

CHECKLISTS AND FORMS (Complete and Submit):

Peel District School Board International Student Travel and Arrival Protocol Form

We look forward to welcoming you to the Peel District School Board International Program soon. However, while we must ensure your well-being, we must also ensure the health and safety of all our students, staff and host families during the COVID-19 pandemic. The following document will outline the expectations of government, health authorities and the school board. Students must abide by these expectations to participate in the program. Please go over each line of this document and check-mark each point to indicate you understand, agree and will follow that guideline.

This page and all of the following pages must be completed (boxes checked, forms filled in and signatures recorded and sent to our program email address studyinpeel@peelsb.com before you depart your home country. This is a requirement of our program and must be followed.

Pre-Departure:

- Contact host family and discuss expectations, provide your host family with a current photo of you
- Provide arrival information and exchange contact information (cell, 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 studyinpeel@peelsb.com
- Download the ArriveCAN App ([iOS](#), [Android](#) or [web version](#))
- Pack a minimum of 30 disposable and 2 or more cloth face masks, one large bottle of hand sanitizer, one box of nitrile gloves, and if possible, a thermometer
- In carry on, pack the following:
 - Passport and Study Permit/Confirmation document
 - Custodianship documents and Letter of Acceptance
 - Host family profile and contact information
 - Copy of this document signed by yourself and your parents
 - Printed Self-Isolation Plan form
 - 2 masks, 3 pair of gloves, travel-sized hand-sanitizer, disinfecting wipes

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Airport:

- Wear mask and gloves
- Wash hands frequently and use hand sanitizer
- Practice social distancing and touch as few surfaces as possible (2 meters apart)
- Sanitize your personal space and minimize washroom trips
- Keep cell phone charged
- Bring your own food and refillable water bottle

Arrival in Canada:

- Contact host family/custodian/homestay coordinator and confirm pick up point
- Wear fresh mask and gloves provided to you by your agent, homestay organization or homestay parent.
- 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
- Do not make any stops. You must go from airport to your quarantine location directly.

In your Home or Homestay – Self-Isolation and Quarantine:

- You are required to self-isolate for 14 days. Staying in your room and avoid contact with others
- When you arrive at your host family's home, immediately remove your travel clothes and place them in a plastic bag for your host family 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, if possible
- Clean 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 know
- Download and complete the [Monitor Forms](#) and submit to us on days 7 and 14.
- Empty garbage frequently, and remember to wash hands after
- Follow your host family's advice to wash clothes / do laundry
- Keep personal items separate from those belonging to others
- Ask for help from your host family or homestay coordinator if you need it!
- Get a COVID-19 test and inform studyinpeel@peelsb.com of the results.

Signatures are required on the next page.