



**VANCOUVER ISLAND
UNIVERSITY**

Quarantine (Self-Isolation)

RESOURCE GUIDE AND EXPECTATIONS



*The information in this document
is considered to be true and
correct at the date of publication*



The current travel restrictions and quarantine requirements related to the COVID-19 pandemic have required Vancouver Island University (VIU) to communicate options for students to plan to quarantine (self-isolate) on arrival. This document outlines VIU’s expectations and requirements for students to manage this period safely and smoothly.

The Government of Canada currently has travel restrictions for most foreign nationals even if they have a valid visitor visa or electronic travel authorization.

The Government of Canada **requires** all persons entering Canada—whether by air, sea or land to have a 14-day quarantine plan ready for their arrival in Canada. The 14-day period begins on the day the person enters Canada. Students must follow the Federal and Provincial Government requirements for self-isolation.

**Emergency Order under the Quarantine Act*

VIU’s first priority is the health and safety of our students, residence community, and local Nanaimo Community. VIU is also obligated to follow the regulations and recommendations of various authorities, including the Government of Canada and provincial and local public health authorities. Please note these guidelines are subject to changes in government regulations and recommendations.

Stay up-to-date of current travel requirements, restrictions and immigration related updates through the [Canadian government official website](#).

The Definitions

The Public Health Agency of Canada draws a distinction between the need to quarantine and isolate. We know terminology can be confusing, so we encourage you to review the following terms.

Quarantine:

Quarantining means, immediately upon arrival, traveling to a pre-arranged and registered place of self-isolation and remaining isolated for 14 days. Your travel must be carefully planned and managed. During quarantine, you will check for symptoms and report to the Canadian Government and VIU on a regular basis. You will likely be required to quarantine for 14 days if you have not received your vaccinations, for example. Please review the current Canadian Government [guidance](#).

If you are fully vaccinated, you may not have to quarantine. In rare cases, however, border officers might decide you do not meet the [requirements for exemption](#) or you are symptomatic. Therefore, all persons coming to Canada from overseas must have an emergency back-up quarantine plan registered. Please read [Quarantine Options for Students](#) (page 5) and inquire at ie.housing@viu.ca with any questions.

Isolate:

You must isolate if **any** of the following apply: you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19; you have symptoms of COVID-19, even if mild; you have been in contact with a suspected, probable or confirmed case of COVID-19 (unless you are vaccinated and have no symptoms); you have been told by public health to isolate **or** you have returned from travel outside Canada with symptoms of COVID-19 (mandatory).

Canadian Government Information about terms and definitions can be found [here](#).

Planning checklist before travelling to Canada:



- Read the VIU Quarantine (Self-Isolation) Resource Guide and Expectations document.
- Ensure you have a study permit/letter of introduction and meet the eligibility requirements to travel to Canada.
- Explore the most direct flight options to your final destination.
- Determine if you will definitely need to quarantine or simply provide a plan to quarantine.
- Book and confirm your flights, with connecting flights to your location of quarantine.
- If quarantining, confirm arrangements for suitable accommodation, private transportation to your destination and the necessities of life during your stay, including appropriate medical insurance coverage.
- If providing a quarantine plan only, complete and register at least two weeks before traveling.
- Submit the Federal Government ArriveCAN application at least 72 hours before traveling to Canada.

**Students in the VIU Residence Quarantine Program do not need to submit a planning form, as their application to the Residence Program is registered with VIU.*

Requirements to Enter Canada

To be able **to enter Canada to travel** as a student you must meet 2 requirements:

1. You must have a valid study permit or letter of introduction that shows you were approved for a study permit.
2. You must be attending a designated learning institution (DLI) with a COVID-19 readiness plan approved by its province or territory. VIU is an institution with approved readiness plan.

To board a flight to Canada, you must also:

- Demonstrate to the airline that:
 - you have a valid study permit or a letter of introduction that shows you were approved for a study permit and
 - you are attending a designated learning institution (DLI) with a COVID-19 readiness plan approved by its province or territory. VIU is a DLI with an approved COVID-19 readiness plan;
- Show a passport that is valid to fly to Canada and a valid entry document (visitor visa or eTA, if required);
- Complete a health check with airline officials, to confirm you do not have symptoms of COVID-19, including a fever, a cough, or difficulty breathing;
- Provide a negative COVID-19 test result completed within 72 hours of your departure;
- Depending on the airline, there may be additional requirements for travel, including wearing a face mask or covering. Confirm with the airline and any connecting airports prior to your flight.

International students are required to stay up to date with up to date Government [traveling to Canada requirements](#) and [exemptions information](#). These requirements may change at any time.

The onus is on you to demonstrate and satisfy the Border Services Officer that you meet the travel requirements or exemptions for traveling to Canada.



Travelling with your family members?



Immediate family members (e.g. spouse/common-law partner, dependent children) may be able to come with you to Canada, provided that they have the proper immigration documents and their purposes for travel are permitted under current restrictions. Family members who are seeking to accompany and support you during your studies in Canada will be considered to travel for non-optimal purposes.

For more information on how your accompanying family member may travel to Canada, please visit the [Government International Students guidance](#).

**Depending on the country of citizenship, your family members may also require a valid temporary resident visa (TRV) or electronic travel authorization (eTA) to travel to Canada.*

Students are reminded that compliance with current COVID-19 related instructions is a requirement of the Government of Canada's Quarantine Act, violation of which may include penalties of up to 6 months in prison and/or \$750,000 in fines.

Quarantine Plan Options For Students

As part of the Quarantine Act, travelers to Canada are required to provide a quarantine plan. This means that, if required, students will have to stay in their own room for 14 days and avoid contact with (keep a 2 metre distance from) others. It is very important that you have access to a safe and clean place to stay during this period.

The 14-day quarantine plan is a mandatory requirement under Canada's Quarantine Act regardless of testing or vaccination status. Review the [Government of Canada's website](#) for more information.

VIU Residence Quarantine (Self-Isolation Program)

The VIU Residence is offering spaces for students to complete the quarantine period. The cost of the program is \$60/night plus applicable taxes based on the needs. The cost of the quarantine period must be paid upon arrival. Students may also book with Residence for their quarantine plan; please note there is a fee for cancellation if the plan is not enacted. Students need to submit their [Quarantine \(Self-Isolation\) Request Form](#) in consultation with the Residence or Homestay Office. Students planning to live off campus are eligible to apply for completing quarantine in residence. Priority is given to students planning to stay in VIU Residence long-term, to VIU Homestay, or of The High School at VIU.

Space in Residence is limited. It is best to check with residence to see if your preferred dates are available before booking your flights.

The VIU Residence will provide students with:

- Food for three meals per day-delivered to their residence room (Student will get to choose items from a menu in advance);
- Unlimited wireless internet;
- Linens which include bedding and towels;
- Cleaning supplies with directions for bedroom and bathroom.
- A comfortable room with good ventilation and fan;
- Access to 24-hour staff on site and through various online communication tools.

REGISTER YOUR SELF-ISOLATION PLAN



Register your self-isolation plan with International Education by emailing the [VIU International Student Quarantine \(Self-Isolation\) Planning & Registration Form](#) to ie.housing@viu.ca at least two weeks before your arrival. Students staying in VIU Residence do not need to register their plan with International Education.

Languages Canada Study Safe Corridor – TRAVEL SAFE

Exemption Letter

- Provides a complete quarantine plan, including all elements of the Languages Canada package (below).
- Available if you meet the current vaccination requirements.
- \$100 + tax fee; hotel costs etc. are only payable if the plan is enacted. [Book here.](#)

Safe Arrival and Quarantine Package

- A 14-night all-inclusive stay at a designated quarantine hotel, including a full meal plan; COVID-safe transportation from airport to hotel;
- A comprehensive 4-week health and wellness package, including health insurance coverage for COVID-19 during quarantine and mental health support;
- A Canadian phone number and SIM card for mobile device;
- All necessary documentation to ensure students are fully informed of travel and arrival requirements and have a smooth entry into Canada. [Book here.](#)

Optional Flight Package

- Discounted fares exclusive to TRAVEL SAFE students.
- Booking services through a certified travel agent from the student's port of departure to the final destination in Canada;
- 24/7 support in multiple languages. [Book here.](#)

Most listed hotels are located in Vancouver and Victoria, and once complete, students can travel to Nanaimo. Please ask about Nanaimo hotel quarantining. Options are available for students eligible to travel with family.

New students to VIU will travel with and present their valid Letter of Acceptance when entering Canada.



Continuing students will no longer have a valid letter of acceptance and will need to provide a confirmation of enrolment letter. Students requiring a confirmation of enrolment letter can request a letter by emailing study@viu.ca.

**Allow 5 business days for processing*

Local Hotels

IMPORTANT INFORMATION: Students can choose to complete their self-isolation at local hotels below that are available to provide quarantine (self-isolation) spaces for students. Please note rates are subject to change. Click on the name of the hotel to be guided to their website.

Days Inn Nanaimo

1 Queen bed \$119/daily
2 Queen beds \$125/daily
2 queen beds + Kitchenette \$135/daily

VIU Student Rate

Rates are subject to applicable taxes totaling 16% and include a bagged breakfast daily and WiFi. Use of our indoor pool and hot tub will not be permitted while in quarantine. Room Service is available through our on-site Ricky's All-Day Grill. Trays will be dropped off in front of the guest room door for pick-up.

Buccaneer Inn

Seaview Cottage for families (3 people)
\$1300/weekly
Queen Kitchen Suite (1 person)
\$800/weekly

VIU Student Rate

\$500 refundable damage deposit for all rooms. All rooms are no-smoking, no pets, and no cooking of any seafood or other strong food items. As no housekeeping can be provided, we would provide linens and towels for guests to change themselves.

Best Western Dorchester

1 Queen bed \$119/daily

VIU Student Rate

This rate is available for VIU students until April 2022. To receive this rate, please email julie@dorchesteranaimo.com or charlie@doechesternanaimo.com directly.

Quarantining Elsewhere

If you are planning to make your own arrangements, or to self-isolate in a private residence, please ensure you have reviewed the guidelines from the Government of Canada on what constitutes a [suitable place of quarantine](#).

Getting Settled and Getting Organized

Arrange for the necessities of life (e.g., food, medications, basic hygiene supplies, and cleaning supplies) to be delivered to your place of self-isolation:

- [Skip the Dishes](#)
- [Door Dash](#)
- [Instacart](#) (Walmart, Superstore, Shoppers Drug Mart)
- [Thrifty Foods](#) (Grocery Store)
- [Save On Foods](#) (Grocery Store)

Student Expectations During Quarantine Period

- Stay in your room and away from others;
- Keep your room well-ventilated and clean – open your window to let the air circulate;
- Practice good hygiene:
 - Wash your hands frequently with plain soap and water for at least 20 seconds;
 - Use a separate towel, kept away from others;
 - Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue;
 - Avoid coughing, sneezing into either your hands or into the air, dispose of used tissues right away into a trash bin and immediately wash your hands;
 - Avoid touching your face with unwashed hands at all times.
- Use a separate bathroom if possible. Clean the bathroom regularly with cleaning products. Flush the toilet with the lid down. Keep your bathroom space clean and disinfected. Clean and disinfect frequently touched surfaces such as doorknobs, countertops, dressers, and other surfaces at least once a day;
- **Do not** go to school, work or any other public areas;
- Stay connected – text, email, FaceTime with your friends and family. Homestay students feel free to contact your homestay hosts, or attend online campus events, or online drop-in sessions;
- Monitor your physical and mental well-being. If you are not feeling well with symptoms that resemble COVID-19, complete an online self-assessment:
 - at [covid19.thrive.health](https://www.covid19.thrive.health). If you cannot use the online tool,
 - call 8-1-1 (toll free) or 7-1-1 (deaf and hard of hearing), 24 hours a day/ seven days a week.
 - students who have a suspected or confirmed case of COVID-19 will be required to remain at their quarantine site until a medical practitioner has confirmed they are clear of these symptoms and/ or the student has tested negative for COVID-19 .



- Package up your garbage – empty garbage frequently and wash your hands immediately;
- Students will be unable to use common laundry spaces to wash their clothes. Students should have clean clothing to last for 14 days;
- Keep your personal items (toothbrush, cups, cell phone, tablets, laptops, etc.) separate from those belonging to others;
- **Do not** allow visitors;
- **Do not** self-isolate in a place where you will have contact with vulnerable individuals, including those who have an underlying medical condition, compromised immune systems, or who are 65 years of age or older;
- Monitor your health for symptoms of COVID-19, follow the [BCCDC Guidelines for How to Self-Monitor](#), and track your symptoms on the [BCCDC's Daily self-monitoring form](#);
- Eat in your room, where you are quarantining. Do not share dishes, drinking glasses, cups, or eating utensils.

Student Expectations During Quarantine Period

Additional Information for Students Completing Quarantine (Self-Isolation) in Residence



- If you need help filling out the online self-assessment tool, or need immediate assistance email residence@viu.ca;
- Students are not allowed to use the common room, couches, dining room tables or TV
- Residence staff will deliver meals to your room; all containers are microwavable and disposable.
- Access to the common room/kitchen area is only permitted for heating of food and limited to one person in the kitchen/ common room area at a time. Once you have heated your food you must return to your room immediately.
- Garbage bins have been provided in the common rooms which students can empty any garbage they have in their room.
- While completing your quarantine, you are required to stay inside the residence building.
- If you have been reported breaching quarantine or self-isolation guidelines it will be reported to VIU Residence Staff, VIU Conduct Office and may be reported to Health BC or Border Services Canada for follow up and disciplinary action.

Students must download and complete [ArriveCAN](#) before entering Canada.



As of November 21, 2020 travellers entering Canada are required to submit information through [ArriveCAN](#) or by calling the **1-833-641-0343** toll-free number during their quarantine or isolation period. Within 48 hours of entering Canada, travellers must confirm they have arrived at their place of quarantine or isolation and those in quarantine must complete a daily COVID-19 symptom self-assessment during their quarantine period.

For further information regarding self-isolation, please review the **BC Centre for Disease Control's (BCCDC)** website on how to **self-isolate**. Please also review the following handouts.

- **Dos and Don'ts Self Isolation Sheet from the BCCDC Arrival Plans**
- **BCCDC's Guidelines for How to Self-Monitor**
- **BCCDC's Daily self-monitoring form**



Student Wellness and Supports while in Quarantine (Self-Isolation)

VIU Residence

Phone: [250-740-6640](tel:250-740-6640) (24 hours a day)

Email: residence@viu.ca

Virtual Meeting: Email to set up a meeting

Mike Bauche, *Assistant Manager, Residence Life*

Email: Michael.Bauche@viu.ca

Bingyi Zhu, *Assistant Manager, Operations*

Email: Bingyi.Zhu@viu.ca

Victoria Bowns, *Residence Life Coordinator*

Email: Victoria.Bowns@viu.ca

Homestay & Off-Campus Housing

Phone: [250-740-6159](tel:250-740-6159)

Cell: [250-618-2128](tel:250-618-2128) (call, text or

WhatsApp during the workday)

Email: homestay@viu.ca or ie.housing@viu.ca

Virtual Meeting: Email to set up a meeting

Campus Security

Phone: [250-740-6600](tel:250-740-6600)

High School Students: Please review your Stay Safe Contact Sheet

Additional Student Wellness and Support

Connect and Engage with Campus Life

Attend virtual events through the VIU website: campusevents.viu.ca, and listed on the Residence Facebook Page: [VIU ResLife](#)

Students can access information regarding Orientation and other on campus events by downloading the [VIU Co-Curricular Involvement App](#). The App can be found at the [Apple APP Store](#) and [Google Play](#). Alternatively, people can log on [on](#) to the desktop version of this application [here](#).

Support

Connect with a counsellor. Self-isolation can be a challenge on emotional well-being. They are here for confidential support. Book an online meeting by emailing: counselling.international@viu.ca

Drop-in with an International student advisor during scheduled [drop-in times](#).

Health

Download the [BC COVID-19 Support APP](#), to stay informed about COVID-19 in BC.

International students on [Guard.me](#) insurance have access to [Guard.me Mobile Doctor](#). This program allows students to connect with Canadian doctors on Maple, a telemedicine company, as a part of their health benefits. Maple provides access to doctors, Canada wide, on the phone, tablet or computer anytime, anywhere.

Student Pre-Departure Planning & Checklists

Questions about Process

Speak with a member of VIU Residence or a representative from VIU Homestay and Off-Campus Housing about expectations, and self-isolation. Please contact to set up a meeting:

Residence: residence@viu.ca

Homestay: homestay@viu.ca

Off-Campus Housing: ie.housing@viu.ca

Arrival Plans



Travellers must submit and complete their [ArriveCAN](#) application for approval to the Federal Government before flying to Canada.

The [ArriveCAN app](#) is available for download on [Google Play](#) for Android or through the [App Store](#) for iOS. Travellers can also submit their information by signing in [online](#).

While travelling to Nanaimo, students are expected to:

- All air travellers are required to wear a **non-medical mask**;
- Wear gloves (specific airlines may have specific guidelines);
- Practice physical distancing;
- Wash hands frequently;
- Use hand sanitizer when necessary;
- Sanitize your personal space and high-touch areas such as seatbelts and tray tables;
- Minimize trips to washroom (flushing the toilet with the seat cover down);
- Limit touching surfaces;
- Keep cell phone charged, and able to receive calls;
- Bring a water bottle or cup to use in your room or through travel.

Transportation to Final Destination

- *If required*, be prepared to go directly to your chosen location for self-isolation. It is recommended that you book a connecting flight to Nanaimo (when possible), to remain “in transit” to complete quarantine at your final destination rather than take a ferry or bus. Please do not use public transportation. **Airports will have additional procedures in place in order to prevent the spread of the virus;**
- Make arrangements to travel from your point of entry to Nanaimo to the VIU Residence located at **4 University Crescent, Nanaimo, BC V9R 6C5** or other location for quarantine;
- Students staying in residence will need to be dropped off at the Cedar Centre (Building 4).

Private Transportation Options in Nanaimo



Cab and Private Shuttle Information

Please book transportation online in advance with one of the following providers:

AC Taxi 250-753-1231

Yellow Cab 250-751-1111

Nanaimo Airporter Shuttle 778-441-2133

Travelling from Vancouver/ Victoria:

[Beaton's Meet and Greet](#)

If required to quarantine upon arrival at Nanaimo airport/ float plane terminal/or other transportation provider:

- Text or call your arranged transportation provider;
- Wear a fresh mask;
- Pick up baggage while maintaining a physical distance;
- Exit the baggage area and go to the location you have previously arranged to meet your driver;
- Load your **own luggage** into the car and sit as far away from the driver as possible;
- You must wear a non-medical mask or face covering while traveling to the place you will quarantine (self-isolate).

Student Pre-Departure Planning & Checklists

Packing

Students should bring:



- Enough clothes for the 14-day quarantine as there may be limited or no access to do laundry until the quarantine is complete
- Hand sanitizer
- Thermometer (you will be required to monitor your temperature)
- 60 disposable face masks OR 30 disposable and 1 cloth face mask
- Have accessible in carry-on luggage some masks, gloves, disinfectant wipes, a travel-sized bottle of hand-sanitizer



At the Border



Upon arrival to Canada, you will be greeted by a Canada Border Services Agency (CBSA) Officer. Be prepared to present the following:

- a valid study permit or a letter of introduction that shows you were approved for a study permit;
- a valid letter of acceptance;
- proof that you have enough money to support yourself and any family members who come with you to Canada;
- a copy of your self-isolation plan, (print out copy of this document);
- [valid entry document](#) (temporary resident visa or electronic travel authorization, if required);
- valid passport or other travel document.

A CBSA officer will make the final decision on whether you're eligible to enter Canada when you arrive.

Medical Insurance



Have appropriate health insurance in place. International students new to VIU are covered automatically through [Guard.me](#) VIU International insurance plan for the first term in which they are registered.

Please visit here for more information: international.viu.ca/medical-academic.

Returning VIU students, and students who opted out because they were studying in their home country should contact advising.interational@viu.ca if they have questions regarding coverage.

If a student is arriving early for the next semester and does not have valid medical insurance, they should be purchasing 'Early Arrivals' insurance through [guard.me](#) directly using this link: www.guard.me/viubinbound.



Quarantine (Self-Isolation) Request Form at Vancouver Island University Residence

STUDENT INFORMATION

First/Given Name	Last/Family/Surname	Preferred Name
VIU Student Number	Phone Number	Email Address
Country of Citizenship	Date of Birth (DD/MM/YYYY)	Gender

TRAVEL DETAILS

It's recommended that you book a connecting flight to Nanaimo (when possible), to remain "in transit" to complete quarantine at your final destination

Airplane Float Plane Other _____

Airport	Airline	Flight Number	Arrival Date (DD/MM/YYYY)
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ACCOMMODATION

University Student (Fees are \$60/night plus tax) High School (THS) Student (Fees are \$60/night plus tax)

HOUSING

After your 14-day quarantine(self-isolation) where will you be living? (please select one)

VIU Residence VIU Homestay Off-Campus Housing in Nanaimo

CLASS REQUIREMENTS

Do you have in-person courses for January 2021? Yes No

AGENT INFORMATION

Complete this section if you are filling this out with the help of an agent, institution or family member

Name	Representative Email	Agency
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Do you give us permission to share information regarding Quarantine Planning with your agent/family member Yes No

IMPORTANT REMINDERS AND ACKNOWLEDGEMENT

Limited space is available. Priority will be given to students planning to live in Residence and Homestay beyond the quarantine program, and those with in person courses in January 2021.

Please read and agree to the following statements:

- I declare that all the information contained on this application is true and complete and no information has been withheld;
- I have read and fully understand the VIU Quarantine (Self-Isolation) Resource Guidelines and Expectations document and understand that it is subject to change based on requirements by VIU Health & Safety, the BC Government, The Canadian Government and other governmental agencies;
- I will stay up to date on current travel requirements, restrictions and immigration related updates through the Canadian government: www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/travel-restrictions-exemptions.html;
- I understand this form must be **submitted no later** than two weeks before my scheduled arrival date, and is required in order to book a reservation;
- Completion of this form does not automatically guarantee a reservation; I may be required to submit supplementary documentation or information;
- I understand that it is my responsibility to have access to sufficient funds to cover any and all additional COVID-19 related costs. This may include fees for testing or extending my quarantine, if necessary;
- I understand I am required to comply with the Government of Canada's *Quarantine Act*, including the penalties of violation of the *Quarantine Act*, which include up to 6 months in prison and/or \$750,000 in fines; I
- understand that it is my responsibility to determine my eligibility to travel to Canada and to secure the appropriate documentation before my travel date. If I am uncertain whether I am eligible to travel, I will contact Canada Border Services Agency;
- I have download and completed the Federal Government's *ArriveCan* application;
- I will download the [COVID-19 Support APP](#).

Signature of Applicant	Date (DD/MM/YYYY)
Printed Name of Applicant	

For applicants under the age of 19: I am the parent or guardian of the Applicant named above. I acknowledge that the Applicant and I have read, understand and agree to the above.

Signature of Parent/Guardian	Date (DD/MM/YYYY)
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International Student Quarantine (Self-Isolation) Planning & Registration Form

INSTRUCTIONS

Please register your self-isolation plans with VIU's International Education. Students who are registered in the VIU Student Residence quarantine program do not need to complete this document.

Important Note: It is the student's responsibility to be aware of campus and holiday closures. Students should not arrive during closures to ensure the proper support from VIU is available. Please submit completed forms to ie.housing@viu.ca 10 business days before your arrival.

STUDENT INFORMATION

First/Given Name	Last/Family/Surname	Preferred Name
VIU Student Number	Date of Birth (DD/MM/YYYY)	Country of Origin
Email Address	Canadian Phone Number	

I understand that I am required to have a valid Canadian phone number at which VIU staff can contact me to monitor and support me while I complete my 14 day mandatory quarantine.

ARRIVAL INFORMATION

Arrival Date (DD/MM/YYYY)	Arrival Method: (airline & flight number)	Port of Entry	Arrival From
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I understand that it is my responsibility to determine my eligibility to travel to Canada and to secure the appropriate documentation before my travel date. If you are uncertain whether you are eligible to travel, contact Canada Border Services Agency.

QUARANTINE PLAN

Quarantine provider: Private Residence Homestay Program (Other than VIU)
 Hotel or Other Accommodation Provider Languages Canada Study Safe Corridor – Travel Safe Program

Name of Quarantine Location	Address of Quarantine Location
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I acknowledge that I have access to the following or it is provided at my quarantine location:

Private transportation to quarantine location 3 meals/day, delivered to my room
 Access to essentials such as toiletries, linen, cleaning supplies, etc.

IMPORTANT REMINDERS AND ACKNOWLEDGEMENT

Please read and agree to the following statements:

- I have read and fully understand the VIU Quarantine (Self-Isolation) Resource Guidelines and Expectations document and understand that it is subject to change based on requirements by VIU Health & Safety, the BC Government, The Canadian Government and other governmental agencies;
- I confirm that I am completing my mandatory quarantine upon entry to Canada in alignment with requirements set out by the Government of Canada under the *Quarantine Act*;
- I have download and completed the Federal Government's [ArriveCan application](#);
- I have downloaded the [COVID-19 Support APP](#).
- I understand that it is my responsibility to ensure that I have the appropriate medical insurance coverage during my mandatory quarantine period;
- I understand that it is my responsibility to have access to sufficient funds to cover any and all additional COVID-19 related costs. This may include fees for testing or extending my quarantine, if necessary;
- I understand I am required to comply with the Government of Canada's *Quarantine Act*, including the penalties of violation of the *Quarantine Act*, which include up to 6 months in prison and/or \$750,000 in fines.

I, _____, confirm that I understand the importance of the quarantine requirements as outlined under the *Quarantine Act*, and will follow all criteria provided by Vancouver Island University and provided by the Government of Canada, for a full 14 days.

Signature	Date (DD/MM/YYYY)
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For applicants under the age of 19: I am the parent or guardian of the Applicant named above. I acknowledge that the Applicant and I have read, understand and agree to the above.

Signature of Parent/Guardian	Date (DD/MM/YYYY)
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