



Dear students and families,

We look forward to welcoming you to Toronto District School Board's ("TDSB") International Student Program (the "Program"). However, due to the current COVID-19 pandemic, TDSB's number one priority is the health and safety of all students, staff, schools, host families/homestay providers and communities. We must ensure that international students and travelers follow [important protocols](#) to reduce the risk of transmitting COVID-19, including undertaking a mandatory 14-day quarantine period immediately upon their arrival in Canada. The following document outlines the expectations of the government of Canada, provincial and local public health authorities as well as TDSB. The Program operates within the context of all TDSB policies, procedures, guidelines, and protocols as may be amended from time to time. All students must abide by these expectations to participate in the Program.

The Government of Canada requires that effective January 7, 2021, at 12:01 a.m. EST, all air passengers five years of age or older will be required to test negative for COVID-19 before travelling from another country to Canada.

## Instructions:

Read this document carefully, follow each step and check each item as you complete them. By completing this document you confirm that you understand, agree and will follow this guideline. Once completed, this document must be signed and emailed to [StudyToronto@tdsb.on.ca](mailto:StudyToronto@tdsb.on.ca) a minimum of (2) weeks before travelling. **Section J** requires student and parent(s) signatures. Toronto District School Board staff are available to assist. Our contact information is listed below.

Telephone (8:30 AM to 4:30 PM): 1-416-395-8120

Email: [StudyToronto@tdsb.on.ca](mailto:StudyToronto@tdsb.on.ca). Enter your TISP number in the subject.

StudyInsured Emergency Health Insurance (24 hours): 1-866-883-9787

## Section A

### Preparing for 14 Day Quarantine:

- [Download](https://ca.thrive.health/) COVID-19 App and Daily Symptom Tracker: <https://ca.thrive.health/>
- Make a plan for your physical and emotional wellness during quarantine. Consider whether there is anything you want to bring to help keep you busy, entertained during the mandatory 14-day quarantine period. Upon arrival the student will be given a Token Number which must be entered into the App as this is the way that the Government of Canada monitors quarantine. Failure to do so may result in a fine. Public Health Ontario provides [self-isolation guidelines](#).
- If you have a question, attend the daily check-in session provided by your Guidance Counsellor for International Students.

## Section B

### Pre-Departure (Before You Leave Your Country):

- Contact host family/homestay provider and discuss expectations. Provide your host family/homestay provider with a current photo of yourself.
- Provide arrival information and exchange contact information (cell phone number, email).
- Read *How to quarantine (self-isolate) at home when you may have been exposed to COVID-19 and have no symptoms* from the [Government of Canada website](#).
- Complete, print and email the mandatory *Self-Isolation Plan* to [StudyToronto@tdsb.on.ca](mailto:StudyToronto@tdsb.on.ca). Please bring a copy if asked for it when arriving in Canada.
- Download the ArriveCAN Application ([iOS](#), [Android](#) or [web format](#)). Prior to arrival, all international students and travellers must provide their information for approval on the Canadian government's ArriveCAN Application.
- Make sure you have a copy of your negative COVID-19 test result 72 hours before your departure for Canada

## Section C

### Packing – What to Bring:

Student must ensure that they have the following packed in their **carry-on luggage**:

- Passport.
- Study Permit/Study Permit Approval Letter/Confirmation.
- Custodianship documents.
- Letter of Acceptance issued by TDSB.
- Host family/homestay provider profile and contact information.
- Contact information for the TDSB International Student Program/International Students and Admissions Office.
- Confirmation of health insurance coverage, if applicable.
- Copy of this document signed by yourself and your parents/guardians.
- Printed *Support for Travelers Self-Isolation Plan* form.
- 2 Masks (two or more).
- Travel-size hand sanitizer (maximum 100 ml).
- Disinfecting wipes.
- Prescription medication and hygiene products.
- Change of clothes (in case of delayed luggage).
- Thermometer, if possible.

In addition to regular packing requirements, students should also bring:

- A minimum of 30 disposable and 2 or more cloth face masks.
- One large bottle of hand sanitizer.
- Personal hygiene products.
- Sufficient clothing for 14 days in case laundry is not available during quarantine.



It is strongly recommended that all students have a cell phone and laptop when coming or returning to Canada to study.

## Section D

### Airport and Travel Protocol:

- Wear a mask.
- Wash hands frequently, use hand sanitizer and avoid touching face.
- Use hand sanitizer regularly and as necessary, particularly before eating.
- Practice physical distancing and touch as few surfaces as possible (2 meters or 6 feet from others).
- Disinfect/Sanitize your personal space (e.g. armrests, seat belts, tray tables, screens) and minimize washroom trips, if possible.
- Keep cell phone charged (bring a phone charge with you in a personal bag and if using throughout the flight, clean it with a disinfecting wipe frequently).
- Bring your own food as restaurants or stores may be closed.
- Bring refillable water bottle.

## Section E

### Arrival in Canada Protocol:

Upon arrival in Canada the student should proceed through the airport while physical distancing (2 meters away from other people.) The student must have the documents outlined under 'Packing' ready to provide to Canada Border Services including:

- Print outs or screenshots of quarantine or self-isolation plans and documents
- Any confirmation numbers
- Name and address of host family/homestay provider (bring your homestay profile)
- Copies of any documents provided to you by TDSB
- Contact information for person picking up at the airport

The student will also be required to undergo a screening by a border services or quarantine officer to assess for symptoms. If you are a new student who has a study permit approval letter, make sure to pick up your Study Permit before getting your luggage. If you are unsure what to do, ask!

At the final destination airport, the student will need to:

- Contact host family/custodian/homestay provider and confirm pick up point.
- Wear a fresh mask and frequently wash and sanitize your hands.
- Have all documents ready to proceed through immigration. Maintain physical distancing when picking up luggage.
- Load your own luggage into the car and sit in back seat, if possible.

## Section F

### **In your Home or Homestay – Self-Isolation:**

Students will have to stay in their room for 14 days and avoid contact with (keep a 2-metre distance from) others. These instructions and protocols may seem overwhelming for students. Students are encouraged to ask their host for assistance.

After arriving in Canada, Government of Canada officials will call the student to monitor compliance with the mandatory quarantine. The student must be prepared to answer calls from 1-855-906-5585 or 613-221-3100.

## Section G

### **Student Responsibilities & Expectations during 14 Day Quarantine:**

- You are required to self-isolate for 14 days. Stay in your room and avoid contact with others.
- When you arrive at your host family/homestay provider's home, immediately remove your travel clothes and place them in a plastic bag for your host family/homestay provider 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 air circulation.
- Practice good hygiene and use a separate bathroom, which the host family/homestay provider will designate.
- Clean and disinfect the bathroom after every use.
- Stay connected with friends and family by phone or internet.
- Monitor your physical/mental well-being. If you don't feel well, let your host family/homestay provider know.
- If you have a question, attend the daily check-in session provided by your Guidance Counsellor for International Students.
- Empty garbage daily into plastic bag and leave outside room for host family/homestay provider to dispose.
- Host family/homestay provider will give instructions regarding laundry (clear laundry bag outside of room).
- Keep personal items separate from those belonging to others.
- Ask for help from your host family/homestay provider if you need it!
- At the end of the 14-day self-isolation period, you must obtain a negative COVID-19 test result and submit it to the TDSB International Programs and Admissions Office before you can go to school.

## Section H

### **If a Student Develops Symptoms or is Diagnosed with COVID-19:**

- If experiencing even mild symptoms including fever, chills, cough, shortness of breath, loss of sense of smell, headache, muscle ache, fatigue or loss of appetite, contact your legal custodian.
- Use Ontario [self-assessment tool](#) and seek medical attention as necessary.
- To avoid spreading COVID-19, the following may occur:
  - Student will remain in the accommodation, in accordance with Public Health direction
  - Natural parents will be informed

## Section I

### **Student and Parent/Guardian, read very carefully before signing:**

Self-Isolation is a requirement of the Government of Canada's Quarantine Act and is not optional. Students who are in private homestay arrangements or with parents/guardians must also self-isolate for 14 days. The Government of Ontario also requires a negative COVID-19 test result obtained during or right after your 14-day isolation period. By signing below, I affirm that I have read in full, understand and agree to comply with the expectations and requirements listed in this document.

I (student) clearly understand that if I do not follow these expectations, I will not be allowed to start in the school, and I risk being dismissed from the Program. We (student and parent/guardian) are aware that any violation of the Quarantine protocol will result in immediate removal from the Program. Custodianship services will be cancelled, and the student will have to return to the care of their natural parent(s)/guardians or an alternate custodian as legally authorized through a document notarized in Canada or in the home country of the student. We are aware of the student's requirement to comply with the Quarantine Act and local public health authorities, and the serious consequences/penalties for not complying with the Quarantine Act. We understand that students and parents/guardians are responsible for any government-imposed fines incurred due to breach of the Quarantine Act and regulations from the Governments of Canada and Ontario. We confirm, the student will go directly to the place of quarantine, without stopping anywhere and remain there for 14 days. We confirm the student will remain a distance of at least 2 meters from others. We confirm the student will be monitored for symptoms of COVID 19 and if symptoms develop, medical attention will be sought, and prescribed treatment(s) will be followed and the quarantine period will be extended an additional 14 days following the appearance of symptoms.



## Section J

Complete the section and email this entire document to [StudyToronto@tdsb.on.ca](mailto:StudyToronto@tdsb.on.ca) two (2) weeks BEFORE arriving in Canada. **Enter your TISP number in the subject.**

Student's Legal Name (Printed):		
Student's Signature:		Date

First Parent:

Parent/Guardian Legal Name (Printed):		
Parent/Guardian Signature:		Date
Relationship:	<input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify: _____)	

Second Parent, if applicable:

Parent/Guardian Legal Name (Printed):		
Parent/Guardian Signature:		Date
Relationship:	<input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify: _____)	