



Please take some time to carefully review the safe travel and quarantine protocol information in this package. Note that the circumstances, guidelines, regulations, and restrictions are subject to change, and that the contents of this information package are therefore also subject to change. Victoria Academy of Ballet will keep you updated with any changes that do take place.

This information package and checklists are broken up into the following sections:

1. Before you leave home
  - 1.1 PRE-DEPARTURE CHECKLIST
2. At the airport
  - 2.1 AIRPORT AND FLIGHT PROTOCOL
3. Welcome to Victoria
4. Self-isolation
5. Post quarantine guidelines
6. If you develop symptoms or are diagnosed with Covid-19
7. Resources and contact information

## SECTION 1: Before you leave home

Before students depart their home country, they will be required to take extra health and safety precautions, as well as invest more time in relationship building with their host family, especially if it is a new homestay placement. Below, you will find guidelines and expectations on communication and relationship building.

### 1.1 Pre-departure checklist –

- a. Getting to know or reconnecting with your host family so you are comfortable with them when your quarantine period is over
  - b. Reporting your health to Victoria Academy of Ballet
  - c. Medical routine
  - d. Airport specifics
  - e. What to pack for your flight
  - f. Documents you need in your carry-on luggage (see below)
- a) **Getting to know or reconnecting with your host family**
- Think about anything specific you want to bring to help joining the family after your self-quarantine period
  - Ask your host family what homestay expectations they may have generally and related to how they deal with Covid-19 safety in their home
  - Have Zoom, Skype or FaceTime meeting to get to know one another before you arrive and talk about any worries or questions you may have
  - Prepare to self-isolate when you arrive in Canada

---

b) **Reporting your health to Victoria Academy of Ballet**

- Before departing to Canada, you must report your health to the Student Services representative and Victoria Academy of Ballet
- Anyone that is sick will not be allowed to travel

c) **Medical routine**

- Prepare to self-isolate when you arrive in Canada
- Before you leave, you can use this electronic [checklist](#) to track your health

d) **Airport specifics**

- Check with all airlines you will be flying with and all airports you will be flying through to be sure about health checks and specific requirements before you leave
- Download and complete the ArriveCAN app, available for both [iPhone](#) and [Android](#). You must also complete this APP before departing your home country
- When you arrive in Canada, you will be given a TOKEN NUMBER. Enter your token number into the app

e) **What to pack for your flight**

- Disposable face masks
- Hand sanitizer (under 100ml for travel)
- Good quality disinfectant wipes
- A thermometer
- All required travel, school and quarantine related documents
- Laptop and cell phone with power cords, charger or external battery
- Any medication that you require upon landing. It may take some time to refill prescriptions while you are self-quarantining. Bring at least a one month's supply of all medication with you.

e) **REQUIRED travel documents**

In addition to the documents listed below, we recommend that you purchase additional trip cancellation insurance should you become ill before you are able to travel. Likewise, all students are asked to purchase travel insurance with Covid-19 specific coverage which will cover them until they arrive in Victoria. Upon arrival, students will be covered through a private insurer and/or provincial health insurance.

You must travel with:

- Passport
- Study permit or approval letter (if you have one)
- Custodianship documents
- Letter of acceptance from school
- Letter of Support
- Quarantine home profile (including VAB Director, home address, phone number of your quarantine home)
- Contact information sheet for the Victoria Ballet Academy, including 24/7 emergency phone number (Section 7 of this document)
- Copy of this document

- 
- Proof of travel insurance to cover you until you land in Victoria
  - Change of clothes

## SECTION 2: At the airport

Please refrain from traveling if you are sick or showing any symptoms that could be related to COVID-19. You will not be able to board your flight.

A few days before you leave, check your tickets to find out which airlines you will be traveling with and which airports you will travel through. Check their websites to make sure there are no specific requirements.

Should you be denied boarding on a connecting domestic flight for the above reason, the student/agent will need to contact program immediately, the Victoria Ballet Academy will work with the agent/natural parents and Provincial Health Officials to find accommodation for the 14-day period at the student and parents' additional expense, and will work with the student to obtain medical testing as soon as possible.

### 2.1 AIR TRAVEL Checklist –

You will be instructed on the following requirements and expectations prior to departure:

- Wear a mask in the airport and airplane at all times
- Use hand sanitizer when necessary
- Wash your hands for 20 seconds as often as you can
- Avoid touching surfaces unnecessarily in the airport. When that is unavoidable, such as when you are checking in and going through security, etc., thoroughly wash your hands immediately after.
- If you are unable to wash your hands regularly at the airport or during your flight, please use hand-sanitizer, especially if you touch anything on the plane and before you eat
- Practice physical distancing when possible (2 meters distance from others)
- Be aware of your surroundings and avoid busy areas of the airport
- Avoid unnecessary movement within the airport – go to your gate and stay in one place. Remember to wipe down your seat, the armrests and any tables or charging stations you may use in the airport.
- When using the washroom at the airport, make sure to flush the toilet with the seat down and wash your hands thoroughly afterwards. Avoid opening the door with your bare hands after washing them (use a tissue or paper towel).
- Avoid restaurants and food kiosks unless necessary
- After putting your luggage in the overhead storage bins, use hand sanitizer, then use your good quality disinfecting wipes to clean your seat and seat arms, seatbelt buckle, eating tray, touch screens and remote controls
- If you have to leave your seat for any reason, wipe all of these again when you return to your seat
- Minimize trips to the washroom or out of your seat
- When using the washroom or moving around the plane (which shouldn't be required), ALWAYS wear your mask and touch as few surfaces as possible. Disinfect your seat and personal area again

---

## 2.2 Air travel – Remember to...

- Keep your cell phone charged
- Bring a portable charger (see airline restrictions)
- You will need your cell phone to contact VAB staff members
- Please make sure that it is charged throughout the flight
- If you are using your phone throughout the flight to watch movies or play games, please wipe it down with a disinfectant wipe frequently
- Bring a water bottle and food. Check with your airline/s to make sure it is food that you will be allowed to take on the flight.

## 2.3 If you get sick on the plane

Most airlines around the globe, including those in Canada are preventing anyone with symptoms to board a flight. In the event that the air operator observes that the air traveler has COVID-19 symptoms or that their response to any of the questions on the health check indicates a need to deny boarding (including refusal to answer the questions), the air operator will be required to not allow the person to travel for a period of 14 days or until a medical certificate is presented, confirming that the symptoms exhibited are not related to the COVID-19 virus. Please check that your travel insurance covers you for COVID-19.

## SECTION 3: Arrival protocol

Keep the name and contact information of the VAB staff member in your phone. Below are the guidelines and expectations regarding your arrival.

Upon arrival at Vancouver Airport (YVR), you will (similar protocol if arriving at different international airport within Canada):

- Log in to the Free YVR Wi-Fi (follow prompts).
  - Use the [“Passenger Guides”](#) to help with step-by-step directions through the airport
  - This step should be done before departing your home country so you are familiar with the process
- You must have the documents outlined on the Pre-departure Checklist ready to provide to the Canada Border Services Agency (CBSA). You will also be required to undergo a screening by a border services or quarantine officer to determine that you are symptom free.
- Be prepared to speak about your quarantine plan as you will be assessed.
- Have print outs or screenshots of your plans and documents, such as:
  - Confirmation numbers
  - The address of your quarantine home
  - Any documents provided to you by VAB, including this document
  - Specify that your VAB arranged transportation to your quarantine home
- Wear a fresh mask
- You should be wearing a mask throughout your flight
  - When you arrive, please dispose of that mask, thoroughly wash your hands and put on a new mask

- 
- Avoid touching surfaces in the airport, and when you do, immediately wash your hands
  - Proceed through immigration and baggage pick up while physical distancing
  - If you are a new student who has a study permit approval letter, please make sure you pick up your study permit before getting your luggage
  - If you are unsure what to do, ask!

Upon arrival at Victoria Airport, you will:

- Connect to the airport Wi-Fi and message VAB staff that you have arrived
- Wi-Fi connection info: <https://m.victoriaairport.com/services-and-facilities>
- Wear a fresh mask
- Proceed to baggage pick up while physical distancing
- Check in with VAB staff member by phone
- Exit the baggage area and find your pre-arranged Victoria Academy of Ballet transportation
- Load your luggage into the car, wear your mask, and sit as far away from the driver as possible

Upon arrival at homestay, you will:

- Shower and change into fresh clothes immediately
- Put your travel clothes in a plastic bag and immediately wash them

## SECTION 4: Self quarantine

These instructions and protocols may seem overwhelming, but they are here to provide you with clear guidelines for the 14- day self-quarantine. VAB is here to support you so please do not hesitate to reach out to your homestay coordinator for assistance.

As part of the *Quarantine Act*, all travelers coming into Canada are required to self-quarantine for 14 days. To meet this expectation, you will be provided your own comfortable, private room for sleeping and other activities such as computer work. You are to avoid physical contact with others.

Below, you will find the VAB self-quarantine guidelines that you will need to follow:

### Your bedroom (for those in homestays):

- Stay in your own, comfortable room as much as possible and away from others
- Keep your room well-ventilated and clean
- Keep your window open to let the air circulate
- Clean your room every few days and keep a tidy space
- Use cutlery, a cup and glass and plates and bowls that are dedicated for your use
- Please, let VAB staff know what you need in the way of support, treats, connection, etc. We, and your host family, are your family away from home and you are our priority.

### Bathroom (for those in homestays)

- Please put all toilet paper in the toilet and flush with the seat down
- You will clean the bathroom each time you use it with household cleaning products

- 
- You will clean and disinfect frequently touched surfaces such as doorknobs, countertops, bathrooms, and other surfaces after each use

### Laundry and linens

- You will be provided with fresh linens once a week.

### Garbage

- You will empty your garbage frequently to keep a hygienic environment
- Make an agreement with your host regarding appropriate disposal of garbage

### Going outside

- You should find some time to go outside each day for fresh air
- If you are in a private home, you must stay in a private place like the yard or balcony. If you are in an Airbnb or hotel, you must remain in your suite for the duration of your quarantine
- You may not go to school or into other public areas

### Practice good hygiene

- You should wash your hands frequently with soap and water for at least 20 seconds.
- You should use a separate towel, kept away from others if in a homestay
- You should cover your mouth and nose with your arm when coughing or sneezing, or use a tissue, and avoid coughing into either hands or into the air
- Shower once per day and brush your teeth twice a day

### Stay connected & monitor your well-being

After your quarantine period, you will be joining your host family:

- You should stay connected to your homestay family, homestay coordinator, friends, and family by text, email, FaceTime or other modes of virtual communication during your self-quarantine
- Monitor your physical and mental well-being. If you are not feeling well, please contact your homestay family and homestay coordinator right away to help you.
- Try to establish a 'routine' as quickly as possible. For example, go to bed at a reasonable time and wake up early.
- Reach out to your teacher, student services or homestay coordinator any time you want to talk
- Be creative
- Come up with creative ways to connect with your family and friends and stay occupied during this quarantine phase. For example:
  - Play games as a family virtually
  - Have some favorite movies or show prepared that you want to watch
  - Prepare audiobooks or books that you would like to read
  - Netflix binge with friends or family
  - Check out some [virtual museum tours](#)
  - The Vancouver Aquarium has some [critter cams](#) on otters, jellyfish, etc.
  - Check out [Atlas Obscura](#) for some of the world's hidden wonders

- 
- [Vox](#) has some great news clips (US heavy)
  - If you need someone to talk to or some support for anxiety or other strong feelings, [YouthSpace](#) is a fantastic resource

## SECTION 5: Post quarantine

Once the mandatory 14-day quarantine period is complete, you must report your health to Victoria Academy of Ballet (within 24 hours). If healthy and symptom-free, the isolation can come to an end. At this time, it is important to continue to work on building a relationship with your host family and start to build your life in Victoria. Below you will find some suggestions on how to do this, as well as expectations VAB has for you regarding post-quarantine behavior.

### Behavior expectations for students:

- You should continue to practice proper hygiene, including proper coughing and sneezing etiquette
- You should practice physical distancing when outside of the home
- You should limit in-person social contact to a small group of people, following the instructions and guidelines of the Provincial Government and public health officials
- You should avoid malls, crowded spaces, and close-contact sports
- Always wear your mask when out and about

## SECTION 6: If a student develops symptoms or is diagnosed with Covid-19

If a student is experiencing even mild symptoms including fever, chills, cough, shortness of breath, loss of sense of smell, headache, muscle ache, fatigue or loss of appetite they should:

- Contact Victoria Academy of Ballet immediately
- Complete the [BC self-assessment tool](#)
- Follow the directions outlined on the self-assessment tool and contact 811 and follow their directions
- In the unlikely event that a host is ill and unable to care for the student, an alternate arrangement will be made.

## SECTION 7: Resources and contact information

[COVID-19 and Children in School](#)

[Physical Distancing Fact Sheet](#)

[Tips for cleaning and disinfecting, including garbage collection and laundry procedures](#)

[Track exposures](#)

---

[Anxiety BC Youth](#)

[Virtual Medical Care \(Babylon by TELUS Health\)](#)

[Social Stigma Associated with Covid-19](#)

[Wellness Together Canada: Mental Health and Substance Use Support Portal](#)

**FOR EMERGENCIES, CALL VICTORIA ACADEMY OF BALLET:**

Bleiddyn Bellis, Director, Student Services, 250 532 1244

Daniel de Villar, Student Services, 250 858 7606

Homestay coordinator, 250 858 1049