



West Coast College of **MASSAGE** Therapy

WCCMT QUARANTINE PLAN FOR INTERNATIONAL STUDENTS

Protocols for Safe Arrival of International Students

This plan is designed to support international students' safe arrival and quarantine in preparation for study at WCCMT, and is part of the WCCMT COVID-19 Safety Plan. All prospective international students must submit their Quarantine Plan to the College during their application process and before arriving in Canada. Please read and complete this Quarantine Plan document and return to the Admissions Coordinator:

For **New Westminster** Applications: admissions@collegeofmassage.com

For **Victoria** Applications: vicadmissions@collegeofmassage.com

Before You Arrive in Canada...

KNOW the Quarantine requirements:

When you arrive in Canada by air, land or sea, an official will assess your health before you leave the Port Of Entry. If you're a foreign national, and you have symptoms of COVID-19, you won't be allowed to enter Canada.

You must have a plan to [quarantine for 14 days](#) when you arrive in Canada, including:

- a place to stay
- how you'll get to your destination:
 - ➔ avoid use of public transit where possible
 - ➔ wear a face mask when travelling
 - ➔ go directly to your place of quarantine
- how you'll get your groceries
- how you'll access essential services and medical care

This plan is mandatory, even if you have no symptoms. If you don't have a plan, you should not travel to Canada. Otherwise, you may not be allowed to enter the country. A border services officer will determine if you can enter the country. The penalties for not following your quarantine plan once you're in the country can include:

- 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

If you're travelling by air, you need to

- pass a health check conducted by airlines before you'll be allowed to board your flight
- [wear a non-medical mask or face covering during travel](#) (including to the place you will quarantine)

DOWNLOAD the Government of Canada's [ArriveCan App](#) prior to arrival at the border and complete the information required.



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INTERNATIONAL STUDENT QUARANTINE PLAN

This form must be submitted to your Admissions Coordinator prior to arrival in Canada. Please submit your Quarantine Plan together with your Program Application form for approval.

<input type="checkbox"/> APPLYING TO NEW WESTMINSTER CAMPUS	<input type="checkbox"/> APPLYING TO VICTORIA CAMPUS
Contact: admissions@collegeofmassage.com	Contact: vicadmissions@collegeofmassage.com
Name of Applicant (please print):	
Name of Parent or Legal Guardian (if 18 years of age or younger) (please print):	
What intake are you applying for?	
<input type="checkbox"/> JANUARY <input type="checkbox"/> MAY <input type="checkbox"/> SEPTEMBER	
Please provide the address where you will be quarantined in Canada:	
Street Address:	
City:	Postal Code:
Contact Phone Number at Quarantine Location:	
Website/Email Address at Quarantine Location (if applicable):	
Please describe how you will get from your place of arrival to your quarantine destination:	



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Please briefly describe how you will access groceries during your quarantine period:

Please describe how you will access essential services and medical care during your quarantine period:

Will you be staying with vulnerable populations or living in a communal or group setting during your quarantine period? Yes No

Have you downloaded the Government of Canada's [ArriveCan App](#)? Yes No

X

Applicant Signature

Date

X

Signature of Parent or Legal Guardian
(if 18 or younger)

Date



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During your 14-day Quarantine Period...

SELF-MONITOR using the [ArriveCan App](#) for daily symptom reporting, within 48hrs of arrival.

BE INFORMED with reliable, accurate messaging about COVID-19 using these resources:

The BC Centre for Disease Control: <http://covid-19.bccdc.ca/>

The Government of Canada COVID-19 site: <https://www.canada.ca>

The World Health Organization: <https://www.who.int/>

PREPARE for your first day of class by reading WCCMT's COVID-19 Guidelines for Students sent to you via e-mail by our Admission Coordinator.

STAY CONNECTED with your WCCMT community:

You will receive regular check-ins from Student Services throughout your 14-day Quarantine period.

Connect with us on Social Media:

<https://www.facebook.com/WCCMT>

<https://twitter.com/WCCMT>

www.instagram.com/collegeofmassage/

After your Quarantine Period...

SELF-SCREEN daily for symptoms using the online screening tool: <https://bc.thrive.health/covid19/en>

GET SUPPORT from Student Services for mental and physical health: we provide referrals for counselling and wellness services for our students.

Contact: studentservices@collegeofmassage.com (New Westminster)

Contact: vicstudentservices@collegeofmassage.com (Victoria)

STAY SAFE by following the Health & Safety Infection Prevention Control Guidelines in place on campus. Make sure to:

- Practice physical distancing of 2-metres where possible
- Wear a face mask while on campus
- Wash your hands frequently for a minimum of 20 seconds
- Stay home when experiencing any symptoms

For questions about self-isolation/quarantine requirements or WCCMT's COVID-19 Safety Plan, please contact your local Admissions Coordinator:

In New Westminster: admissions@collegeofmassage.com **In Victoria:** vicadmissions@collegeofmassage.com