

Louis Riel School Division International Student Program

COVID-19 Travel and Arrival Protocol for International Students Fall 2020 / Winter 2021

Print and read through this entire *Travel and Arrival Protocol for International Students* document prior to departure and re-read the relevant sections as you make your way to Canada.

Comprehensive details about the Louis Riel School Division's COVID-19 Response Plan can be found at:
<https://www.lrsd.net/leadership/COVID19/Pages/Default.aspx>

**THIS DOCUMENT IS BASED ON INFORMATION CURRENTLY AVAILABLE AND IS SUBJECT TO CHANGE
November 4, 2020**

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Welcome Message

The Louis Riel School Division (LRSD) in Winnipeg, Manitoba, Canada is ready to welcome international students back for in-person classes. International students traveling to Canada and Manitoba must follow government regulations for the COVID-19 pandemic to keep travelers and communities safe. This document outlines what international students and co-arriving family members must do while traveling and upon arrival in Manitoba to meet these requirements.

LRSD is committed to operating in a way that prioritizes the health and safety of students, staff, host families, and communities. We have based the following guidelines on local, provincial and federal standards and recommendations, including the Government of Canada's Guidance for post-secondary institutions during the COVID-19 pandemic.

The Manitoba government has established a mechanism to approve this plan to welcome international students to study in LRSD. As such, we have an ongoing dialogue with the Manitoba government in order to ensure that the plan continues to meet requirements and to verify our ongoing adherence to federal requirements.

The Manitoba government has implemented a new pandemic response tool that uses the **colours** green, yellow, orange and red. At each level, public health officials have a range of restrictions that could be imposed on different sectors, including at post-secondary institutions. The province will update the provincial response level in response to the spread of the virus and other public health indicators. Information on Manitoba's Pandemic Response System is available at <https://www.gov.mb.ca/covid19/restartmb/prs/system/index.html>

Manitoba Public Health has indicated that the health system capacity and readiness for outbreak response will depend on the number of international students coming to Manitoba and current cases.

Print and read through this entire *Travel and Arrival Protocol for International Students* document prior to departure and re-read the relevant sections as you make your way to Canada.

Comprehensive details about the Louis Riel School Division's COVID-19 Response Plan can be found at:
<https://www.lrsd.net/leadership/COVID19/Pages/Default.aspx>

Quarantine Act

The Government of Canada has implemented an Emergency Order under the Quarantine Act that requires persons entering Canada—whether by air, sea or land—to quarantine themselves for 14 days if they are asymptomatic in order to limit the introduction and spread of COVID-19. The 14-day period begins on the day the person enters Canada.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

It is the law to quarantine for 14 days after arrival in Manitoba.

RCMP and local and provincial police can ticket travellers who break quarantine under the Contraventions Act, or charges can be laid against a traveller for breaking quarantine under the Quarantine Act. Failure to follow quarantine instructions may result in significant financial and/or criminal penalties, including:

- **A fine of up to \$750,000**
- **6 months of jail time**
- **Being found inadmissible, removed from Canada, and banned from entering for 1 year.**

Non-compliance with the 14-day mandatory quarantine under the federal Quarantine Act means that students may be subject to [fines and penalties established by the government of Canada](#) and government of Manitoba, and could result in reporting of quarantine breaches to the Canadian Border Services Agency.

Please note that LRSD staff will do regular check-ins on newly arrived international students. We are required to notify RCMP and / or local police if we become aware that a student is in violation of the quarantine requirements.

Failure to adhere to all COVID-19 related public health orders will result in the student's removal from the International Student Program and reporting to IRCC.

Manitoba and local public health officials have established public communications protocols for COVID-19 outbreaks (i.e., when to issue public notification and with what level of detail). They will be responsible for notifying the community, and, as needed will work with institutions on any public communication. Institutions are being asked to follow the advice and lead of provincial and local public health officials in issuing any public communications. Any LRATC communication notifying the community of COVID cases will be done following the lead of local and provincial public health officials.

The Louis Riel School Division does not advise or encourage any international travel of unaccompanied minors. All international students under the age of majority are advised to travel with a parent or adult chaperone.

General Guidelines

The Louis Riel School Division does not advise or encourage any international travel of unaccompanied minors. All K-12 international students are advised to travel with a parent or adult chaperone.

It is the responsibility of parents, guardians, and custodians to ensure that all planning requirements have been fulfilled for mandatory self-quarantine before the student arrives in Canada.

- Students should travel from their home country with a parent or an adult chaperone.
- Upon arrival, the parent or chaperone must quarantine alongside the student in private accommodations (or hotel), and thereby provide adult on-site supervision for the mandatory quarantine period.
- All travel plans and dates for students selecting this plan must be submitted to the International Student Program (ISP) office well in advance of travel to Winnipeg (please submit travel plans to internationalstudent@lrsd.net as soon as possible).
- A copy of the quarantine plan that the student/family will submit to Canada Border Services must also be provided to the ISP office.
- Upon arrival in Winnipeg, students will be asked to confirm their arrival by calling the ISP office 204-253-8025 (email: internationalstudent@lrsd.net). DO NOT COME TO THE OFFICE OR SCHOOL IN PERSON WITHOUT AN APPOINTMENT. ISP staff will arrange for you to receive a Welcome Package during your quarantine period.
- Registration in schools will not occur until after the student has completed all mandatory quarantine plans. Registration dates will be scheduled by the ISP office.
- The ISP office will do daily remote physical and mental health and wellness checks, and quarantine compliance checks during the mandatory quarantine period. Students will be asked if they or anyone they are self-isolating with is experiencing any COVID-19 symptoms.
- Scheduling and timetabling of international students may require additional time to comply with distancing and cohort limitations.

Comprehensive details about the Louis Riel School Division's COVID-19 Response Plan can be found at:
<https://www.lrsd.net/leadership/COVID19/Pages/Default.aspx>

Travel Safe

Before You Travel

1. **Print and read through this entire *Travel and Arrival Protocol for International Students* document prior to departure and re-read the relevant sections as you make your way to Canada.**
2. **If you need help developing your quarantine plan or finding accommodations, please contact the ISP office at: internationalstudent@lrsd.net**

3. **Confirm the location of your 14-day quarantine accommodations**

Once you've confirmed your long-term housing arrangements, confirm whether you are able to quarantine there for 14 days upon arrival to Canada.

- In the event you are eligible to move-in upon arrival to Canada, provide your accommodations provider confirmation of your arrival date/time. Confirm with them if they provide transportation from the airport to your accommodations upon arrival to Winnipeg.
- In the event you are required to quarantine before moving into your permanent accommodations, you will need to arrange for a hotel or other facility to support your 14-day quarantine.
- In all cases, you must provide the International Student Program (ISP) office with your travel and quarantine plans.

4. **If you plan to use a hotel or similar accommodation, determine what services are available to support your 14-day quarantine.**

Confirm if they:

- Provide airport transportation upon arrival
- Provide meal delivery services and, if so, how often and at what cost
- Provide fresh bedsheets, towels, and cleaning supplies

5. **Book airport pick-up services**

To safely get from the airport to where you are quarantining, students are advised to avoid using public transit (i.e. the bus). It is recommended to use a private vehicle and remain inside the vehicle without making unnecessary stops. If you need gas, use 'pay at the pump' service. If you need food, go through a drive-thru, ensuring you maintain a two-metre distance and avoid paying with cash. Do not stop for supplies or groceries. If you do not have access to a private vehicle, taxis or hotel shuttles can be considered provided they follow all requirements as outlined under the advice for vehicles for hire and their passengers

(<https://www.gov.mb.ca/covid19/restoring/transportation.html>):

Manitoba Public Health indicates that **only one student can be in a hotel shuttle / private vehicle from the airport to the quarantine location. Furthermore, international students must quarantine alone.** The only exception is if the students have co-arriving immediate family members who resided together before departure.

If your accommodation provider does not provide airport pickup services, it is recommended you pre-book transportation services. Some possible options are listed below. In all cases, you will be required to wear a mask on your way to your quarantine location.

- Winnipeg Limousine
Website: <http://www.winnipeglimousine.com>
Phone: 1-204-981-4100
- Hollywood Limousine Service
Website: <https://www.hollywoodlimoservice.com>
Phone: 1-204-999-1860

Drivers should do the following:

- Screen all passengers for symptoms of COVID-19 or exposures prior to entering the vehicle. Passengers experiencing symptoms of a respiratory illness (e.g., cough, fever, sore throat, runny nose) that do not have access to a private vehicle, are advised to call Health Links - Info Santé to assist with developing a plan to get to a health facility.
- Ensure they self-monitor for symptoms before starting their shift
- Consult Transport Canada's guidelines when considering a physical barrier between the driver and passengers. As an alternative to installing a physical barrier, leave the passenger seat and the seat immediately behind the driver unoccupied.
- **Transport one fare at a time (e.g. people from the same household).**
- Clean hands before pick-up with an alcohol-based hand sanitizer.
- **Open the vehicle windows** (weather permitting) and use the vents of the vehicle to bring in fresh air from outside (avoid using the recirculated air option of the vehicle).
- Encourage passengers to use an alcohol-based hand sanitizer before entering the vehicle, and ask passengers to avoid touching the interior of the vehicle as much as possible.
- Limit contact with passengers by:
 - a) Requiring passengers to load and unload their personal belongings into the trunk of the vehicle (e.g., suitcases, briefcases) by themselves; if this is not feasible and passengers require assistance, use an alcohol-based hand sanitizer before/after (un)loading passengers' personal belongings.
 - b) Requiring passengers to sit in the back seats only (if transporting one passenger, have them sit in the back, passenger side of the vehicle). The front passenger seat should be vacant at all times.
 - c) Should a passenger require assistance getting in/out of the vehicle and/or with their seatbelts, limit the interaction to be as brief as possible, and use an alcohol-based hand sanitizer before/after assisting the passenger.
- Encourage cashless transactions.
- **Clean and disinfect your vehicle** after you drop off each fare with an alcohol (70 per cent) wipe, paying close attention to surfaces that are touched frequently (e.g., door handles, window controls, payment device).
- **Clean your hands** after you drop off each fare with an alcohol-based hand sanitizer. You should also clean your hands before and after you eat as well as after you cough or sneeze.
- Provide a closed bin, lined with a plastic bag (i.e., plastic-lined garbage container) to enable the hygienic disposal of waste (e.g., used tissues).
- Everyone in the vehicle should avoid touching their face, practice good cough etiquette, avoid touching high-touch areas and clean their hands before and after getting in the vehicle

6. Understand your responsibilities as a traveler entering Canada, including requirements for quarantine upon arrival

Read the information located on the Government of Canada's website (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>)

This website lists important information about requirements for mandatory quarantine upon arrival including:

- You must quarantine in a place where you will have no contact with vulnerable people, such as:
 - people 65 years or older, or
 - people with underlying medical conditions
- You will need to confirm you have a suitable place to isolate where you will have access to basic necessities, such as food and medication.
- You must wear a non-medical mask or face covering while traveling to the place where you will quarantine.
- Further, you must:
 - go directly to your place of quarantine, without stopping anywhere, and stay there for 14 days
 - do not go to school, work or other public areas and community settings
 - monitor your health for symptoms of COVID-19
 - arrange to have someone pick up essentials like groceries or medication for you
 - do not have visitors
 - stay in a private place like your yard or balcony if you go outside for fresh air
 - keep a distance of at least 2 arms lengths (approximately 2 metres) from others

7. Pack appropriately for your 14-day quarantine

Pack things you will need for your travel as well as for your 14-day quarantine period upon arrival.

Aside from the usual items you would pack, such as clothing and toiletries, some suggested items to help you through travel to Canada and quarantine include:

- Prescription medication
- Face masks
- Thermometer
- Printed copies of documents, including those listed in the During Travel section of this guide
- Laptop, phone, and chargers to keep connected with your family and friends while self-isolating
- Activities for quarantine, such as books and games
- A credit card is recommended to ensure you can purchase delivery services when needed

8. Plan your arrival in Canada

- Read about entry to Canada [here](#) and watch these two videos: [entry to Canada](#) and [isolation requirements](#).
- Download the ArriveCAN app to your mobile phone and enter your personal information up to 48 hours before arriving in Canada. This will speed up your arrival through Immigration Canada at the port of entry, meaning you will spend less time with border and health officers.

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/digital-tools.html>

<https://apps.apple.com/us/app/canarrive/id1505394667?mt=8> – Apple

<https://play.google.com/store/apps/details?id=ca.gc.cbsa.coronavirus> - Android

<https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/privacy> - Web Format

Requirements for travellers entering Canada by air:

As of November 21, 2020, if you're flying to Canada as your final destination, you must use ArriveCAN to submit your:

- travel and contact information
- quarantine plan (unless exempted under conditions set out in the [mandatory isolation order](#))
- COVID-19 symptom self-assessments

You **must**:

- submit your information before you board your flight to Canada
- be ready to show your ArriveCAN receipt when seeking entry into Canada
 - a border services officer will verify that you have submitted your information digitally

Requirements for all travellers after they've entered Canada:

As of November 21, 2020, **all travellers**, whether they travel by air, land or sea, must provide information after their entry into Canada.

You **must** use ArriveCAN or call 1-833-641-0343 to:

- confirm that you've arrived at the address you provided for your quarantine or isolation location within 48 hours of your entry into Canada
- complete daily COVID-19 symptom self-assessments during your quarantine period

Comprehensive details about the Louis Riel School Division's COVID-19 Response Plan can be found at:

<https://www.lrsd.net/leadership/COVID19/Pages/Default.aspx>

During Travel

1. Carry these important documents with you in your carry-on bag

- Passport
- Study Permit or Study Permit Approval Letter
- Letter of Acceptance and Custodianship document (if applicable)
- Transcripts for the past three years
- Copy of this document, signed by you (and your parent(s) / guardian(s) if applicable)
- Your quarantine plan (as submitted to the ISP office)
- Proof of health insurance/insurance information (All LRSD students have GuardMe Health Insurance coverage)
- Medical records and essential medication
- Emergency Contact Information (ISP Staff Member: Tim MacKay 204-257-7827 ext. 58284)

2. Comply with the following regulations

- Wear a mask and gloves;
- Wash hands frequently;
- Use hand sanitizer when necessary;
- Practice physical distancing (minimum 2 metres from others);
- Sanitize your personal space and high touch areas;
- Minimize trips to the washroom (Flush the toilet with the seat cover down);
- Touch as few surfaces as possible;
- Keep your cell phone charged
- You must continue to monitor your health for
 - Fever
 - Cough
 - Difficulty breathing

3. If you exhibit symptoms during travel (cough, shortness of breath, fever greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating), contact your travel agent and airline as soon as possible. They will guide you on requirements based on your current location. Be sure to alert your family, accommodation provider, and school if there are any delays in your travel plans to Canada.

Please refer to the [Symptoms of COVID-19](#) for additional symptoms common to COVID-19.

Upon Arrival

- Read about entry to Canada [here](#) and watch these two videos: [entry to Canada](#) and [isolation requirements](#).
- Be prepared to follow airline and airport directions about wearing a mask/face covering, washing/sanitizing your hands, staying 2 meters apart from other people, or other actions.
- Answer every question from airline, airport or border staff **completely and truthfully**. It is okay to ask someone to repeat a question or explain it in a different way if you do not understand.

For travellers without symptoms of COVID-19 entering Canada: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

For travellers with symptoms of COVID-19 entering Canada: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/travellers-with-symptoms-return-canada.html>

To help reduce the spread of COVID-19:

- Go directly to your place of isolation. Do not make any stops while in transit. Wear a mask or face covering while traveling to your place of isolation
 - Check-in immediately upon arrival through the [ArriveCAN](#) app or call 1-833-641-0343.
 - Report your symptoms through the [ArriveCAN](#) app or call 1-833-641-0343 every day until the end of your 14-day isolation.
-
- It is advised that you download the daily symptom tracker <https://ca.thrive.health/>
 - Contact the International Student Program office to tell them you have arrived (204-253-8025 or internationalstudent@lrsd.net). Be sure to give the office your most up to date contact information (email address, postal address, phone number).
 - Please continue to check these websites for the most up to date information:
 - Government of Manitoba COVID-19 information [here](#).
 - Government of Canada COVID-19 information [here](#).

Quarantine Safe

Prior to arrival, you confirmed your accommodations, including your location for 14 days of quarantine. Please also refer to the *Shared Health Manitoba COVID-19 public health fact sheet* and *self-isolation fact sheets* (available in multiple languages) located at <https://sharedhealthmb.ca/covid19/providers/other-resources/> to assist you in being prepared and knowledgeable in requirements for quarantine and to link you to essential services.

Read the information located on the Government of Canada's website (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>)

- This website lists important information about requirements for mandatory quarantine upon arrival including:
 - You must quarantine in a place where you will have no contact with vulnerable people, such as:
 - people 65 years or older, or
 - people with underlying medical conditions
 - You will need to confirm you have a suitable place to isolate where you will have access to basic necessities, such as food and medication.
 - You must wear a non-medical mask or face covering while traveling to the place you will quarantine.
 - Further, you must:
 - go directly to your place of quarantine, without stopping anywhere, and stay there for 14 days
 - do not go to school, work or other public areas and community settings
 - monitor your health for symptoms of COVID-19
 - arrange to have someone pick up essentials like groceries or medication for you
 - do not have visitors
 - stay in a private place like your yard or balcony if you go outside for fresh air
 - keep a distance of at least 2 arms lengths (approximately 2 metres) from others

You will be required to self-monitor for symptoms of COVID-19 during the entire quarantine period. If you experience any symptoms of Covid-19 during the quarantine period, you must follow the directives of the Province of Manitoba.

- The Screening Tool is available in Interactive Voice Response (IVR) format. Call 1-877-308-9038 or online at <https://sharedhealthmb.ca/covid19/screening-tool/>.
- You can also use the screening tool provided in the [ArriveCAN application](#).
- The Province of Manitoba offers a service called Health Links – Info Santé, is a bilingual phone-based nursing triage service. They can give you advice on what health-care path should be followed in your specific situation, whether you should stay home, visit the emergency room, or follow another medical plan. They can be contacted at 204-788-8200 or toll-free at 1-888-315-9257.

A student that is quarantining alone and who tests positive for COVID-19 during the 14-day quarantine period will need to self-isolate, unless they require medical attention and/or hospitalization. Please refer to your GuardMe Health Insurance policy for eligible expenses. Any student or co-arriving immediate family member that tests positive

can expect to be contacted by Manitoba public health officials and will be required to follow all further measures as set out by the public health official, which may include self-isolating beyond the initial 14-day quarantine period.

If a student tests positive for COVID-19 while quarantining with an immediate family member(s), the student will be separated from the family member(s) and will need to self-isolate. The family member(s) will need to move to another guestroom and will be monitored for symptoms of COVID-19 during wellness check-ins by LRSD International Student Program staff (Evelyn, Karen, Gina, or other).

Family member(s) who had been quarantining with a student that tests positive for COVID-19 should expect to be contacted by Manitoba public health officials and will be considered a close contact to this case, and may need to continue to quarantine beyond the 14-day quarantine period.

If a co-arriving immediate family member tests positive for COVID-19 while quarantining with a student, the family member(s) will be separated from the student and need to self-isolate, likely beyond the family member(s) initial 14-day quarantine period. The student will need to move into another guestroom, and will be monitored for symptoms of COVID-19 during wellness check-ins by one of the LRSD International Student Program staff (Evelyn, Karen, Gina, or other). The student should expect to be contacted by Manitoba public health officials and will be considered a close contact to the case, and may need to continue to quarantine beyond the initial 14-day quarantine period.

Any and all unexpected guestroom and meal costs due to the student or family member(s) testing positive for COVID-19 will be the student's responsibility. GuardMe and LRSD are not responsible for these costs.

Staff from the LRSD International Student Program staff (Evelyn, Karen, Gina, or other) will do **daily remote physical and mental health and wellness checks**, and quarantine compliance checks during the mandatory quarantine period. Students will be asked if they or anyone they are in quarantine with is experiencing any COVID-19 symptoms. They will remind you to use the self-assessment using the [Manitoba self-screening tool](#) and the [ArriveCAN application](#).

If you need assistance with obtaining food, groceries and other necessities during your quarantine, please call the International Student Program Office at 204-253-8025. Our staff can assist you in obtaining necessities, including directing you to order and delivery services available in Winnipeg. In emergencies, we may be able to provide direct assistance.

Quarantine can be difficult for some students, especially those who are energized by interactions with others. It is important that you take care of yourself during this time of isolation and to keep connected with your friends and family using other methods, such as FaceTime and Zoom. Here are a few useful tips to get you through the two-week period:

- **Develop a support network.** Form an online chat group with close friends; stay in contact with your family and reach out to your school advisors and instructors by email. The more people you know at your educational institution, the more connected you'll feel!
- **Be active.** Exercise is important for your mental outlook and helps ward off depression. Take a break from your quarantine boredom and exercise on a regular basis. There are many online home workouts that are useful when quarantining!
- **Eat well.** Choose a wide variety of healthy, nutritious foods. Eat regularly to keep up your energy and portions that help you feel and perform your best.
- **Get enough sleep.** Sleep is vital to your mental well-being. Go to bed at a reasonable hour and wake up at roughly the same time every day. Jet lag may be a challenge for you as part of your adjustment to your move to Canada, so it might be useful to download meditation or sleep apps that help you develop a regular sleep schedule.
- **Seek professional help.** You're not alone and there are many people who can help. Our team will undertake daily wellness checks with you during your quarantine period. It is important that you share your feelings and let them know if you are struggling in any way. Don't just rely on the advice of friends. Sometimes you need more and we're here to support you.
- **Take a break from watching or reading the news.** Get your news from reliable sources and try not to watch the same stressful stories over and over in the same day. Try not end your day by watching the news before bed.

Staff from the LRSD International Student Program staff (Evelyn, Karen, Gina, or other) will do **daily remote physical and mental health and wellness checks**, and quarantine compliance checks during the mandatory quarantine period. Students will be asked if they or anyone they are in quarantine with is experiencing any COVID-19 symptoms. They will remind you to use the self-assessment using the [Manitoba self-screening tool](#) and the [ArriveCAN application](#).

International students and co-arriving family members are strongly encouraged to use the [ArriveCAN application](#) immediately after arrival in Canada, and for their daily symptom reporting to the federal government.

LRSD QUARANTINE PLAN

Student Information

First name	Last name	Date of birth (YY/MM/DD)	
Phone number	Email		
Home address	City	Province or territory	Postal code

Custodian / Guardian Contact Information in Winnipeg

First name	Last name	Date of birth (YY/MM/DD)	
Phone number	Relationship (parent/relative/custodian)	Email	
Home address	City	Province or territory	Postal code

Travel Information *(send ticket to internationalstudent@lrsd.net before departure)*

Are there additional travelers in your group? Yes <input type="checkbox"/> No <input type="checkbox"/> If Yes <input checked="" type="checkbox"/> Please fill in chart to the right	Additional Travelers <i>(please list all additional travelers)</i>		
	First name	Last name	Date of birth (YY/MM/DD)
Arrival Date (YY/MM/DD)	Arrival From (City/Country)		
Arrival by Air <input type="checkbox"/> Airline / Flight number:			
In-Transit Details:			

Quarantine Plan

Do you have accommodation arrangements for your quarantine period? Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, at what address and in which city will you be completing the 14 day quarantine period? Address: _____ City: _____ Phone: _____
If yes, indicate type: <input type="checkbox"/> Private Residence (Family or Friend) <input type="checkbox"/> Supervised Hotel Stay at: _____
Please provide the full name and phone number of the adult supervising the quarantine period. _____ _____
Have you made the necessary arrangements for your 14-day quarantine period? (eg. food, medication, etc) Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please describe (be specific) _____ _____ _____
What form of transportation will you take to your quarantine location? Private vehicle <input type="checkbox"/> Hired vehicle <input type="checkbox"/> (name: _____) Other (be specific) _____

Certify Declaration

Return completed and signed document to: internationalstudent@lrsd.net	
<input type="checkbox"/> I, _____, certify this to be accurate. (Student Signature)	Date: _____ (YY-MM-DD)
<input type="checkbox"/> I, _____, certify this to be accurate. (Parent Signature)	Date: _____ (YY-MM-DD)

Complete the plan above and sign on the following page.

Declaration

We, the undersigned, have read, understand and agree to abide by all clauses as stated in the 'Manitoba Travel and Arrival Protocol for International Students'.

Signature of Student Applicant

Date

Signature of Parent / Guardian

Date

Signature of Adult Supervising Quarantine in Winnipeg

Date

Send a completed copy of this plan to: internationalstudent@lrsd.net

Study Safe

After Your Quarantine

After your 14-day quarantine has passed, if you have no symptoms, you may now contact the ISP office to plan your entry to school.

Continue to follow and respect Manitoba Health regulations and directives, including physical distancing from other people in public and washing or sanitizing your hands often.

Remember to use proper coughing and sneezing etiquette (into your elbow, not your hand and if using a tissue, dispose of the tissue in a plastic lined garbage container immediately).

Avoid malls, crowded spaces, and sports where physical distancing is difficult.

If you feel sick at any time, stay at home and be sure to advise the ISP office immediately. Use the self-assessment tool at <https://ca.thrive.health/>. Follow directions and seek medical attention or contact public health authorities if, when, and how it recommends.

Don't forget, your health insurance (GuardMe) offers remote access to doctors as well as mental health support services if you need them.

Supporting Documents & Links

Government Websites

- Province of Manitoba COVID-19 Page - <https://www.gov.mb.ca/covid19/index.html>
- Government of Canada COVID-19 Page - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Mental Health Support Websites

- Anxiety Disorders Association of Manitoba - <http://www.adam.mb.ca/>
- Canadian Mental Health Association COVID-19 Managing Stress and Anxiety - <https://mbwpg.cmha.ca/covid-19-managing-stress-and-anxiety/>
- Canadian Mental Health Association COVID-19 Mental Health Resources Guide for Winnipeg - <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>
- Centre for Addition and Mental Health: Stress, Anxiety, and Mental Health During Social Distance - <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Province of Manitoba Mental Health Virtual Therapy Program - <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

Emergency Contact Details

- In the event of an emergency, including medical emergency, call 911.
- To speak to a nurse over the phone to assess a non-emergency medical situation, contact Health Links / Info Santé – 204-788-8200 or toll-free at 1-888-315-9257
- For crisis support, consider the following options:
 - Klinik Crisis Line: 204-786-8686
 - Mobile Crisis Service: 204-940-1781
 - Manitoba Suicide Prevention/Support Line: 1-877-435-7170
 - First Nations and Inuit Hope for Wellness Services: 1-855-242-3310
 - Sexual Assault Crisis Line: 1-888-292-7565

If you require assistance from the ISP support team, please phone (204) 253-8025, or email us at: internationalstudent@lrsd.net

Comprehensive details about the Louis Riel School Division's COVID-19 Response Plan can be found at: <https://www.lrsd.net/leadership/COVID19/Pages/Default.aspx>

Daily Health Assessment

All staff, students, and visitors to LRSD schools are required to take a health self-assessment before entering the facility. The self-assessment questionnaire can be found here: <https://sharedhealthmb.ca/covid19/screening-tool/>. Please take the self-assessment at home.

If you respond “yes” to any of the questions, we ask that you **stay at home**, as you will not be admitted into the building. If you are experiencing any covid-19 symptoms or have come in contact with someone who has, please call Health Links at 204-788-8200 or 1-888-315-9257 (toll-free).

Please also notify the school if you are unable to attend.

Arriving at School:

When you arrive at school, please wait outside of the building until your scheduled entry time. Your school will share details on staggered entry times and entry processes. Entry is scheduled on a staggered basis to reduce student numbers and excessive lineups at the door.

When you first enter school, you will need to wash or sanitize your hands, and confirm that you have completed the daily self-screening checklist. If any covid-19 symptoms are present, students will not be admitted in the building, and will be advised to contact MB Health Links.

Daily attendance will be taken of staff, students and visitors which can be provided, if necessary, to health authorities for the purpose of contact tracing.

Physical distancing

Classrooms have been arranged in such a way that students are 2m apart to ensure physical distancing. Do not move the desks or classroom furniture. Your teachers will guide you through the specific protocol for your classroom, including hygiene, cleaning, distancing, etc.

Your teacher will also tell you about procedures for washroom use. Please be mindful of other students and keep the washroom clean and tidy. All students must wash their hands with soap for at least 20 seconds after using the washroom.

LRSD reserves the right to dismiss/expel any students who are not following our COVID-19 safety protocols.

Students are asked to bring a filled water bottle from home. The school will share information on when and how to have snacks and meals.

Exiting the building

Students are asked to leave the school once their classes are dismissed. If students would like to visit after class, we kindly ask that they do so outside of the building and continue to social distance.

Sanitization

Strict protocols on cleaning and disinfecting premises and other aspects of environmental health will be observed, using approved hard-surface disinfectants.

Public spaces and communal areas shall be cleaned and disinfected multiple times per day, with emphasis on high touch surfaces such as front desk, door handles, handrails, light switches, tables, etc.

Washrooms will be cleaned and disinfected daily, with more frequent cleaning of high-touch washroom surfaces (e.g. flush handles, faucets.) throughout the day.

Student hygiene

Student orientation will include training on required hand washing, cough/sneeze hygiene, and other COVID-related information. Students will be advised to wash hands or use hand sanitizer: upon arrival; before eating or drinking; before preparing food; after touching shared items; after using the washroom; after handling garbage; and before leaving the school. Hand sanitizer will be available in each classroom.

Any employee cleaning any common areas/high-touch surfaces must wash their hands with soap and hot water, per recommended hand washing instructions after completing the cleaning task and prior to performing any other duties.

Personal protective equipment

Students and staff are required to wear masks when social distancing is not possible.

Protecting mental health

Recognizing that staff and students may also be affected by the anxiety and uncertainty created by the COVID-19 outbreak, we will maintain regular communication and check-ins with students and staff who are required to quarantine. You are welcome to contact the ISP office at (204) 253-8025 or by email at internationalstudent@lrsd.net any time throughout your program.

We also encourage you to talk to somebody if you need help:

Klinic Counselling in Winnipeg:
204-786-8686
1-888-322-3019

Anxiety Disorders of Manitoba:
204-925-0040

Manitoba Mental Health - Virtual Therapy Program:
<http://www.manitoba.ca/covid19/bewell/virtualtherapy.html>

Public Health Agency of Canada:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>

Wellness Together Canada: Mental Health and Substance Use Support:
[Ca.portal.ga](https://www.wellness-together.ca/portal/ga)

Support Services

Schools in LRSD do not tolerate any form of harassment, violence, stigmatism, or racism directed towards students or staff. This applies to any situations surrounding COVID-19. Please report any incidents to our office so that we can help you. Any misconduct will be investigated thoroughly.

Resources related to stigma and anti-racism:

- **WHO:** <https://www.who.int/docs/default-source/coronaviruse/covid19-stigma-guide.pdf>
- *Public Health Agency of Canada:*
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-testing-reducing-stigma.html>
<https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/addressing-stigma-toward-more-inclusive-health-system.html>

<https://www.canada.ca/en/public-health/corporate/organizational-structure/canada-chief-public-health-officer/addressing-stigma.html>

- Canadian Center for Occupational Health and Safety:

https://www.ccohs.ca/images/products/pandemiccovid19/pdf/preventing_stigma.pdf

Health System Capacity for Outbreak Response

Manitoba Public Health officials are responsible for overall public health outbreak responses and case management in Manitoba. The Manitoba government has implemented a new pandemic response tool that uses the colours green, yellow, orange and red. At each level, public health officials have a range of restrictions that could be imposed on different sectors, including schools.

The province will update the provincial response level in response to the spread of the virus and other public health indicators. Information on Manitoba's Pandemic Response System is available at <https://www.gov.mb.ca/covid19/restartmb/prs/system/index.html>

Case Management and Outbreak Response

To help prepare students and staff about what to do if a case of COVID-19 is identified on school premises, LRSD will adhere to the following guidelines:

- If a community member (student/staff) becomes symptomatic:
 - They should seek medical advice and information about COVID-19 testing.
 - They must complete the self-screening tool from Shared Health and / or call Health Links-Info Santé in Winnipeg at 204-788-8667, toll-free elsewhere in Manitoba at 1-888-315-9257.
 - If individuals are experiencing severe symptoms or difficulty breathing, they should call 911.
 - Based on test results, local public health officials will advise the individual what actions should be taken. For example, if COVID-19 test results are negative, they may be advised to self-isolate for 14 days, or until symptoms have resolved for 24 hours.
 - When a case of COVID-19 is confirmed, local public health officials will lead the response and provide direction to the school.
 - The local public health authority will advise the school if a confirmed case of COVID-19 was present on campus during the person in question's infectious period, and assess the need for the school or part of the school to be closed for a period of time, and provide any other further direction.
 - Local public health authorities will identify close contacts of a positive case and contact those individuals who may have been exposed.

Supporting Documents and Links

Government Websites

- Province of Manitoba COVID-19 Page - <https://www.gov.mb.ca/covid19/index.html>
- Government of Canada COVID-19 Page – <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Mental Health Support Websites

- Anxiety Disorders Association of Manitoba - <http://www.adam.mb.ca/>
- Canadian Mental Health Association COVID-19 Managing Stress and Anxiety - <https://mbwpg.cmha.ca/covid-19-managing-stress-and-anxiety/>
- Canadian Mental Health Association COVID-19 Mental Health Resources Guide for Winnipeg - <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>
- Centre for Addition and Mental Health: Stress, Anxiety, and Mental Health During Social Distance - <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Province of Manitoba Mental Health Virtual Therapy Program - <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

Emergency Contact Details

- In the event of an emergency, including medical emergency, call 911.
- To speak to a nurse over the phone to assess a non-emergency medical situation, contact Health Links / Info Santé – 204-788-8200 or toll-free at 1-888-315-9257
- For crisis support, consider the following options:
 - Klinik Crisis Line: 204-786-8686
 - Mobile Crisis Service: 204-940-1781
 - Manitoba Suicide Prevention/Support Line: 1-877-435-7170
 - First Nations and Inuit Hope for Wellness Services: 1-855-242-3310
 - Sexual Assault Crisis Line: 1-888-292-7565

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Appendix A: Quarantine Accommodation Options

List of Hotels Providing Reduced Rates to International Students (Aug 2020)

Supplier	Unit	Unit Rate (from single/double room to family suites)	Address	Contact	In-room Tel.	Laundry Services	Wi-Fi	Complimentary Shuttle from the Airport
Best Western Plus Winnipeg Airport	1 night 14 nights	\$99 - \$129 \$1,386 - \$1,800	1715 Wellington Ave, Winnipeg	(204) 775-9889	yes	yes	yes	yes
Canad Inns Destination Centre Fort Garry	14 nights	\$1,050	1824 Pembina Hwy, Winnipeg	(204) 261-7450	yes	yes	yes	no
Hampton Inn Winnipeg Airport	1 night	\$99 - \$135	730 Berry Street, Winnipeg	(204) 772-3000	yes	yes	yes	yes
Holiday Inn & Suites Winnipeg-Downtown	1 night 14 nights	\$99 - \$129 \$1,386 - \$1,800	360 Colony St, Winnipeg	(204) 786-7011	yes	yes	yes	no
Hyatt House Hotel	1 night	\$99 - \$135	700 Sterling Lyon Pkwy, Winnipeg	(204) 888-8893	yes	yes	yes	yes
Inn at the Forks	14 nights	\$1,200	75 Forks Market Rd, Winnipeg	(204) 942-6555	yes	yes	yes	no
Radisson Hotel Winnipeg Downtown	14 nights	\$1,050	288 Portage Ave, Winnipeg	(204) 956-0410	yes	yes	yes	no
Sandman Hotel and Suites Winnipeg airport	1 night	\$65	1750 Sargent Ave, Winnipeg	(204) 775-7263	yes	yes	yes	yes
The Norwood Hotel	1 night 14 night	\$99 - \$200, \$1,100	112 Marion, Winnipeg	(204) 233-4475	yes	yes	yes	no