you are required to wear a mask or face covering as stipulated by BC Transit effective August 24, 2020.***

## ACCOMMODATIONS FOR 14-DAY QUARANTINE REQUIREMENT

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CCPA has been in contact with hotels/tourism accommodations and has a list of quarantine locations in the Greater Victoria region. As an example, the following hotels/tourism accommodations offer short-term housing options which are confirmed to be acceptable and meeting the 14-Day Quarantine Requirements outlined by the Government of Canada:

### **Accent Inns Victoria**

Address: 3233 Maple St, Victoria, BC, V8X 4Y9

Website: [www.accentinns.com](http://www.accentinns.com)

Price: \$85/night + tax

Inclusions: Parking, Wi-Fi, local telephone calls, coffee/tea in rooms and daily breakfast to go (yogurt, fruit, granola bar)

Kitchenette: Yes

Can accommodate families: Yes

Reservation email: [schan@accentinns.com](mailto:schan@accentinns.com)

### **Hotel Zed**

Address: 3110 Douglas St, Victoria, BC, V8Z 3K4

Website: [www.hotelzed.com](http://www.hotelzed.com)

Price: \$85/night + tax

Inclusions: Parking, Wi-Fi and local telephone calls

Kitchenette: Yes

Can accommodate families: Yes

Reservation email: [schan@accentinns.com](mailto:schan@accentinns.com)

### **Quality Inn Victoria**

Address: 850 Blanshard St, Victoria, BC, V8W 2H2

Website: [www.victoriaqualityinn.com](http://www.victoriaqualityinn.com)

Price: \$99/night + tax; \$129/night + tax (suites)

Inclusions: Wi-Fi

Kitchenette: Yes

Can accommodate families: Yes

Reservation email: [info@victoriaqualityinn.com](mailto:info@victoriaqualityinn.com); [gm@victoriaqualityinn.com](mailto:gm@victoriaqualityinn.com)

### **Days Inn Victoria on the Harbour**

Address: 427 Belleville St, Victoria, BC, V8V 1X3

Website: <https://www.wyndhamhotels.com/en-ca/days-inn/victoria-british-columbia/days-inn-victoria-on-the-harbour/overview?CID=LC%3ADI%3A20160927%3ARio%3ALocal&iata=00093796>

Price: \$125/night + tax

Inclusions: Wi-Fi

Kitchenette: Yes

Can accommodate families: Yes

Reservation email: [gm@daysinnvictoria.com](mailto:gm@daysinnvictoria.com)

### **Days Inn Victoria Uptown**

Address: 229 Gorge Rd E, Victoria, BC, V9A 1L1

Website: [www.daysinnvictoriauptown.com](http://www.daysinnvictoriauptown.com)

Price: \$105/night + tax

Inclusions: Wi-Fi

Kitchenette: Yes

Can accommodate families: Yes

Reservation email: [gm@daysinnvictoria.com](mailto:gm@daysinnvictoria.com)

### **Howard Johnson Hotel and Suites Victoria - Elk Lake**

Address: 4670 Elk Lake, Victoria, BC, V8Z 5M2

Website: <https://www.wyndhamhotels.com/en-ca/hojo/victoria-british-columbia/howard-johnson-hotel-and-suites-victoria-elk-lake/overview?CID=LC%3AHJ%3A%3AGGL%3ARIO%3ANational%3A11927&iata=00093796>

Price: \$129/night + tax

Inclusions: Wi-Fi, Breakfast

Kitchenette: Yes

Can accommodate families: Yes

Reservation email: [fom@hojovictoria.ca](mailto:fom@hojovictoria.ca)

### **Motel 6 - Victoria Airport**

Address: 2401 Mount Newton Cross Road, Victoria, BC, V8M 1T8

Website:

[https://www.motel6.com/en/motels.bc.saanichton.5739.html?lid=Local\\_Milestone\\_5739&travelAgentNumber=TA001305&corporatePlusNumber=CP792N5W&utm\\_source=google%20my%20business&utm\\_medium=listing&utm\\_campaign=visit%20web%20site](https://www.motel6.com/en/motels.bc.saanichton.5739.html?lid=Local_Milestone_5739&travelAgentNumber=TA001305&corporatePlusNumber=CP792N5W&utm_source=google%20my%20business&utm_medium=listing&utm_campaign=visit%20web%20site)

Price: \$109/night + tax

Inclusions: Wi-Fi, Breakfast

Kitchenette: Yes

Can accommodate families: Yes

Reservation email: [gm@hievictoria.com](mailto:gm@hievictoria.com)

The local hotels provide discounted nightly rates for students who require self-isolation accommodations. To ensure that you receive the discounted rates, please identify yourself as a Canadian College of Performing Arts student when making your booking. If you book hotel

space with a kitchenette, confirm with the hotel directly what kitchen supplies are included so that you can plan your grocery and meal supplies accordingly.

As these rooms would be designated for self-isolation, hotel staff would not enter the room for cleaning during the isolation period. The hotel would drop off clean towels and fresh sheets on a weekly basis and provide extra garbage bags to be placed outside their door for removal. As guests are in isolation, and not allowed to leave their rooms until isolation is completed, breakfast served in a common dining area would not be included.

International students who have already arranged accommodations with landlords, relatives or friends should avoid contact with others until the quarantine period is over. For more information on how to self-isolate (quarantine) with others, please visit the Government of Canada website. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>

#### ACCOMMODATION OPTIONS AFTER QUARANTINE PERIOD

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There are many accommodation options for students in Victoria (eg. furnished and unfurnished rentals in houses, basement suites, condos, apartments). Resources for locating available housing can be found online but the Office of the Registrar is also available to assist you with finding accommodations. You are recommended to be familiar with your rights as responsibilities as a tenant by reviewing the information from the Tenant Resource and Advisory Centre. <https://tenants.bc.ca/>

If you would like support to find accommodation or review your rights and responsibilities as a tenant, you can contact the Office of the Registrar at 250-595-9970 ext. 101 or by email at [registrar@ccpacanada.com](mailto:registrar@ccpacanada.com)

#### MEALS AND GROCERIES

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Travelers to Canada may not leave their quarantine location to purchase meals, groceries, or other necessities. If needed the Canadian College of Performing Arts will arrange to have someone deliver meals and groceries and other necessities as needed. CCPA will work with International Students on securing and delivery of the food so that students do not need to leave their quarantine location. The college can facilitate payment on the students' behalf with the charges added to the students account with CCPA Finance department.

Some options are listed below to which stores and delivery services that will be used to assist International Students during their quarantine time.

##### **Grocery Delivery Services:**

Due to high demand for grocery delivery, consider setting up your grocery order prior to your arrival. To determine the correct store for delivery, use the postal code for your hotel or

other accommodations. In most cases the order must be received 24 hours in advance and requires a minimum dollar amount.

Save-on-Foods <https://www.saveonfoods.com/>

Thrifty Foods <https://www.thriftyfoods.com/>

Spud.ca <https://spud.ca>

### **Meal Delivery Services:**

Chef on the Run <https://chefontherun.ca/>

Door Dash <https://www.doordash.com/food-delivery/victoria-bc-restaurants/>

SkipTheDishes <https://www.skipthedishes.com/victoria/restaurants>

Tutti <https://www.tutti.app/app>

Uber Eats <https://www.ubereats.com/ca/location/victoria>

### **Meal Kit Delivery Services:**

Hello Fresh <https://www.hellofresh.ca/>

FreshPrep <https://www.freshprep.ca/>

Local Urban Bites <https://localurbanbites.com/>

## MEDICAL INSURANCE

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All BC residents, including international students, who reside in Canada for more than six months are required to have medical coverage through the publicly funded BC Medical Services Plan (MSP). MSP provides basic medical benefits including doctor/clinic visits and emergency services. You should apply for MSP immediately upon arrival in BC by completing the online application form from the MSP Website.

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents>

There is a three-month waiting period for all new residents to BC. During this waiting period, you will be required to have private medical insurance.

## HOW TO MONITOR FOR SYMPTOMS OF COVID-19

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If you have any COVID-19 symptoms, you should avoid contact with others. Even if your symptoms are mild, self-isolate for a minimum of 10 days. You should not plan to leave your home.

Common symptoms for COVID-19 include fever, chills, cough, shortness of breath, fatigue, and loss of sense of smell or taste. Symptoms may take up to 14 days to appear after

exposure. If you are unsure about your symptoms, use the BC COVID-19 Symptom Self-Assessment Tool <https://bc.thrive.health/> or call HealthLink BC (8-1-1).

Anyone with symptoms, however mild, can get tested for COVID-19 in B.C.

Information about how and where to get tested in the Greater Victoria area can be found at <https://www.islandhealth.ca/learn-about-health/covid-19/symptoms-and-testing>