

## Quarantine Plan:

### Pre-Arrival:

- 1) VAB is up to date on local, provincial, and federal guidelines surrounding Covid-19, specifically regarding post-secondary institutions.
  - a. Resources:
    1. <https://bccie.bc.ca/news/go-forward-guidelines/>
    2. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/covid-19-guidance-post-secondary-institutions-during-pandemic.html>
    3. [https://www2.gov.bc.ca/assets/gov/education/post-secondary-education/institution-resources-administration/aest\\_postsecgoforwardguidelines.pdf](https://www2.gov.bc.ca/assets/gov/education/post-secondary-education/institution-resources-administration/aest_postsecgoforwardguidelines.pdf)
    4. <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>
- 2) VAB has carefully developed a quarantine plan that is specific to the student's needs and agreed to by the student and parent/guardian on the Quarantine Waiver.
- 3) VAB has had regular and honest communications with students travelling to the institution. This includes expectation of the student travelling and transparency around travel and Covid-19 information.
- 4) VAB has communicated the pre-arrival requirements to students arriving to the institution in advance of travel.
  - a. Students have been given the Safe Travel and Quarantine Protocol document that includes information and checklists for pre-departure, arrival to departure airport, air travel, arrival to destination airport, quarantine, and post-quarantine.
  - b. Students and/or legal parent/guardian have signed and submitted VAB's Quarantine Waiver agreeing to the Quarantine Plan specific to the student.
  - c. Students, families, and/or agents have been sent VAB's Covid-19 Handbook, Program manual, and Homestay Student manual if applicable.
- 5) Students have been advised in the Safe Travel and Quarantine Protocol document to download and complete the Government of Canada's ArriveCAN app.
- 6) VAB has arranged and provided appropriate transportation direct travel to the place of quarantine and has communicated to the student that they must wear a mask and sit as far away from the driver as possible.
- 7) Students are given proof of their pre-arranged, private quarantine location. This location is established as being in line with the requirements of the Quarantine Act (well-ventilated, private, clean etc.). Proof of these arrangements must be accessible to the student travelling in order to be assessed by the Government of Canada at the time and point of entry.

## 14-day Quarantine:

- 1) VAB has developed and implemented a plan that includes quarantine arrangements for international students arriving to the institution. Students agree to their personalized quarantine plan in our Quarantine Waiver. Before travel, each student is provided with the Safe Travel and Quarantine Protocol document. This document outlines the following quarantine arrangements:
  - a. Students have a pre-arranged comfortable, private room for their 14-day quarantine. If the student's permanent living arrangements (homestay, rental situation etc.) is equipped for safe quarantine (well-ventilated, private etc.) then the student will stay there. If VAB has established that it does not meet the requirements under the Quarantine Act, then other arrangements will be made such as an Airbnb.
  - b. Students will have pre-arranged VAB transportation to their place of quarantine. Students will be given the phone number of their contact who will be taking them. Upon arrival to the Victoria International Airport (or BC Ferries terminal), students must find their transportation, wear a mask the entire time until they are in their quarantine location, and sit as far away from the driver as possible.
  - c. Once at the place of quarantine, students must shower and change into fresh clothes. They must put their travel clothing into a plastic bag and wash the contents immediately.
  - d. Once settled into the place of quarantine, a student must maintain the following:
    - i. Compliance with the Quarantine Act – Students are monitored closely by VAB. Students have signed the Quarantine Waiver agreeing to the mandatory 14-day quarantine. Any compliance issues will be immediately reported by VAB.
    - ii. Distance – Students must be isolated and stay away from others as much as possible.
    - iii. Ventilation – Students must keep the windows open when possible and report if they do not feel there is enough proper ventilation.
    - iv. A clean space – Students must clean bathrooms and touch surfaces as much as possible. Students will be provided fresh linens once a week if in homestay or if without in-suite laundry. Students with the ability to maintain their isolation and do laundry must wash their linens weekly. Students will be provided with proper cleaning supplies to maintain cleanliness. Students must empty the garbage frequently or plan with the host to do so.
    - v. Good personal hygiene – Students must wash their hands frequently (20 seconds with soap and water), use designated cutlery, towels, and other personal items (no sharing), and cover their mouth and nose appropriately when coughing or sneezing. Students are encouraged to shower once per day.
    - vi. Communication – Students must stay in contact with their host family if in a homestay situation. All students in quarantine will be checked in on twice a day by our Student Services representative. One phone call and one Zoom/video chat ensures students stay connected and have everything they need to be comfortable. Students can communicate via phone call, text, email, or video chat (Zoom or Facetime).

- vii. A routine – Students are encouraged to create a routine while in quarantine. Going to bed at a reasonable hour and getting up at a set time will help the student transition out of quarantine more smoothly.
  - viii. Activity – Students should find safe ways that they can stay busy while in quarantine. Our Safe Travel and Quarantine Protocol document details some examples including watching Netflix, playing games virtually with friends and family, and reading. Students who can, are set up to Zoom into their VAB classes while in quarantine.
  - ix. Good mental health – Students need to monitor their mental health as well as their physical health. In their communication (twice daily), students are prompted by our Student Services representative to share any struggles or anxieties. A list of resources is outlined in the Safe Travel and Quarantine Protocol document.
- e. Upon completion of the 14-day mandatory quarantine period, the student must confirm with the Student Services representative that they are feeling completely well and are not experiencing any symptoms. It is the responsibility of VAB to report any symptoms to 8-1-1. In the Safe Travel and Quarantine Protocol document, students are given the behavior expectations. These include continuing to practice proper hygiene, physical distancing, limiting social interactions, and wearing a mask. Students must continue to monitor their health.
- 2) International students arriving to join VAB are responsible for on-going self-monitoring of their personal health. Students are checked in on twice daily by our Student Services representative who will review the list of symptoms and check that the student is feeling well. Students have access to resources, such as the BC Covid-19 Self-Assessment Tool (link in the Safe Travel and Quarantine Protocol document). Students must also continue the use of the ArriveCAN app (downloaded before departure) to document their daily symptoms.
  - 3) Students are given the Safe Travel and Quarantine Protocol document before departure to Canada. In this, the students are required to download the ArriveCAN application. Students must answer the Covid-19 Self-Assessment within 48 hours of arrival to Canada. The Student Services representative is responsible for reminding the arriving students of this.
  - 4) Students are provided with pre-arranged, appropriate accommodations for their 14-day mandatory quarantine period. If the homestay arrangements made for the student are appropriate for individual quarantine, and suitable isolation is possible, then students will stay with their host family. The same applies for students with rental situations. If VAB establishes that these long-term living arrangements will not be sufficient under the Quarantine Act and guidelines of the Government of Canada, then other arrangements will be made. VAB has a scouted multiple local Airbnb options, as well as host family homes with quarantine capabilities.
    - a. Students are monitored twice daily and checked for symptoms. Students must also complete the self-assessment on the ArriveCAN application within 48 hours of arrival. Students are required to report any symptoms.
    - b. Students will not be placed in a quarantine location with any vulnerable populations, or in a communal or group setting.

- c. Students are given access to the necessities of life and are checked in on twice daily. Students have open communication with VAB and are given opportunities to ask for any supplies or necessities they might need.
  - d. Students are brought groceries and meals by the Student Services representative and homestay host (if applicable). Students are also encouraged to use food delivery services such as Door Dash and Skip the Dishes.
  - e. Section 7 of the Safe Travel and Quarantine Protocol document lists resources for students on Covid-19 information and medical care.
  - f. Students are regularly monitored by VAB and our Student Services representative. Students have two check-ins per day while in quarantine. One is a phone call and the other is a video chat. During these check-ins, students will be asked about their symptoms, their general well-being, and their compliance with the quarantine requirements. If staying with a homestay family, hosts are asked to also contribute to monitoring the student's compliance with the 14-day mandatory quarantine period.
- 5) Students are given resources to stay up to date on reliable and accurate Covid-19 information and messaging. Students are also given the World Health Organization's guide to prevent and addressing social stigma associated with Covid-19. These resources are circulated and relayed to all students, staff, and faculty at VAB.
- 6) VAB is committed to mitigating social barriers to support Covid-19 efforts. VAB ensures inclusion for all students and that decisions are made with everyone in mind. Using Zoom/video chat, students are included in all classes, conversations, and meetings when possible. Students, staff, and faculty are also all held to the same standard.

#### Post-Quarantine:

- 1) Students (and co-arriving family members) will continue to be monitored and supported by VAB staff. All international students are supported by our Student Services representative. Open and regular communication is a priority for all VAB students and families.
- 2) All students, including international students, are given the utmost care and support.
  - a. Students are given an extensive list of health care providers with their contact information (listed in their Program Manual) and are advised to seek medical care whenever necessary.
  - b. Students are given support on maintaining good mental health. This includes providing reliable resources and having open communication with the student's program director, the Student Services representative, and peers. Students participate in regular mental wellbeing checks that include completing assignments. Students are also sent to a Sports Performance Psychologist if they are having issues that go beyond the scope of the VAB staff and faculty.
  - c. Students participate in a seminar on social stigma once per term (every 4 months). Resources and material on such issues are also circulated and posted.

**Resource:** <https://www.canada.ca/en/public-health/news/2020/06/canada-extends-mandatory-requirements-under-the-quarantine-act-for-anyone-entering-canada.html>

Bleiddyn del Villar Bellis, Artistic Director  
Fellow and Examiner CC-CICB  
Enrico Cecchetti Final Diploma



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**Resource:** <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/covid-19-guidance-post-secondary-institutions-during-pandemic.html>