



Quarantine Plan

Instructions:

To participate in MSVU's Quarantine Plan, you must complete this form and submit it, along with the supporting confirmation documents to international@MSVU.ca

Before completing the form:

Prepare to meet the Federal Requirements:

1. Schedule a COVID-19 molecular test (PCR test) taken within 72 hours prior to your departure to Canada.
2. Choose and book the hotel for your 3-day minimum quarantine period upon arrival.

Note: You can only arrive in the following city airports: Calgary, Montreal, Toronto and Vancouver.

Prepare to meet the Nova Scotia Requirements:

3. Choose and book the hotel for your quarantine period in Nova Scotia.
4. Book your transportation to the hotel for your quarantine period.

Email your completed form, along with your confirmation documents to international@MSVU.ca

Important! Do not forget to attach:

1. *Booking confirmation for the two hotels of your Quarantine;*
2. *Booking confirmation for your transportation;*
3. *Proof of class/course registration;*
4. *Flight ticket to Canada.*

Once your form has been reviewed, we will sign it and return it to you to present at the port of entry as your quarantine plan.

MSVU On-Campus Residence:

(ONLY for students who will be living on campus for the summer semester)

If you are planning to live on campus for the summer semester, you will be provided with Quarantine space on campus as part of your residence package at no extra cost. In addition, you will be moving into your permanent room as soon as you arrive on-campus. You must submit an application to our Residence Team and all residence questions can be directed to them by emailing Cheryl.Delorey@msvu.ca.

MSVU Off-Campus Hotel:

(for students who will be living off-campus)

MSVU has made arrangements with the Homewood and the Hampton Hotels. Please see the attached document for details. These properties will allow:

- An affordable meal plan option
- Outdoor time
- In-room activities and recreation
- Laundry
- Grocery delivery
- Premium Wi-Fi



- Snacks/Pastries/Cafe delivery to your room

Transportation Options:

- Halifax Airport Taxi and Limousine Service: <https://www.halifaxairporttaxis.com/>
- Halifax Airport Limo Taxis <http://www.halifaxairportlimotaxis.com/index.php>

TRAVEL TO CANADA AND QUARANTINE REGULATIONS

Before departure:

1. Take a COVID-19 molecular test (PCR test) 72 hours prior to your departure to Canada.
2. Reserve and pay for your 3-night federal quarantine in a government-authorized hotel prior to departure to Canada. You can find the [list of Government Approved Hotels](#) and book your stay directly on their website or by calling following numbers to make your reservation:
 - 1-800-294-8253 (toll free within North America)
 - 1-613-830-2992 (collect call outside of North America)
3. For full details on booking this federal quarantine, please visit the [relevant Government of Canada website](#).
4. Enter proof of pre-paid hotel reservation through [ArriveCAN](#) before boarding your flight.

Upon arrival in Canada:

1. Provide proof your negative COVID-19 molecular test (PCR test) taken within 72 hours prior to your departure to Canada.
2. Take a COVID-19 molecular test on arrival in Canada; collect your federal home test to be take on day 10 of your quarantine.
3. Stay in the government-authorized hotel while awaiting the results of the COVID-19 molecular test administered upon arrival.
4. Once you received negative results from the test administered upon arrival, proceed to Nova Scotia to complete the remainder of your 14-night quarantine in the MSVU approved Hotel as agreed to in your quarantine plan.
5. Complete your federal home test on day 10, following the instructions to send it to the federal testing agency.
6. Obtain your negative results from your federal home test.
7. Complete the remainder of your quarantine.

Note: You cannot leave quarantine until you have the results of your 10-day federal home test. If there is a delay in getting these federal results for any reason, you will be required to stay in quarantine until the results are received. We recommend that you take your 10-day home test promptly on the morning of your 10th day and follow the instructions to arrange to have the test picked up immediately.

For complete details on all testing requirements, please visit this [Government of Canada website](#).



Hampton Inn & Homewood Suites- MSV Quarantine Plan - 1960 Brunswick Street

Hampton Inn: \$90.00 per night including 3 hot meals, premium wifi, fridge, security safe, outdoor space, gaming access, discount bakery options, fitness access. *Not including taxes

\$69.00 per night, no meals, not including taxes- same amenities as above.

Homewood Suites: \$109.00 per night including 3 hot meals, all suites with full kitchen, wifi, security safe, outdoor space, gaming access, discount bakery options, fitness access. *Not including taxes.

\$89.00 per night, no meals, not including taxes- same amenities as above.

*occupancy is for one person. \$35.00 additional per person *both hotels are connected, dual pad property.

**meal plan rate for children 10 and under is \$20 per day

Hotel Isolation Details:

You will remain in your room for the duration of your 14-day isolation stay except for the following scheduled activities listed below. Upon arrival we would require your credit card number and we will need to see your ID/Passport along with your student ID #. We will provide you with a temporary key (expire in 1 hour). We have Covid-19 signage all throughout the hotel, lobby, elevators re: social distancing displayed until you get to your room. You are expected to wear your mask every time you are out of your guestroom during your scheduled appointments and follow all mandatory protocol.

Outdoor "cool fresh air break":

The use of our hidden gem of a secluded outdoor terrace will be ideal for you to step outside of your guestroom (mask on) and take in some fresh air with a beautiful view of the Citadel Fortress in our backyard.

- You are permitted to take this break once a day for one hour, **or** twice a day for 30 minutes.
- You will need to call or email the front desk and book your scheduled time to ensure all safety guidelines are met.
- At the time of your scheduled outdoor break, you will call the front desk to complete the daily COVID-19 assessment questionnaire.
- Once completed, you will be permitted to attend your scheduled break and to pick up a temporary card that will get you get back into your room.



Are you a smoker?

- In place of the daily one-hour break, smokers may choose to book the smoking terrace for six (6) - 10 minute slots a day.
- The same process (above) applies.

Linen & Amenities:

A change of linen will be provided once a week (unless you request additional linen-which by calling the housekeeping department). All linen will be collected by the guest, bagged and left outside your guestroom door. All fresh linen will also be bagged and left outside the guestroom door for you (the guest) to pickup. All linen will be taken down to the laundry area and cleaned by the NS Health Authorities recommendations. Tissue paper, toilet paper, coffee pods, paper towel, etc. refresh would also be left in a separate bag outside of the guestroom door. Additional supplies will be provided in the room prior to arrival as well. (Staff are always just a phone call away if something is needed.)

Garbage/Recycling:

Extra garbage bags and recycling bags are provided in the room prior to arrival. All garbage/recycling to be bagged separately and left outside the guestroom door for a designated hotel staff member to pick up on a daily basis throughout the day. Additional garbage bags are available if more are needed and we would leave these outside the guestroom door.

Premium WIFI:

We will provide you with our premium wifi as we are now your home away from home. During this time we want to make you a little more comfortable and to be able to continue your studies.

Groceries & Personal Products:

In Homewood Suites, a complimentary grocery service will be provided twice a week. If interested, you should call down to the front desk and provide them with their grocery list. All items are bagged per guest and we will leave the items outside your door. Note: all groceries items will be charged accordingly to the room.

Breakfast/Lunch/Dinner:

All meals will be delivered to the guestroom and left outside the guestroom door. We have designated mealtimes which will be discussed upon your arrival. Our staff member will knock on the door to let you know when we have dropped off the meal, they will step back and wait for you to pick up our meal. If you have allergies, please disclose upon arrival or send an email ahead of time so we can accommodate accordingly.



Snack Cart/Menu Card:

To assist you with your isolation we have a fabulous suite shop that consists of many tempting items including, chips, chocolate, ice cream, and many other goodies. We have two options to assist. You can order off the snack cart that we take on to the floors so you can choose, or you can fill out the snack menu card select your items and leave the card on the door for staff to pick up and deliver to the rooms. All items purchased will be charged to the guestroom.

Gaming/Model Building anyone?

Do you play video games, D&D, Pokémon, Magic Gathering, Warhammer, etc? Hotel has an agreement with The Deck Box Halifax to deliver games and models to your room. Contact The Deck Box for more information and associated costs: www.thedeckboxhalifax.com

Freshly Baked Pastry/Latte craving?

Little Eden- the earth friendly café & bakery. 10% off and room delivery from the cozy warm café downstairs. Give them a call at 902-717-2144.

Special Requests:

The staff at the Hampton Inn & Homewood Suites are here to assist you with your isolation stay. Whereas everyone may need something a little different, special or just unique- we ask that you “try us”. Maybe you have decided to take up yoga in the 14 days you are staying with us and need a yoga mat- ask us- I’m sure we can help you out. Or maybe you need to print a document you are working on – email it to the front desk- they will print it and deliver it to your room.

How to book the Hampton Inn:

Booking Link:

<https://www.hilton.com/en/book/reservation/deeplink/?&ctyhocn=YHZDXHX&corporateCode=0003286454&flexibleDates=true>

Hotel: Hampton Inn by Hilton Halifax/Downtown

Company Name: MSVU

How to book the Homewood Suites:

Booking Link:

<https://www.hilton.com/en/book/reservation/deeplink/?&ctyhocn=YHZDWHW&corporateCode=0003286454&flexibleDates=true>

Hotel: Homewood Suites by Hilton Halifax-Downtown

Company Name: MSVU



MSVU Quarantine Plan

PERSONAL INFORMATION:

Full Name: _____ | MSVU Student Number: _____

Passport number: _____ | Date of birth (yyyy/mm/dd): _____

Country of origin: _____

Home address: _____

ARRIVAL INFORMATION:

Arrival date: _____ | Port of entry into Canada: _____

Airline name: _____ | Flight #: _____

QUARANTINE LOCATION:

These seven locations have been evaluated by MSVU as being appropriate for quarantine purposes, as they provide:

- 3 meals / day, delivered to my room OR grocery that will be delivered to my hotel
- Access to needed toiletries, linen, cleaning supplies etc.
- Laundry service
- Single occupancy room with bathroom

Please indicate your quarantine location.

_____ **Hampton Inn by Hilton** 1960 Brunswick St, Halifax, NS B3J 2G7

_____ **Homewood Suites by Hilton** 1960 Brunswick St, Halifax B3J 2G7

_____ **MSVU On-campus Residence** 166 Bedford Highway, Halifax, NS B3M 2J6

**Please attach the booking confirmation to this form to have your quarantine plan approved by MSVU.*

TRANSPORTATION TO QUARANTINE LOCATION

Please arrange transportation with Halifax Airport Taxi Service. Both of the following companies offer flat rates to and from the airport and adhere to Covid-19 safety protocol. *Initial the booking company you used.*

_____ Halifax Airport Taxi & Limousine Service

_____ Halifax Airport Limo Taxi

**Please attach your taxi booking confirmation to this form to have your quarantine plan approved by MSVU*

HEALTH INSURANCE:

Initial to confirm you have health insurance.

_____ I have arranged health insurance that includes COVID-19 expenses from the moment I enter Canada.



COVID-19 TEST:

Initial to confirm you understand.

_____ I will be scheduling a COVID-19 molecular test (PCR test) within 72 hours prior to my departure to Canada.

FEDERAL QUARANTINE:

Initial to confirm you understand.

_____ I understand that I have to take another COVID-19 test and complete a 3-day minimum quarantine period upon my arrival to Canada.

_____ I understand that is Federal requirement is in addition to the 14-day quarantine period required by the province of Nova Scotia.

ACCOMPANYING FAMILY MEMBERS:

_____ I am travelling alone.

_____ I am traveling with family. Specify number of family members and list all of their names and birth dates.

COMMITMENT TO THIS PLAN:

I, _____, confirm that I will follow all criteria provided in this document, as well as all requirements provided by the Government of Canada and the province of Nova Scotia, for a full 14 days. I understand the importance of the quarantine procedure upon arrival in Canada and any violation of the mandatory quarantine requirement can result in a:

- _____ \$750,000 fine;
- _____ up to 6-months of imprisonment;
- _____ and 1-year inadmissibility to Canada.

(Confirm that you understand each penalty by writing your initials.)

Signature: _____ Date: _____

MSVU CONFIRMATION

I confirm that the student has signed up for the quarantine plan that Mount Saint Vincent University has pre-planned to meet the obligations of the Public Health Service of Canada.

Signature: _____ Date: _____

Printed name: _____ Position: _____

Phone (24/7): _____ Email: _____