

Horizon College and Seminary (HCS), Saskatoon, Canada
COVID-19 Readiness Plan for International Students

June 14, 2021

Introduction

As of October 20th, international students wishing to study at Horizon College and Seminary (HCS), who have required documentation, are permitted to travel to Canada. To do so requires HCS to have an approved COVID-19 Readiness Plan, outlined below.

General Requirements

- **Quarantine.** 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 (self-isolate) for 14 days in order to limit the introduction and spread of COVID-19. The 14-day period begins on the day the person enters Canada. More information can be found [here](#). Quarantine (self-isolate) means that for 14 days students need to:
 - Take the Covid-19 test at the airport.
 - Check into the government authorized accommodation until the Covid-19 results are known.
 - After completion of the test finish the balance of the 14-day quarantine in an appropriate place of stay (as outlined further below).
 - Only leave the place of stay for medically necessary appointments, as directed by the local health authority.
 - Not have visitors.
 - Avoid all contact with other people to help prevent transmission of the virus.
 - Self monitor health and report any symptoms to the Healthline by calling 811.
- **Quarantine Compliance.** The Province of Saskatchewan requires situations to be reported where individuals are suspected of being in non-compliance with Public Health Orders. Failure to comply with this order is an offence under the Quarantine Act and could lead to fines, imprisonment or both. More information can be found [here](#). The Non-Compliance Reporting Form can be found [here](#). Horizon will notify local and provincial public health should non-compliance occur while students are in quarantine.
- **Duration.** This HCS Readiness Plan for International Students will remain in place until such time as deemed necessary.
- **Outbreak Response at HCS.** The outbreak response for HCS is outlined in the COVID-19 Institutional Safety Plan. Specifics below are related to the HCS campus.
 - If any individual becomes symptomatic while at the college, they must notify HCS, leave campus, and self-isolate immediately. If unable to leave the campus immediately, individuals will, if needed, be provided with appropriate PPE and directed to a designated isolation room. Employees or students assisting the individual are required to wear appropriate PPE. The use of appropriate PPE will include appropriate training (donning and doffing) as outlined [here](#)
 - They are to complete the online self assessment tool available [here](#) and to follow directions of public health which would include calling the Healthline at #811, arrange for testing, isolate, and follow directives provided.
 - When an individual leaves campus sick, the area that person used will be cleansed and disinfected immediately (by cleaning staff) per the Environment Cleaning Guidelines found [here](#). These guidelines are consistent with the Horizon College and Seminary

Institutional Safety Plan. More information can be found [here](#). Specifics from that Plan include:

- Cleaning and disinfection of common areas at least twice daily. This includes entrance foyers, main office, library, chapel, Student Life Centre, classrooms, hallways and washrooms.
- Commonly touched surfaces such as light switches, door handle/knobs, toilets and taps, are disinfected frequently throughout the day. Disinfecting products and/or disposable towels for opening doors are provided.
- Common surfaces, such as food grade surfaces in the staff kitchen area, are disinfected twice daily.
- Instructors are responsible to ensure disinfection of all desks, chairs, and teaching equipment (computers, etc.) at the end of each class.
- HCS supplies all cleaning and disinfecting products. These conform with Public Health regulations and only these products may be used.
- If someone who has been on campus tests positive for COVID-19, HCS will implement mitigation procedures which may include operating completely online. The HCS Administrative Assistant is the contact for local public health officials to support contract tracing and to communicate whether any new campus restrictions are necessary. The Administrative Assistant will alert staff and students as directed by Public Health. The alert will come via emails, texts, Facebook, and/or phone calls. The VP Academics will implement mitigation procedures as directed by Public Health.
- International students, as part of the overall student body, would be alerted as all other students.
- **Communication Protocols**
 - HCS maintains up-to-date COVID-19 response information on its website (www.horizon.edu).
 - Students, employees, and regular contract workers receive updates to the Safety Plan directly through email and through the closed 2020-21 HCS Facebook page.
 - HCS's expectations and protocols are posted at main entrances, washrooms, and throughout the facility. These include links to the Saskatchewan online self-assessment.
 - If someone who has been on campus tests positive for COVID-19, HCS will implement mitigation procedures outlined in this plan. This may include operating completely online.
 - Information received about individuals who are symptomatic or test positive for COVID-19 is collected and communicated through the main office. Personal information for symptomatic/positive student or staff will be kept private. General information will be provided to inform and make others aware of potential exposure and to self-monitor and self-isolate as per public health direction.
 - International students, as part of the student body, are included in all communication protocols. International students would be informed via email, Facebook page, and webpage updates.
 - The HCS Administrative Assistant is the contact for local public health officials to support contract tracing and to communicate whether any new campus restrictions are necessary. The Administrative Assistant will alert staff and students as directed by Public Health. The VP Academics will implement mitigation procedures as directed by Public Health.

Pre-Arrival Requirements

- **Guidelines.** A Guide for International Students in Canada Arriving from Abroad can be found [here](#)
- **The HCS Readiness Plan for International Students.** This document will be provided by email to international students prior to their arrival in Canada.
- **Before/During Travel**
 - Avoid spending time in large crowds or crowded areas.
 - Avoid contact with sick people, especially if those persons have a fever cough, or difficulty breathing.
 - Be sure to monitor your health.
 - Travellers will need to pass a health check before being allowed to board the flight.
 - As of January 7, 2021, 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. Documentation of a negative laboratory test result must be presented to the airline prior to boarding a flight to Canada. The test must be performed using a COVID-19 molecular polymerase chain reaction test and must be taken within 72 hours prior to the traveller's scheduled departure to Canada. More information can be found [here](#).
 - Download the ArriveCAN app.
- **ArriveCAN.** As part of Canada's efforts to reduce the spread of COVID-19, all travellers are required to provide specific information upon and after entry into Canada. The ArriveCan App is mandatory and must be downloaded through Google Play or the Apple Store.
 - Pre-Arrival to Canada
 - As of November 21, 2020, air travellers whose final destination is Canada will be required to submit their information electronically through the ArriveCAN App within 72 hours before arrival to Canada.
 - Travellers who do not submit the required information digitally before boarding their flight could be subject to enforcement action, which can range from verbal warnings to \$1,000 fine.
 - All travelers must identify all countries they have visited over the past 14 days either by land or air.
 - Travelers must get a molecular test from the last place they land, specifically students from India and Pakistan travelling to the US then entering Canada by land or air. Tests from India or Pakistan cannot be used.
 - As of November 4, 2020, air travellers can expect to be reminded by their air carrier of the need to submit COVID-related information digitally through Arrive CAN prior to boarding their flight
 - Upon Entry
 - Upon arrival in Canada, all international students must take a COVID-19 test prior to leaving the airport and entering federal quarantine.

- If a traveler receives a positive test, whether in quarantine or not, they must isolate for 14 days beginning on the day the positive test result was received.
 - All positive COVID-19 tests must be reported within 24 hours on the ArriveCan App and to the quarantine/screening officer.
- Anyone suspected of having COVID-19, a close contact to someone with COVID-19, or is positive for COVID-19, cannot use public transportation. They must use medical transportation to their place of isolation.
- As of February 21, 2021 there will be a mandatory 3-day hotel stopover at the port of entry (Vancouver, Toronto, Montreal and Calgary). Travellers must begin their 14-day isolation period in a Government authorized hotel at the port of entry while they wait for their test results. More information can be found [here](#). The information should be read closely. Some specifics include:
 - No one is excluded from the required quarantine.
 - The government authorized hotel stay is for 3 nights and requires pre-payment.
 - The 3 days is part of the overall 14-day quarantine.
 - Upon confirmation of a negative test result, students may leave the federal quarantine location and travel to their final destination where they will be required to quarantine for the balance of their 14 days.
 - Students must remain in quarantine until they receive a negative test, even if they exceed their 14-day quarantine. If a test is inconclusive or positive, an office from PHAC will contact the student with further information and steps they must take.
 - On day eight of the quarantine, the student is required to complete an additional test virtually/remotely with the supervision of a health care professional. The test will be provided to the student by the federal government upon arrival in Canada.
 - Details related to transit protocols are provided with the above link.
- Post-Entry to Canada
 - As of November 21, 2020, travellers who enter Canada by air, land or marine modes, unless exempted under conditions set out in the Mandatory Isolation Order, will also be required to submit information through ArriveCAN or by calling the 1-833-641-0343 toll-free number during their quarantine or isolation period.
 - Travellers who don't use ArriveCAN to submit their information before entering Canada will be required to call the 1-833-641-0343 toll-free number on a daily basis throughout their quarantine or isolation period to provide their post-border information. They will not be able to revert to using ArriveCan.
- The ArriveCAN app provides extensive detailed information on travellers with symptoms; travellers without symptoms; exempt travel; self-isolation with symptoms; and self-isolation with no symptoms. More information on ArriveCAN can be found [here](#). This is a critical source of information on quarantine expectations. Please read the information closely.

- **Families.** Should a student be accompanied by his/her family, all the following requirements and supports are equally applicable to all family members.
- **Transportation.** Transportation from the Saskatoon YXE Airport to the place of quarantine can be secured through a local taxi company, Uber, or Lyft. During transportation, and indeed in the airport, a facial mask must be worn. Taxi vehicles (such as United Taxi, 306-652-2222) are outfitted with a barrier between the front and back seats. Hand sanitizer should be used frequently in transitioning from the airplane, to the terminal, to the baggage area, to the vehicle, and ultimately to the place of one's quarantine.
- **Location for Quarantine.** The only two options include the following:
 - The Parktown Hotel in Saskatoon provides quarantine-appropriate rooms which includes the provision of meals. An information sheet is provided [here](#). More information can be secured by emailing heather@parktownhotel.com
 - Staybridge Suites also provides quarantine-appropriate rooms. Services include: kitchenette; breakfast to the room; three supper meals to the room; one-time pre-purchase of groceries (charged to the room); laundry services; airport transportation (\$25); connection to Open Door Society, International Women of Saskatoon, and Newcomers Centre. Cost is \$104.15 per day. Contact person is Anahi Soria, salescq@prhotels.ca.
- **Confirmation of Quarantine**
 - Students will be required via the ArriveCAN app to update and confirm compliance with quarantine.
 - On arrival at the place of quarantine, students will need to notify either the HCS Registrar, Dr. H. Strauss at hstrauss@horizon.edu or 306-374-6655 (x222) or 306-280-7147 (cell), or the Associate Registrar, Rianne Quiring at rquiring@horizon.edu or 306-374-6655 (x225).
 - Students and co-arriving family members are responsible for self-monitoring and assessment of COVID-19 symptoms. More information on self monitoring can be found [here](#). A self-assessment guide related to Covid-symptoms is available [here](#).
- **Connecting with Students**
 - Horizon staff will be available during the 14-day quarantine period to provide mental, social, or educational support. While students will not have direct, in-person contact with Horizon staff, regular check-ins via phone, Zoom, etc. will be provided. Those most involved will include the Registrar, Associate Registrar, Dean of Students, and Associate Dean of Students. Check-ins will be at least every other day.
 - Students will have access to online learning and contact via email, phone, or Zoom with course professors. They will also have online access to community events such as weekly chapels and small group experiences. Effort will be made to connect students with other students, doing so via Zoom.
 - More information for international students is available through Horizon's International Student Handbook provided [here](#).
 - The Student Life team proactively supports student well-being by actively and regularly checking in with each student. Student Life and other employees provide pastoral care for all students, and students may also be referred to community mental-health resources or to additional counselling services. During quarantine, check-ins will occur at least every other day.
 - The Government of Saskatchewan lists numerous resources to support student mental health. More information can be found [here](#).

- **Food.** In quarantine a student must stay in their place of lodging, one of the two identified above.
 - The Parktown Hotel is prepared to provide meals. Please see the information sheet [here](#).
 - The Parktown provides a couple of mini fridges as well as a microwave oven. Horizon will arrange to provide a small assortment of grocery items for 2 or 3 days, placed in the room either before arrival, or placed by the door immediately after arrival. Selection of items will be determined with the student before travel.
 - Groceries can be purchased online and delivered. Grocery stores in Canada can also provide most medical supplies such as medications, Health Canada approved hand-sanitizer, first aid supplies, face masks, toiletries, and other necessities. Some of the primary grocery stores that provide delivery include:
 - Save on Foods. More information [here](#).
 - SuperStore. More information [here](#).
 - Instacart which provides delivery services for multiple stores. More information [here](#).

Delivery time is generally within a day or two. A student would need to have use of a credit card.
 - Prepared restaurant meals can be delivered via various online delivery companies such as Skip the Dishes; Door Dash; and Uber Eats.
- **Infection Control Practices**
 - Stay strictly in quarantine and monitor symptoms. If symptoms surface immediately call the Healthline at 811.
 - Avoid contact with other people
 - Wash hands frequently
 - Use a Health Canada approved hand sanitizer
 - Avoid touching eyes, nose, and mouth
 - Cough or sneeze into the bend of the arm or into a tissue
 - At least daily clean and disinfect surfaces such as toilets, tables, doorknobs, phones, and television remotes.
 - Do not share personal items with others
- **Health Insurance/Coverage**
 - Once in Canada, students may apply for the Saskatchewan Health Card. The insurance will cover outpatient, inpatient treatments and consultations, medical tests, and hospital stays. The processing time to receive the health card is approximately 6-8 weeks. Students are responsible for any upfront medical costs which can be submitted for reimbursement (anticipated reimbursement) through Medical Services Branch once a Saskatchewan Health Card is obtained. More information about the card and application can be found [here](#). **It is important to apply for the card as soon as possible.** Additional information about the Saskatchewan Health Card can also be found on the [Horizon College and Seminary website](#), Admissions/International Students/Sask Health Card.
 - The Saskatchewan Health Card does not cover dental or prescription costs. Should a student wish to secure added coverage, consideration might be given to buying additional medical and dental insurance. Providers include:
 - Blue Cross Insurance. More information can be found [here](#).
 - CAA Insurance. More information can be found [here](#).

- Should COVID-19 symptoms arise during the quarantine, call the Saskatchewan HealthLine number 811.
- For non-COVID health issues, phone appointments can be made with medical clinics within the city.
- **Stigma Guide.** The current COVID-19 outbreak has provoked social stigma and discriminatory behaviours against people of certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus. The Government of Canada has provided information on awareness, as well as how to best speak about Covid-19. That information, which can be found [here](#) will be brought to the full attention of HCS Staff and Faculty. Should a student feel stigmatized or harassed they should speak to the Dean of Students.
- **Self-Assessment.** Students are responsible for self-monitoring during quarantine. More information about self-assessment, including a tool, can be found [here](#). Should there be any symptoms, students are required to call the Healthline at 811.

Post Quarantine

- **From Quarantine to Lodging.** Horizon College and Seminary does not have housing or guest suites. It is the responsibility of students to secure a place to stay before coming to Canada—but Horizon will assist in whatever way it can. Some options include:
 - Horizon College and Seminary Network. If requested, Horizon will make known the need for housing via its extensive network of students, staff, alumni, and partners.
 - Cressman Realty. Part of the network includes Cressman Realty, owned and operated by Horizon alumni, Nathan and Melanie Cressman. Part of their calling is to help find and secure housing for Horizon students, particularly in close proximity to the school. They can be reached at melanie@cressmanrpm.ca.
 - Kijiji. Another option is to search out potential living accommodations via Kijiji, an online site for the buying and selling of virtually everything and anything, including the listing of rental accommodations. More information can be found [here](#). Horizon staff, particularly the Registrar and Associate Registrar can be called upon in terms of housing feedback.
 - Once quarantine is done a student can also check on options for living with other students in a shared setting. More information can be found from the Dean of Students (Bob Williamson at bwilliamson@horizon.edu) or the Associate Dean of Students (Jessie Van Roessel at jvanroessel@horizon.edu.)
- **Safety Plan and Infection Control Practices.** As students transition from quarantine to campus life, practices for minimizing the spread of COVID-19 need to be observed. Practices are fully outlined in the HCS Safety Plan. Some of the key components include:
 - Wearing of masks at all times while in the building.
 - Physical distancing from others.
 - Cooperation on enhanced cleaning and disinfection in workplaces and public spaces.
 - Frequent handwashing.
 - Use of Health Canada approved hand sanitizer
 - Anyone who becomes ill will immediately self-isolate; self-assess (more information [here](#); and call 811.
 - Use hand sanitizers located at entrances, washrooms, and high traffic areas.
 - Washroom space limited to 2 persons at a time.
 - Adhering to the directional markers in the building.
 - Avoid touching eyes, nose, and mouth
 - Cough or sneeze into the bend of the arm or into a tissue

- At least daily clean and disinfect surfaces such as toilets, tables, doorknobs, phones, and television remotes.
 - Do not share personal items with others
- **The HCS International Student Handbook.** This resource, available [here](#), provides a wealth of information on supports for international students. Some specifics include:
 - Housing options
 - Travel options in the city
 - Medical provisions
 - Counselling resources
 - Academic life
 - Community connections
 - Climate adjustments
- **HCS Community Support.** The Dean of Students, the Associate Dean of Students, the Registrar, and the Associate Registrar are all prepared to play a lead role in providing support and in connecting international students to the broader community.
- **Stigma Guide.** As indicated above, the current COVID-19 outbreak has provoked social stigma and discriminatory behaviours against people of certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus. The Government of Canada has provided information on awareness, as well as how to best speak about Covid-19. That information, which can be found [here](#) will be brought to the full attention of HCS Staff and Faculty. Should a student feel stigmatized or harassed they should speak to the Dean of Students.