



ST. FRANCIS XAVIER
UNIVERSITY

Students Quarantining in Residence

COVID-19 Student Community Protocols

A commitment to do our part

MODIFIED: WINTER TERM 2021

Important Information for Residence Students this January:

1. Arrival Date: All students from outside of Atlantic Canada should plan to arrive in Antigonish to complete their mandatory 14-day quarantine in residence on either January 4th or 5th. Please note that, if you arrive before these dates, it may be necessary to quarantine for more than 14 days. See page 3 for more information on travel, arrival, and isolation procedures.
2. International Students: If you are arriving from outside of Canada, you must contact international@stfx.ca to arrange transportation to campus (if you haven't already.) This is a federal government requirement.
3. Meals, Laundry, and activities while in isolation: Meal and laundry procedures have changed from this fall; Please see page 6 for more information. StFX Student Life and the Students' Union are working on a full schedule of recreation activities to keep you busy while in quarantine. More information will be shared over the holiday break.
4. Non medical masks: Masks will be mandatory at all times on campus, whether indoors or outdoors, for the month of January. The only exception is for residence students when alone in their rooms.
5. Guest policy for residence: No guests will be allowed in StFX campus residences for the month of January. After this point, guests will be permitted only under specific circumstances. Please see page 11 for more information.

1. Arrival and Quarantine

If they haven't done so already, all students must submit their Holiday Break and Return to Campus form, available here: https://stfx.qualtrics.com/jfe/form/SV_9Eooi3Rv2q73xOZ

WHEN QUARANTINE RELATED TO TRAVEL IS REQUIRED

Currently, the Province of Nova Scotia requires any person travelling from outside of the Atlantic Provinces (Newfoundland, Prince Edward Island, New Brunswick, and Nova Scotia) to quarantine for 14 days. The Federal Government of Canada has also introduced further measures specific to how and where international students must quarantine.

Canadian students who have already quarantined in another Atlantic Canadian province may enter Nova Scotia without quarantining again. Note that as COVID-19 has again been spreading this fall in Nova Scotia that this provision may be subject to change by the provincial government.

All Students crossing the border into Nova Scotia must also fill out a Nova Scotia Safe Check-in Form required by the province. The provincial form can be [found here](#).

All travellers are also required to complete daily electronic check-ins with the province. These check-ins will be sent to the same email you used to fill out your Nova Scotia Safe Check-In Form. These check-ins are mandatory.

INTERNATIONAL STUDENTS

International students living in residence must complete their quarantine in residence and arrange transportation directly from the Halifax Airport with the university. If you haven't already done this, please email Larissa Strong, Director of Internationalization, at lstrong@stfx.ca

Please avoid traveling to Canada if you are feeling ill. Please review the check list of possible COVID-19 symptoms listed on page 9 of this document. If you are experiencing these symptoms, do not travel.

International students (and any co-arriving family members) that are at high risk for severe illness ([see the Federal Government website](#)), are encouraged to consult their healthcare provider as to whether it is safe to travel to Canada.

We advise International students to access the ArriveCAN application. Students may use this mobile app to speed up your arrival process in Canada and spend less time with border and public health officers. Submit your information easily and securely using the app within **48 hours before** arriving in Canada.

The app helps you to:

- provide mandatory information that's required for entry into Canada
- reduce your wait time and points of contact at the border
- provide the Government of Canada with voluntary updates on your quarantine compliance and the development of any symptoms during the 14 days after arriving in Canada

Download the app by [clicking here](#). (Click on 'Use ArriveCAN' when the screen loads.)

Upon your arrival, if you start to develop symptoms within 14 days of your quarantine, you must:

- isolate yourself from others as soon as you notice your first symptom
- immediately call 811 to discuss your symptoms and travel history, and follow their instructions carefully

You can also use the online self-assessment tool in Nova Scotia [available here](#) to determine if you need further assessment or testing for COVID-19.

If you develop symptoms, you must also inform the university by emailing isolate@stfx.ca.

Note: If you are living with a person who is in quarantine or self-isolation because they have or are suspected to have COVID-19, your quarantine period may be extended beyond 14 days. Seek direction from your public health authority.

Please note that provincial regulations can change. Visit novascotia.ca/coronavirus for the latest updates.

QUARANTINING IN RESIDENCE

Students who have a confirmed residence space for the Winter term (January to April), and who are required to quarantine, may do so in their residence room. Students isolating in residences will arrive between January 3rd and 6th, with the majority arriving the 4th and 5th. Check-in is at the Charles V. Keating Centre where students who need to isolate will be noted as having arrived, issued a wristband, and provided with information and snacks.

Please note that the check-in area will be open at the following times. Please do your best to ensure you arrive within these time windows:

- January 3: 2:00 pm-10:00pm,
- January 4 & 5: 10:00 am-10:00 pm
- January 6: to be scheduled based on Maritime bus arrival times

Students arriving after January 6th cannot be accommodated on campus and will have to make their own arrangements to complete their mandatory quarantine period in another location.

ARRIVING BEFORE JANUARY 5

Please note that all students who arrive in residence to complete their quarantine on or before January 5 will need to isolate up to and including January 18, regardless of when they actually arrived on campus or in Nova Scotia. For some students, this means their isolation period will be longer than 14 days.

Students arriving on January 6 will need to isolate up to and including January 19 (14 days.)

Students arriving after January 6 will not be able to isolate in residence and will have to make their own arrangements at their own expense.

For questions or for more information regarding these requirements, please email studentlife@stfx.ca.

SUPPORTS IN RESIDENCE

Every building will have volunteers and supervisors present in the building to assist students as they quarantine. Students can contact their building support team by calling the Connect phone for their building between 10am and 2am. Outside of these hours Security is available at 902-867-4444.

You will also have a few people checking in on you during isolation. A Community Advisor will email, call or text you daily. They are going to ask how you are coping, if you are doing any of the activities, if you need anything, or if you have any questions.

MEALS, LAUNDRY, AND RECREATION

This term, students will be escorted to Morrison Hall to pick up their meals, which they will take back to their residence rooms to eat. Meals will not be delivered unless in case of illness or if the student has made alternate arrangements with their designated residence staff person:

- Meals will be served twice per day (brunch and dinner) at scheduled times per building in Morrison Hall.
- Students will travel to, enter, pick up food and return to their dorm by building. Students from one building will not line up with students from another building.
- Two volunteers will lead residents from their building to Morrison Hall, ensuring physical distancing and masks.
- Students will pick up their meals and return to residence to eat. Snacks and drinks will be also available as grab and go options for students to take back to residence.
- Meal pick-up will be scheduled on a building by building basis. Students can find out their scheduled mealtime by calling the Connect phone for their building.
- Students who do not currently have meal plans will have their information taken at meal hall each time they go to get a meal. Brunch is \$12.75 and Dinner is \$16.80. This will be billed directly to the student's account.
- Once classes start, students can either take extra 'grab and go options' the day before in case their class conflicts with the designated meal-time for their building.
- Any additional dietary needs or requests can be sent in an email to Tim Hierlihy: thierlih@stfx.ca.

Students will be able to complete their own laundry one time during quarantine. Students will sign up for a slot, and only one student will be permitted to be in a residence's laundry facility at a time. The student must wear their mask the entire time, and wipe down the machine and surfaces both before and after use. Disinfectant wipes will be provided.

Starting on January 6, students will have outdoor times available twice per day from 9-10am and 2-3pm. The location will be the Main field. Supervisors will lead the group to the field and back as scheduled. Masks are required

during all outdoor recreational activities. Students who don't follow the rules will be removed and not permitted to return for that recreational activity.

There will also be other indoor (in-room) recreation activities made available to students, similar to September. More information will be provided over the holiday break and as students return to campus in January.

REQUIREMENTS FOR STUDENTS QUARANTINING ON CAMPUS

- Students must wash their hands frequently including before leaving their room/washroom and avoid touching surfaces as much as possible while exiting the building. Students should avoid touching their face, nose, mouth and eyes. Students should also bring their own hand sanitizer with them for use to sanitize hands before re-entering their building.
- Students must remain within the boundaries of designated outdoor spaces, recreation spaces, designated smoking areas, and/or identified travel routes at all times.
- Students must not block pathways, entrances, or exits and ensure that it is possible for other campus users to pass by with 2 metres (6 ft.) or greater between them.
- Students, upon their return in January, must wear a non-medical mask at all times while on campus, both indoors and outdoors, unless they are alone in their own residence room. This policy will be reevaluated on February 1st.
- Students who are in quarantine may be required to participate in asymptomatic testing through the Provincial health authority.
- Residence students in quarantine will only be permitted to leave their residence room:
 - to use the washroom (if in a building with shared washrooms),
 - as directed for scheduled meal times and scheduled recreation times,
 - in an emergency evacuation (fire alarm or directed by StFX staff or RCMP)
 - for scheduled covid-19 testing
 - If students develop symptoms or feel unwell, they are not to leave their room, but are instructed to call 811 or the NS Online Screening Assessment available at <https://covid-self-assessment.novascotia.ca/> for instructions.
- Should there be a need to leave the room other than to use the washroom or at scheduled times, the student must first contact the Connect phone or Security 902-867-4444.
- Masks are required to be worn except when students are alone in their rooms.

- Masks must be put on before opening the door to exit the room, and must not be removed until back in the room with the door closed.
- Lounges are not available.
- Garbage and recycling should be removed by the student and brought to the sorting stations on the way to pick up dinner.
- No guests are permitted at any time in residence during isolation.
- Deliveries of groceries and other essential items must be arranged in advance with a volunteer or supervisor.
- It is not permitted to have take-out food delivered to residence while in quarantine.
- Books will be delivered January 7 and 8 if the student has placed an order at the StFX Store.

Should there be a need to leave the room for any other reasons, the student must request approval well in advance from the Manager Residence. Students should call Security if they need immediate assistance.

StFX will ensure that signage is posted to direct foot traffic in potentially congested areas like entry ways. StFX will also frequently disinfect high-touch surfaces (door handles, accessibility buttons, swipe access readers etc.)

WRISTBANDS

Only residence students will be issued wristbands at the beginning of winter term. This is to distinguish between students who are completing their quarantine period and other residence students who are staying in residence over the holiday break and therefore do not need to quarantine:

- Students quarantining will be issued a red wristband.
- Students not quarantining will be issued a green wristband. This group includes student staff and those who stayed in residence over the break.
- The wristbands assist operational staff at meal hall, recreational activities, and residences to identify isolating and non-isolating students.

2. Daily Health Monitoring of Symptoms

Before coming to campus or leaving residence, and daily during any isolation and quarantine period, students must assess themselves for symptoms with this simple questionnaire:

In the past 48 hours have you had, or are you currently experiencing:

- Fever (i.e. chills/sweats) OR Cough (new or worsening)

OR

Two or more of the following symptoms (new or worsening):

- Sore throat
- Runny nose/nasal congestion
- Headache
- Shortness of breath

If you answer yes to either of these questions, please go to 811.novascotia.ca to do the COVID-19 self-assessment or call 811 for further assessment by a nurse.

3. Self-Isolation, Testing and Contact Tracing

WHAT TO DO IF YOU ARE BEING TESTED FOR COVID-19

Students who are being tested for COVID-19, or have been directed to self-isolate by 811, must inform the university immediately by emailing isolate@stfx.ca. Residence students are also asked to call Safety and Security at 902-867-4444. This information will be kept confidential and only shared with the specific isolation supports students can access, such as Health and Counselling for medical information and services, and Student Life for meal or grocery delivery, cleaning and maintenance coordination, and academic accommodation.

Symptomatic students will be moved to an apartment designated for isolation where meals will be delivered. Residence Life/Housing will have a vehicle to assist students who need to relocate to a designated apartment to isolate.

Student Life will notify the Dean's office when a student is isolating and will be absent from classes until they are no longer required to isolate.

If your COVID-19 test comes back positive, you must update the university of your positive test result immediately by emailing isolate@stfx.ca. Public Health will contact you with further instructions and to gather contact tracing information. Students are required to cooperate with Public Health so that the appropriate follow-up and support is given to those who may have been exposed. Public Health will determine who needs to be contacted and/or tested.

Students in isolation will only be permitted to leave their residence room to use the washroom (if in a building with shared washrooms), for scheduled meal times and scheduled recreation times.

The exception to this is during evacuation for emergencies (fire alarm sounds, or as instructed by university staff.)

HEALTH AND WELLNESS SUPPORTS

Residence students in emotional distress may contact their Residence Life staff through the Connect Phone for their residence.

Students may also contact Good2Talk, a free, confidential post-secondary student helpline that provides professional counselling, information and referrals for mental health, addictions and well-being to students in Nova Scotia. This service is available 24/7/365. To talk to someone, call 1-833-292-3698.

If symptoms are such that the student cannot wait for the required support, they are instructed to call 911.

If students experience a medical emergency (severe shortness of breath, severe allergic reaction, or any symptoms that cannot wait for a return phone call), they are instructed to dial 911.

If students leave their assigned living area for any legitimate reason:

- They must first notify their assigned support person
- A non-medical mask or face covering must be worn
- Hands should be washed, or hand-sanitizer applied

Students in quarantine or isolation should keep their windows open as much as possible (weather permitting) to increase air ventilation.

IF YOU SUSPECT SOMEONE IS NOT ISOLATING AS REQUIRED

If you suspect or are aware of someone who is not quarantining or isolating when they should be, have a conversation with the person to understand why they are not quarantining or isolating—for instance, do they need help getting groceries or medications so that they can stay home? Offer assistance and inform them of the supports and services available on campus. Remind them to email isolate@stfx.ca. Students can also send a message directly to us using this email address to let us know of an individual who needs support and we will reach out to assist them.

If you encounter an individual, group or business that is blatantly ignoring or going against quarantine or isolation requirements, or any Public Health regulation, call the non-emergency line to the RCMP at 902-863-6500 and an officer can respond immediately.

In addition, you may report a concern in confidence to the university by contacting the Director, Student Life at 902-867-2276 or jdeleebe@stfx.ca.

4. Guest Policy in Residence

Only residents of the building and approved university staff are permitted access any time of day. Students living off campus and in other buildings may not enter a residence other than as defined in the guest policy at the time. The guest policy will be adapted with the level of risk during the term.

- **Red:** No guests. Residents only at all times.
- **Orange:** One guest per resident from 6:30pm to 10:30pm Sunday to Thursday and 6:30pm to 12:30am Friday and Saturday. Guests limited to StFX students only.
- **Yellow:** One guest per resident anytime. StFX students only.
- **Green:** One guest per resident anytime. May include non-students.

To be signed in, guests need to be feeling well with no symptoms and not required to isolate for any reason. Guests must be signed in appropriately by their host, carry a guest pass at all times, remain with their host at all times.

A student who is found to have entered a residence without being properly signed in as per the guest policy is trespassing and will be fined \$250 through the Code of Conduct.