



### ***EXPECTATIONS PRIOR TO ARRIVAL:***

- All participants must complete the [COVID-19 self-monitoring symptom screening tool](#) for 14 days prior to arrival on-site.
- [Participant health forms](#) will be reviewed by Concordia Health Services staff three weeks out, or upon registration, whichever is sooner.
- Participants will complete a [COVID-19 pre-screen](#) prior to their departure.
- During the two-week period prior to arrival at the Concordia Language Training Center:
  - If possible, avoid contact with anyone outside one's household.
  - If self-isolation is not possible, participants should be mindful of any interactions involving shared air space and utilize a cloth face covering when in public spaces or otherwise unable to maintain six feet of spatial distance from others.
  - Continue to use vigilant preventative and wellness actions.

### ***TRAVEL TO CONCORDIA LANGUAGE TRAINING CENTER:***

The best way to mitigate the spread of COVID-19 is to avoid close or sustained contact with other individuals. This can be difficult in some public settings, especially many of those associated with travel, which tend to be high-traffic, confined spaces that inherently present a higher transmission risk. With that in mind, please consider traveling by personal car if feasible. Regardless of mode of transport, always use the [highest levels of mitigation](#) available as you travel.

### ***EXPECTATIONS WHILE LIVING ON-SITE:***

#### **Can participants leave the facility while in-residence?**

Participants will remain on-site for the duration of their stay following their arrival (excluding an urgent or emergent situation).

#### **What will daily life look like at the Concordia Language Training Center?**

- Participants will continue to self-monitor using the COVID-19 screening tool while in-residence. There will be no medical staff on-site. If one develops symptoms of COVID-19, they should report them to the Concordia LTC administrative team, consult their regular care provider for guidance regarding testing, seek testing in town and isolate at the training facility until results are received. Concordia health services staff can be available for consultations if needed.
- Housing arrangements: As is also the case during non-pandemic times, participants can expect to be housed in semi-private spaces sharing sleeping quarters with two to four other participants (with proper distancing considered). Depending on which training facility is used, every feasible effort will be made to house no more than four students in a shared space. Similar considerations will be made when assigning bathroom and shower facilities.
- Meals and Food Service: Depending on the the pandemic situation and the make-up of a given group (if there are individuals with underlying conditions or chronic health concerns, etc.), three different approaches may be taken to how meals are served:
  - Traditional family-style meal: food is provided in serving dishes at each table and individuals at the table serve themselves.
  - Modified family style: food is provided in serving dishes at each table and, to minimize shared utensils or passing dishes, one person at each table is designated as the server for those at that table
  - Individually plated: food is served in the kitchen and delivered to each person at each table.

- Common spaces and shared areas: Activities in these spaces will be arranged to optimize distancing and avoid crowding in learning and social situations where ‘togetherness’ is typically part of the activity (e.g. an Arabic *cafe* or a Russian *banya* (sauna)) and activities where physical interaction is important (e.g. simulated embassy reception or conflict negotiation).
- Enhanced disinfecting: Hand sanitizer and disinfecting materials will be available in classrooms, residential areas, dining rooms and all shared group spaces. Participants will be responsible for maintaining the cleanliness of their living space, work spaces and shared electronics, sports and gym equipment. Additional cleaning supplies may be requested through the Concordia LTC office during business hours.
- Laundry: Linens and towels will be provided, but there will be no regular laundry service provided. Individuals may wash the provided towels and linens using on-site facilities and/or request spares from the Concordia LTC office. Laundry facilities are also available for personal use.
- Interactions with Concordia LTC full-time staff: contactless deliveries and check-in/out will be used to the extent possible. Any meetings should occur outdoors when possible, or in an indoor space where parties can sit at least six feet apart from one another.

### **What transmission mitigation measures will participants be expected to employ while on site?**

- Physical Distance. Participants will maintain at least a six foot distance from each other.
- Cloth Facial Coverings. Participants will wear cloth facial coverings anytime they are sharing space indoors or unable to maintain six feet of distance. Participants should bring an adequate number of facial coverings to provide at least one clean covering per day. [Wear and care of cloth facial coverings](#)
- [Preventative and Wellness Actions](#). Participants will be vigilant in the use of everyday preventative and wellness actions such as hand-washing, covering coughs and sneezes and avoiding hand to face contact.
- Participants will be expected to assist with keeping common spaces (classrooms, meeting rooms, dining rooms, exercise rooms and equipment, lounges) clean and sanitized to complement the daily cleaning of such spaces by the Concordia custodial team.

### ***EXPECTATIONS AFTER DEPARTURE:***

All participants should report any COVID-19 symptoms and/or positive test results for two weeks following departure from Concordia LTC facilities.

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