

Diving Dynamics**COVID-19 Quarantine Policy for Foreign Nationals
and Citizens Returning to Canada****June 01st, 2020**

Name of Policy

Implementation Date

Vernon Johnston**November 16th, 2020**

Director

Date of Last Revision

The Goal: Staff at Diving Dynamics will work with enrolled students planning to arrive in Canada, to facilitate the development of their respective, mandatory 14-day quarantine plans. CDI will maintain records of all student quarantine plans, and act in an advisory manner to establish individual protocols which follow all mandatory aspects set by the different levels of Government.

To ensure the adherence by all travelers arriving in Canada, of both foreign and domestic citizenship, to legal requirements set by local, provincial, and federal levels of Government. Staff and coordinators at DD will provide logistical and emotional support to students during their quarantine period. Staff will maintain daily electronic contact to monitor the health of quarantined students and provide medical support and resources if necessary.

Staff and students will remain adaptive to changes in the program delivery based on recommendations through the Ministry of Advanced Education, British Columbia Public Health Office, WorkSafe BC, Diver Certification Board of Canada and the International Marine Contractors Association.

Diving Dynamics (CDI) COVID-19 Policies

<https://www.commercialdivinginstitute.com/covid-19/>

Government of Canada – Federal Government Guidelines for Self-isolation

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

Government of British Columbia Self-Quarantine on Return to B.C.

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return>

BC Center for Disease Control – Self-Quarantine Guidelines

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

Government of Canada Quarantine Act

<https://laws-lois.justice.gc.ca/eng/acts/q-1.1/page-1.html>

ITEM 1.1.0 Staff and Student Responsibilities Prior to Arrival in Canada

- The quarantine plan of any student arriving from outside of Canada must respect the requirements for a quarantine plan as described in the Emergency Order in effect at the time of their entry into Canada. As with any other non-exempt traveler, these students must be able to self-quarantine or self-isolate for 14 days; they must not be in contact with a vulnerable person (as defined in the Order); and, they must have access to the necessities of life (e.g., food, their medication).
- All incoming international travelers will receive a PDF copy, upon confirmation of enrollment, of the guidelines from the Government of Canada for “Travelers without symptoms of COVID-19 returning to Canada” (<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>). Accompanying this document will be an acknowledgment of responsibility and signed commitment to follow the protocols outlined by the Canadian Government. This signed document will be submitted to Amanda Sterne at training@divingdynamics.com and kept by Diving Dynamics in each student’s respective file.
- Incoming students arriving in Canada by land, sea, or air will be required to confirm and verify submission of the federal ArriveCAN application (<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>).
- Each student is required by Diving Dynamics to prepare and submit a personal self-quarantine plan. This document must be submitted to both the BC government and Diving Dynamics (to Amanda Sterne, training@divingdynamics.com) prior to the students departure to Canada (<https://travelscreening.gov.bc.ca/>). The self-quarantine plan must outline the location where isolation will take place, travel plans for transit from the port of entry to location of self-isolation, and arrangements for necessary support (food, medication, child care, cleaning supplies, etc.). With respect to the location of quarantine, the space must suitably meet the needs of the individual while ensuring complete separation of the student from others, especially those considered at higher risk of more severe disease. This document must be submitted to Diving Dynamics in PDF format and will then be logged in each respective student file. In the event the submitted document is not in line with government regulations then the Educational Coordinator at Diving Dynamics, Amanda Sterne, will work with incoming students to ensure all mandates are met.
- Staff and students will be adaptive to any changes that health authorities place on post-secondary institutions including the Ministry of Advanced Education, British Columbia Public Health Office, WorkSafe BC, Diver Certification Board of Canada and the International Marine Contractors Association.

ITEM 1.2.0 Procedures for Students Arriving in Canada

- Students are required to submit a copy of their travel itinerary and contact information to Diving Dynamics. The address of where each respective student will be performing their self-quarantine will be on file at Diving Dynamics; included in their individual quarantine plans (see 1.1.0).
- Plans for transport to and from each student's port of entry must be reviewed and confirmed with either Vern Johnston (Director) or Amanda Sterne (Educational Coordinator) prior to arrival. Details will be kept in each respective student file.
- Students transport must occur immediately between port of entry and location of quarantine. During transport due diligence must be observed to avoid all contact with others, while following social distancing protocols. If possible, private transportation should be used however if this is unavoidable then a non-medical or face covering must be worn, and physical distance must be maintained. In the event private transportation is not available, ride share, or a taxi service may be used. Public transit (bus, train, subway) is not an acceptable form of transportation from the port of entry to the designated location of self-quarantine.
- Travel from the port of entry to location of self-quarantine must be direct, with no stops along the way. All arrangements for food and necessary items must be made in advance to arrival and included in each students quarantine plan so no stops occur.
- Students must confirm arrival at location of self-quarantine to either Vernon Johnston (Director) or Amanda Sterne (Educational Coordinator) at (250)861-1848.

ITEM 1.3.0 Staff and Student Responsibilities During 14-Day Quarantine: Compliance

- Students are expected to adhere to all mandates and protocols set by Diving Dynamics, as well as local, provincial, and federal institutions. In the event of compliance issues set out by the various health authorities and Diving Dynamics within the 14-day mandatory quarantine period Diving Dynamics will contact the Interior Health Authority at (250) 469 7070. In addition, those found to be breaking protocol during self-quarantine will be issued a warning letter that will require them to sign to ensure no further violations are to happen.
- Students will be expected to check-in within 48 hours of arrival through the ArriveCAN app or call 1-833-641-0343. Additionally, student symptoms will be reported through the ArriveCAN app or call 1-833-641-0343 every day until the end of your 14-day quarantine.
- During the 14-day quarantine there will be daily check-ins with each international student by Amanda Sterne, the Educational Coordinator, at Diving Dynamics to monitor student health, adherence to quarantine protocol, and general well-being. Each check-in will be recorded and annotated in a daily log and kept in each student's respective file. The Educational Coordinator will also ensure that students are following through with ArriveCAN reporting.

Symptom Checklist (will be performed on each daily check in)

- | | |
|---------------------------------------|--|
| - New or worsening cough | - New loss of smell or taste |
| - Shortness of breath | - Headache |
| - Fever equal to or greater than 38°C | - Gastrointestinal symptoms like abdominal pain, diarrhea, or vomiting |
| - Chills | - Feeling very unwell |
| - Fatigue or weakness | |
| - Muscle or body aches | |

ITEM 1.3.1 Staff and Student Responsibilities During 14-Day Quarantine: Presentation of Symptoms

- If any individual reports any of the aforementioned symptoms, then COVID-19 procedures outlined by the local health authority will be implemented (<https://news.interiorhealth.ca/news/testing-information/>). Students will be required to be screened for testing by utilizing the BC COVID-19 Self -Assesment Tool (<https://bc.thrive.health/>) or calling 8-1-1. Booking for testing can be done online (<https://interiorhealthcovid.secureform.ca/>) or over the phone (1-877-740-7747). After testing, Public Health will notify the student if they are positive for COVID-19 (generally 48 hours) and students can also check the status of their results via text (BCCDC), or Phone (1-833-707-2792).
- In the event a student under quarantine is required to be tested and results are positive, the student will be required to **Public Health will advise on self-isolation periods and protocols. Students will be required to self-isolate and follow all Public Health guidance and advice including when it is safe to end their isolation.** Staff at Diving Dynamics will continue to monitor students with daily check-ins as outlined in 1.3.0, 1.3.1, and 1.3.2.
- In the event of a positive test result, wellness checks, in the form of a phone call, will be performed by Amanda Sterne twice a day to monitor the student’s health. If symptoms degrade and hospitalization is required Diving Dynamics will arrange for the student to be transported to Kelowna General Hospital for treatment.
- Amanda Sterne at Diving Dynamics will work with the student and their collective itinerary, provided by the student, to perform contact tracing leading up to the infection. All parties that were in contact with the individual in the two weeks prior to presentation of symptoms will be contacted by Amanda Sterne.

ITEM 1.3.2 Staff and Student Responsibilities During 14-Day Quarantine: Student Wellness

- During daily check-ins with the Educational Coordinator, Amanda Sterne, will have the opportunity to interact with students and begin to establish a rapport. The group chat platform “WhatsApp” will also be utilized to open up communication not only between self-quarantined students and staff but with those students not in quarantine as well, allowing all students to get to know one another and integrate together as a whole. This will allow integration with the group prior to the commencement of the program.
- The group chat platform “WhatsApp” will also be utilized for communication and distribution of information between staff at Diving Dynamics and both International and Canadian students. All new developments regarding COVID-19 will be distributed here for all students; this information will be taken from reputable sources including, but not limited to, the Government of Canada, Interior Health, and WorkSafe BC.
- The Educational Coordinator will provide information on maintaining positive physical and mental well-being during self-quarantine. Numerous resources on mental health will be provided to students along with help-line contact info, guided meditations, and links to platforms that students can utilize in the event of mental duress. Additionally, considering the physical nature of the commercial diving program offered at Diving Dynamics, students will be provided with links for home workouts including yoga, HIIT, plyometrics and body weight exercises; all of which can be performed with little to no equipment in a confined environment.

ITEM 1.4.0 STUDENT ACKNOWLEDGMENT

I have read and understood the Quarantine Policy for Foreign Nationals and Citizens Returning to Canada

Student Signature: _____ Date: _____