COVID-19 Impact and Recovery Report:
Travel-Related Measures
Updated: October 28, 2020

This document provides an evergreen assessment of the situation in Canada. It has the following sections:

1. **Travel-Related Measures:** A summary of the travel and tourism-related measures in place in each province and territory. A map outlining the current travel restrictions and self-isolation requirements is available on Destination Canada’s website: [https://ca-en-keepexploring.canada.travel/canada-nice#canadamap](https://ca-en-keepexploring.canada.travel/canada-nice#canadamap)

2. **Methodological Notes:** An explanation of the methodologies in the different sections and relevant sources.

### 1. TRAVEL-RELATED MEASURES

In addition to a federal government requirement mandating 14-day self-isolation for those who are eligible to enter Canada\(^1\), individual provinces and territories have implemented measures on travel between provinces and territories. The below table outlines self-isolation requirements for domestic travellers entering into each province or territory, as well as restrictions on travel across provincial and territorial borders. Tracking these measures is challenging given the fluid nature of COVID-19. This information was collected by provincial and territorial tourism marketing authorities and relevant tourism departments and current as of October 28, 2020.

#### Travel Measures

<table>
<thead>
<tr>
<th>Province/Region</th>
<th>Traveller self-isolation required?</th>
<th>Travel restrictions?</th>
</tr>
</thead>
<tbody>
<tr>
<td>British Columbia(^2) (BC)</td>
<td><img src="image" alt="" /> No self-isolation for domestic travellers entering BC</td>
<td><img src="image" alt="" /> All non-resident travel to Haida Gwaii is restricted; otherwise, no travel restrictions for domestic travellers entering BC</td>
</tr>
<tr>
<td>Alberta(^3) (AB)</td>
<td><img src="image" alt="" /> No self-isolation for domestic travellers entering AB. Starting November 2, eligible international travellers returning to Alberta at the Calgary International Airport or Coutts land border crossing can participate in a pilot program that will allow them to quarantine for less time provided they test negative for COVID-19 and if they commit to following specific public health and testing measures.</td>
<td><img src="image" alt="" /> No travel restrictions for domestic travellers entering AB</td>
</tr>
<tr>
<td>Saskatchewan (SK)</td>
<td><img src="image" alt="" /> No self-isolation for domestic travellers entering SK</td>
<td><img src="image" alt="" /> No travel restrictions for domestic travellers entering SK</td>
</tr>
<tr>
<td>Manitoba(^4) (MB)</td>
<td><img src="image" alt="" /> Residents of Western Canada and Northwestern Ontario do not need to self-isolate for 14 days when entering MB; 14-day self-isolation for all other domestic travellers entering MB, except for essential workers.</td>
<td><img src="image" alt="" /> No travel restrictions for domestic travellers entering MB, but self-isolation required (except for residents of Western Canada and Northwestern Ontario). Beginning September 3, Manitoba will be re-implementing travel restrictions to northern Manitoba, but travellers will be permitted to travel directly to resorts, lodges and campgrounds.</td>
</tr>
<tr>
<td>Ontario(^5) (ON)</td>
<td><img src="image" alt="" /> No self-isolation for domestic travellers entering ON</td>
<td><img src="image" alt="" /> No travel restrictions for domestic travellers entering ON. Travel between regions within ON, especially from higher transmission to lower transmission areas, should only be for essential purposes.</td>
</tr>
<tr>
<td>jurisdiction</td>
<td>Traveller self-isolation required?</td>
<td>Travel restrictions?</td>
</tr>
<tr>
<td>-------------</td>
<td>-----------------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Quebec⁶ QC</td>
<td><img src="https://example.com" alt="No self-isolation for domestic travellers entering QC" /></td>
<td><img src="https://example.com" alt="No travel restrictions for domestic travellers entering QC. Residents of a region or territory within QC that is designated as a “Red” zone must avoid travelling to “Green”, “Yellow” or “Orange” zones and outside of Quebec, inter-regional travel is also not recommended for regions in the “Orange” zone, and access is not allowed to Nunavik and James Bay" /></td>
</tr>
<tr>
<td>New Brunswick⁷ 8 NB</td>
<td><img src="https://example.com" alt="Residents of other Atlantic provinces (NS, PE, NL) do not need to self-isolate for 14 days when entering NB. 14-day self-isolation for all other domestic travellers entering NB, except for exempt essential service providers and QC residents entering for essential services" /></td>
<td><img src="https://example.com" alt="Travel bubble with other Atlantic provinces whereby no-self-isolation required for Atlantic Canadian residents; prohibition on all non-essential travel into NB for all other domestic travellers, except for workers and other specific exemptions such as Canadian residents owning property in NB or visiting family members, and QC residents entering for essential services or going to the Magdalen Islands" /></td>
</tr>
<tr>
<td>Nova Scotia⁹ NS</td>
<td><img src="https://example.com" alt="Residents of other Atlantic provinces (NB, PE, NL) do not need to self-isolate for 14 days when entering NS; 14-day self-isolation for all other domestic travellers entering NS, except for exempt workers from specific sectors" /></td>
<td><img src="https://example.com" alt="Travel bubble with other Atlantic provinces whereby no-self-isolation required for Atlantic Canadian residents; no travel restrictions for all other domestic travellers entering NS, but self-isolation required" /></td>
</tr>
<tr>
<td>Prince Edward Island¹⁰ ¹¹ ¹² ¹³ ¹⁴ PE</td>
<td><img src="https://example.com" alt="Residents of other Atlantic provinces (NB, NS, NL) do not need to self-isolate for 14 days when entering PE; 14-day self-isolation for all other admitted travellers entering PE, except for exempt essential workers" /></td>
<td><img src="https://example.com" alt="Travel bubble with other Atlantic provinces whereby no-self-isolation required for Atlantic Canadian residents; prohibition on all non-essential travel into PE for all other domestic travellers, except with the exception of seasonal residents and their family members, entry for family connections, and QC residents entering for essential services or going to the Magdalen Islands" /></td>
</tr>
<tr>
<td>Newfoundland &amp; Labrador¹⁵ ¹⁶ NL</td>
<td><img src="https://example.com" alt="Residents of other Atlantic provinces (NB, NS, PE) do not need to self-isolate for 14 days when entering NL; 14-day self-isolation for all other domestic travellers entering NL, except for asymptomatic workers from specific sectors" /></td>
<td><img src="https://example.com" alt="Travel bubble with other Atlantic provinces whereby no-self-isolation required for Atlantic Canadian residents; prohibition on all travel to NL for all other domestic travellers, except for residents and workers from key sectors and other specific exemptions as approved by the NL Chief Medical Officer of Health. Canadians living outside of Atlantic Canada who own a home in NL are allowed to enter but are still required to self-isolate for 14 days." /></td>
</tr>
<tr>
<td>Yukon¹⁷ ¹⁸ ¹⁹ YT</td>
<td><img src="https://example.com" alt="Residents of BC, NT and NU do not need to self-isolate when arriving in YT as long as they did not travel/stay over outside of these jurisdictions in the 14 days prior to arrival; proof of residence required; 14-day self-isolation for all other domestic travellers entering YT, except for critical workers; self-isolation for all other domestic travellers entering YT must occur in Whitehorse, unless visiting a family member (in which case self-isolation must occur at their residence)" /></td>
<td><img src="https://example.com" alt="No-self-isolation required for residents of YT, BC, NT and NU with proof of residency and completion of travel declaration; entry permitted for other residents of Canada following self-isolation requirements; exceptions for critical or essential service workers and those transiting to/from Alaska (24-hour limit); enforcement at land borders and airport; mandatory travel routes for transiting through YT. Several First Nations governments and communities currently have travel advisories in place. Travellers are asked to limit travel to Yukon communities (outside of Whitehorse) and travel respectfully." /></td>
</tr>
<tr>
<td>Northwest Territories¹⁰ ¹¹ ¹² ¹³ ¹⁴ NT</td>
<td><img src="https://example.com" alt="14-day self-isolation for all admitted travellers entering NT except for those travelling directly from NU; must self-isolate in government designated sites in Yellowknife, Inuvik, Hay River or Fort Smith" /></td>
<td><img src="https://example.com" alt="Travel bubble with NU whereby no self-isolation required if traveling directly from NU; entry permitted for NT residents or those moving to NT coming for work or attending school, critical or essential service workers, transiting to neighbouring jurisdictions (12-hour limit), transboundary First Nations people exercising treaty rights, with few exemptions; enforcement at land borders and airport" /></td>
</tr>
<tr>
<td>Nunavut²² NU</td>
<td><img src="https://example.com" alt="14-day self-isolation for all admitted travellers prior to travelling to NU, except for those travelling directly from NT; must self-isolate in government designated sites in Edmonton, Winnipeg, Ottawa or Yellowknife" /></td>
<td><img src="https://example.com" alt="Travel bubble with NT and Churchill, MB whereby no self-isolation required if traveling directly from NT or Churchill; prohibition on all other travel into NU, except residents and critical workers; require written permission from the territory’s Chief Public Health Officer to enter" /></td>
</tr>
</tbody>
</table>

Legend:
- ![No measures in place](https://example.com)
- ![Some form of measures in place](https://example.com)
While some Parks Canada places remain open, others are fully or partially closed in the fall and winter seasons. Access to visitor facilities and services may be limited. Please consult the Parks Canada website for an updated list of specific Parks Canada locations with special instructions: [https://www.pc.gc.ca/en/voyage-travel/securite-safety/covid-19-info#locations](https://www.pc.gc.ca/en/voyage-travel/securite-safety/covid-19-info#locations)

Most provinces and territories have implemented a framework to guide re-opening strategies catered to their individual circumstances. Since each province and territory is starting from a different baseline to implement the re-opening of their local economy, the phases and stages are not congruent across jurisdictions. The table below outlines the current status of restrictions on tourism related sectors as of October 28, 2020. Unless noted, persons must gather and business must operate with sufficient social distancing measures in place.

### Tourism Related Measures

<table>
<thead>
<tr>
<th>Province</th>
<th>Current Phase/Stage</th>
<th>Hotels &amp; Accommodation</th>
<th>Restaurants &amp; Dining</th>
<th>Activities &amp; Attractions</th>
<th>Large Gatherings/Conferences</th>
</tr>
</thead>
<tbody>
<tr>
<td>British Columbia</td>
<td>Phase 3 of 4</td>
<td>Accommodations are open unless they have decided to close due to lack of demand/low occupancy/health concerns; maximum of 5 people may attend a daytime social gathering/event in a vacation accommodation, in addition to the occupants; visitors of the occupants cannot stay overnight</td>
<td>Restaurants, cafes, pubs and breweries can open for dine-in (with sufficient distancing measures and a maximum of 6 patrons per table); patrons who remain on premises after being served must be seated</td>
<td>Most businesses and enterprises are permitted to operate (with adherence to WorkSafeBC protocols and a COVID-19 Safety Plan in place). In addition, most parks, beaches, and outdoor spaces are open. Exceptions include casinos, which remain closed, and nightclubs, which are closed until further notice. Provincial park campground reservations are open for BC residents only; preferential access to camping will be given to BC residents. It is recommended to check with the facility or tourism operator directly to confirm its status.</td>
<td>50 people maximum for outdoor or indoor gatherings; events like tradeshows, conferences, concerts and sporting events not considered until phase 4. As of October 27, private household gatherings are limited to 6 visitors at one time (not including members of the household)</td>
</tr>
<tr>
<td>Alberta</td>
<td>Stage 2 of 3</td>
<td>Accommodations are open unless they have decided to close due to lack of demand/low occupancy/health concerns</td>
<td>Restaurants, lounges and bars can open (with sufficient distancing and health measures in place)</td>
<td>Most businesses and enterprises are permitted to operate (with adherence to general and sector-specific guidance). Unless an exemption has been provided, the following activities are not permitted: nightclubs, amusement parks and indoor children’s play places. Most parks and outdoor spaces are open; however, only selected campgrounds are open at National parks and comfort camping remains unavailable at provincial parks. It is recommended to check with the facility or tourism operator directly to confirm its status.</td>
<td>50 people maximum for indoor social gatherings; 200 people maximum for audience-type community outdoor events; 100 people maximum for other outdoor events and indoor seated/audience events; instrumental concerts allowed and vocal concerts for outdoor only; exhibits and tradeshows allowed with no cap on the number of people (with public health measures in place); major festivals and concerts, large conferences and events not considered until stage 3. As of October 26, Edmonton and Calgary are limited to no more than 15 people for social and family gatherings.</td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>Phase 4.2</td>
<td>Accommodations are open unless they have decided to close due to lack of demand/low occupancy/health concerns. Camp-Easy sites in provincial parks are now permitted</td>
<td>Dine-in can open (with sufficient distancing measures)</td>
<td>All businesses and enterprises are permitted to operate (with adherence to sector-specific guidelines in the Re-Open Saskatchewan Plan). In addition, most parks and outdoor spaces are open. It is recommended to check with the facility or tourism operator directly to confirm its status.</td>
<td>30 people maximum for outdoor or indoor gatherings; tradeshows are allowed with 150 person limit and conferences are allowed but size must comply with current public health order. As of October 16, the maximum allowable gathering size for private gatherings in the home is 15.</td>
</tr>
</tbody>
</table>

Page 3

*Please source this document as "COVID-19 Impact and Recovery Report: Travel Related Measures, Updated: October 28, 2020, Destination Canada"*
<table>
<thead>
<tr>
<th>Manitoba</th>
<th>Ontario</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Phase/Stage</strong></td>
<td><strong>Phase 4 Starting July 25</strong></td>
</tr>
<tr>
<td><strong>Hotels &amp; Accommodation</strong></td>
<td><strong>Accommodations are open unless they have decided to close due to lack of demand/low occupancy/health concerns</strong></td>
</tr>
<tr>
<td><strong>Restaurants &amp; Dining</strong></td>
<td>Dine-in can open (with sufficient distancing measures); bars, beverage rooms and brew pubs can open for seated service only. In Winnipeg and northern Manitoba: Restaurants and bars can operate at 50% capacity and are required to capture contact information of patrons. Additionally in Winnipeg, liquor service will stop between 10pm and 6am and dine-in service at licensed premises will stop between 11pm and 6am; takeout and delivery is still permitted beyond these hours; buffet-style food service is not permitted.</td>
</tr>
<tr>
<td><strong>Activities &amp; Attractions</strong></td>
<td>All businesses and enterprises are permitted to operate (with adherence to health measures and sectoral guidelines). In addition, most parks and outdoor spaces are open. It is recommended to check with the facility or tourism operator directly to confirm its status.</td>
</tr>
<tr>
<td><strong>Large Gatherings/Conferences</strong></td>
<td>50 people maximum for indoor gatherings; 100 people maximum for outdoor gatherings; stage performances and movie theatres are limited to 30% of the site’s capacity or 500 people, whichever is lower; events like tradeshows and conferences TBD. In Winnipeg and northern Manitoba: Indoor and outdoor social gatherings to a maximum of 5 people. Gatherings of more than 5 people may take place if the number of persons does not exceed 30% capacity of a premises or the premises can be physically divided into separate areas with no more than 5 persons each.</td>
</tr>
<tr>
<td>Province/Region</td>
<td>Current Phase/Stage</td>
</tr>
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<td>-----------------</td>
<td>---------------------</td>
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<tr>
<td><strong>Quebec</strong> 43, 44, 45, 46, 47, 48, 49, 50</td>
<td>Quebec is implementing a regional alert system. There are 4 levels in total.</td>
</tr>
<tr>
<td><strong>New Brunswick</strong> 21, 51, 52, 53, 54</td>
<td>As of October 10, Zones 5 (Campbellton) transitioned back to the Orange level. All other regions are in the Yellow (Level 3c of 4) Starting June 19</td>
</tr>
<tr>
<td>Current Phase/Stage</td>
<td>Hotels &amp; Accommodation</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td><strong>Nova Scotia</strong>&lt;sup&gt;55, 56, 57&lt;/sup&gt;</td>
<td>No official re-opening plan in place</td>
</tr>
<tr>
<td><strong>Prince Edward Island</strong>&lt;sup&gt;56, 59, 60, 61, 62&lt;/sup&gt;</td>
<td>PEI launched a new colour-coded COVID-19 alert system for the province on September 29. The province also announced that it will move to the Green ‘New Normal’ phase on October 1. PEI entered Phase 4 of 4 of Renew PEI Together on June 26</td>
</tr>
<tr>
<td><strong>Newfoundland &amp; Labrador</strong>&lt;sup&gt;63, 64, 65&lt;/sup&gt;</td>
<td>Alert level 2 of 5 (moving from level 5 down to level 1) Starting June 25</td>
</tr>
</tbody>
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</thead>
</table>
| **Yukon**<sup>66, 67, 68, 69</sup>  
Phase 3 of 4  
Starting August 1 | Accommodations are open unless they have decided to close due to lack of demand/low occupancy/health concerns (with enhanced cleaning and public health measures) | Restaurants can open at full capacity for dine-in (with sufficient distancing measures and approved operational plan); bars can open at 50% capacity (with distancing measures and approved operational plan) | All businesses and enterprises are permitted to operate (with adherence to health measures and with completed operational plans where required). In addition, most parks and outdoor spaces are open. Territorial campgrounds and recreation sites have closed for the season. It is recommended to check with the facility or tourism operator directly to confirm its status. | 10 people maximum for indoor social gatherings; 50 people maximum for outdoor social gatherings. Organized seated events permitted in a rental facility or venue with an operational plan; indoor events 50 people or fewer; outdoor events 100 people or fewer with physical distancing; conferences and tradeshows may operate following organized gathering limits and an approved operational plan. |
| **Northwest Territories**<sup>70, 71, 72</sup>  
Phase 2 of 4  
Starting June 12 | Accommodations are open unless they have decided to close due to lack of demand/low occupancy/health concerns (with control/safety measures in place) | Dine-in can open at restaurants, bars and lounges (limited capacity with sufficient distancing measures; no more than 25 customers indoors and 50 customers outdoors) | All businesses and enterprises are permitted to operate (with adherence to health measures and following sectoral guidelines). In addition, most parks and outdoor spaces are open. All territorial campgrounds closed by September 30. It is recommended to check with the facility or tourism operator directly to confirm its status. | 25 people maximum for indoor gatherings; 50 people maximum for outdoor activities and public events; events like tradeshows and conferences TBD |
| **Nunavut**<sup>73, 74</sup> | Every two weeks after June 1, the Chief Public Health Officer will decide which measures can be eased, maintained or if additional restrictions are needed | Accommodations are open unless they have decided to close due to lack of demand/low occupancy/health concerns | Dine-in can open with regular hours at 75% capacity (with sufficient distancing measures); maximum of 6 patrons per table | Maximum of 15 people for indoor gatherings and 100 people for outdoor gatherings; museums, libraries, and galleries can have a maximum 25 persons or 50% of the rated capacity of the room; limits for conference facilities and rental meeting spaces has been set at 100 people or 75% of capacity for the facility, whichever is less |
2. METHODOLOGICAL NOTES

I. Travel-Related Measures: In conjunction with provincial and territorial partners, Destination Canada has sourced information directly from provincial and territorial government websites; additional insights are provided by provincial and territorial partners where relevant or where information from official sources is incomplete. The intention for this section is to provide the latest available information as of the date of the report. Given the evolving nature of these measures and phased opening strategies, readers are encouraged to seek information from official government sources for the most current information.

Sources:

28 Government of Alberta, Gatherings and cohorts, October 28, 2020
https://www.alberta.ca/restrictions-on-gatherings.aspx

29 Government of Saskatchewan, COVID-19 Update: 34 New Cases, 9 in Hospital, 11 Recoveries. Gathering Sizes to be Reduced, October 13, 2020

30 Government of Saskatchewan, Phase Four, October 28, 2020

31 Government of Saskatchewan, Phases of Re-Open Saskatchewan, October 28, 2020

32 Government of Saskatchewan, Car Show and Trade Show Guidelines, October 28, 2020

33 Government of Saskatchewan, Banquets and Conference Facilities Guidelines, October 28, 2020

34 Government of Manitoba, Restoring Services: Phase 4, October 28, 2020
https://www.gov.mb.ca/covid19/restoring/phase-four.html

35 Government of Manitoba, State of Emergency, October 26, 2020
https://manitoba.ca/covid19/protection/soe.html

36 Government of Manitoba, Winnipeg Regional Health Authority, October 28, 2020
https://manitoba.ca/covid19/restartmb/prs/winnipeg/index.html

37 Government of Manitoba, Northern, October 28, 2020
https://manitoba.ca/covid19/restartmb/prs/northern/index.html#north_restrictions

https://www.ontario.ca/page/framework-reopening-our-province-stage-3

39 Government of Ontario, What can open in Stage 3, October 22, 2020
https://www.ontario.ca/page/reopening-ontario-stages#section-3

40 Government of Ontario, Ontario Expands Indoor Capacity for Meeting and Event Facilities, August 21, 2020

41 Government of Ontario, Ontario Moving Additional Region to Modified Stage 2, October 16, 2020

https://www.ontario.ca/laws/regulation/2020263

43 Government of Quebec, Progressive regional alert and intervention system (COVID-19), September 18, 2020

44 Government of Quebec, Map of COVID-19 alert levels by region, October 28, 2020

45 Government of Quebec, Level 4–Maximum Alert (red), October 9, 2020

46 Government of Quebec, Level 3–Alert (orange), October 9, 2020

47 Government of Quebec, Level 2–Early Warning (yellow), October 9, 2020

48 Government of Quebec, Level 1–Vigilance (green), October 9, 2020

49 Government of Quebec, Gatherings during the COVID-19 pandemic, October 1, 2020

50 Government of Quebec, Reopening and maintaining economic activities (COVID-19), October 28, 2020

51 Government of New Brunswick, NB’s recovery plan, October 28, 2020
https://www2.gnb.ca/content/gnb/en/corporate/promo/covid19/recovery.html

52 Government of New Brunswick, NB’s recovery plan, October 28, 2020
https://www2.gnb.ca/content/gnb/en/corporate/promo/covid19/recovery.html#yellow

53 Government of New Brunswick, Renewed and revised Mandatory Order COVID-19, October 22, 2020
https://www2.gnb.ca/content/dam/gnb/Corporate/pdf/EmergencyUrgence19.pdf

54 Government of New Brunswick, Additional restriction for Zone 5 / Zone 1 returns to Yellow level, October 22, 2020
https://www2.gnb.ca/content/dam/gnb/Corporate/pdf/EmergencyUrgence19.pdf

https://novascotia.ca/coronavirus/restrictions-and-guidance/

https://novascotia.ca/reopening-nova-scotia/prevention-plans/#sector-plans

57 Government of Nova Scotia, Province Further Eases Restrictions in Long-Term Care, Allows Some Large Gatherings, Sets Group Size for Before- and After-School Programs, August 26, 2020
https://novascotia.ca/news/release/?id=20200826003

Page | 9
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