



NSWC

COVID-19 Protocols & Information

May 2021

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On May 25, 2021 Premier John Horgan and Dr. Bonnie Henry announced BC's 4 Step Restart Plan as diagrammed below.

(Zoom to enlarge diagram).

STEP	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Businesses	Offices & Workplaces
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 10 people Indoor visitors – up to 5 people or 1 household	Indoor seated organized gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators	Indoor & outdoor dining – up to 6 people Liquor service - 10PM Existing WorkSafeBC Safety Plans remain in place	Start gradual return to workplaces and offices Existing Safety Plans remain in place
2 JUNE 15 (Earliest date)	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 50 people Indoor visitors – up to 5 people or 1 household Playdates	Indoor seated organized gatherings – up to 50 people Sector consultations on next steps on indoor and outdoor gatherings	BC recreational travel BC Transit and BC Ferries – increased services as needed	High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people	Liquor service – midnight Banquet halls reopen – limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions	Continue return to work Small in-person meetings
3 JULY 1 (Earliest date)	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Return to usual on indoor and outdoor personal gatherings Sleepovers	Increased capacity, indoor and outdoor gatherings – Safety Plan Fairs & festivals with Safety Plan	Canada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports	Dining – no group limit Bingo halls, casinos and nightclubs – limited capacity Operate based on new Safety Plans	Seminars and bigger meetings Operate based on new Safety Plans
4 SEPT 7 (Earliest date)	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Normal social contact	Increased capacity on large organized gatherings (i.e. concerts)	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans	Continue to operate based on new Safety Plans	Fully re-opened offices and workplaces

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1

BC'S RESTART: A PLAN TO BRING US BACK TOGETHER

Important Covid-19 Information

The health and safety of our members and staff is a top priority. NSWC continues to follow the guidance published by Federal and Provincial health authorities, the Government of BC, and WorkSafe BC. We ask that all members and staff adhere to guidelines to make the NSWC a safe place for all.

Please be patient with staff members as they continue to enforce COVID-19 protocols. We appreciate your caution and adherence to safety procedures. The more responsive we are to taking proactive actions, the more it allows us to continue to offer club services to members. Please note that as the COVID-19 situation evolves, the Board and Management may adjust operations as required and advised by the Health Authority.



Entering the Club

All individuals accessing the club **MUST** check-in. Please leave yourself enough time to arrive early, as you may need to wait outside before entering the lobby if someone is inside. If you are participating in an activity you must register in GameTime before you arrive.



Upon arrival please put on your mask. A mask must be worn in hallways, stairwells, hockey dressing rooms, viewing areas, locker rooms, bathrooms, café, lounge, outside courtyard, and other areas you move through on the way to your destination, especially when physical distancing of 2 metres cannot be maintained.

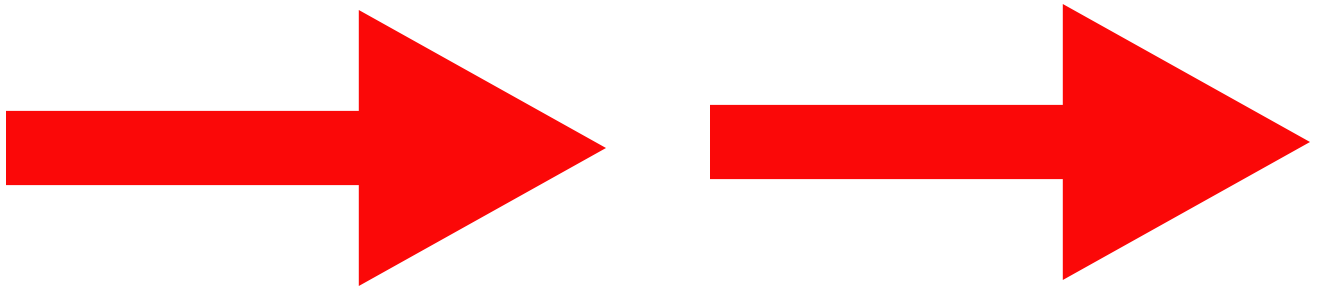
Moving Through the Club

Safety Protocols Reminders while moving through the Club

Please keep to the right to optimize social distancing, following directional signage and pathways.

Please do not congregate in large groups in the lobby or around the clubhouse between activity times.

Please respect those areas of the Club that remain closed. When members use areas without permission, the area does not get extra sanitization as the staff is unaware that this area has been used. In our diligence of extra cleaning and sanitization, we want to ensure that any area that has been used is cleaned.



Guests

Only family guests are permitted at the club. Members are currently permitted to bring up to two (2) family members **LIVING IN THE SAME HOUSEHOLD** up to twice per month for activities.

Remember, guests must fill out a Self-Declaration Form prior to entering the Club. See page 9 for link to form.



External Cohorts



With the May 25 announcement of B.C.'s Restart plan, outdoor sport for all ages can now resume, including practices and games. ViaSport is working on more detailed information for sport with revised guidelines coming soon.

ViaSport Return to Sport Guidelines for BC:

[READ MORE](#)

As members engage in various activities and with various cohorts outside the Club, we ask that if you are in close contact and exposed to Covid-19, you notify the Club immediately.

For the safety of our members, access to the NSWC for these individuals may be restricted, as deemed by the Club or VCH. For more information on the NSWC's Response Plan to reported illness or positive Covid-19 testing [click here](#).



Children

**CHILDREN UNDER THE AGE OF 16
YEARS MUST BE SUPERVISED BY
AN ADULT AT ALL TIMES.**

As per the Board of Directors' updated COVID policies (May 2020), children must be with their parents/guardians at all times, unless in a registered program. Please respect other members by monitoring the actions of your children at the club.



Compliance Form

NSWC Member Health Declaration and Policy Compliance Form - COVID-19

To Download Form:

[Click Here](#)



Hockey



HOCKEY PROTOCOLS AS OF MAY 25, 2021

Regulation: Bookings not restricted to same household.

NSWC Changes:

- Hockey ice surfaces can be booked up to 5 people. Bookings do not have to be same household but trusted cohorts.
- PHYSICAL DISTANCING IN EFFECT AT ALL TIMES.
- NO Battling or contact drills. Masks are Mandatory on-ice.
- No more than 2 adults over the age of 22 years.
- Members must have read and agreed to follow safety protocols.

Hockey



HOW DO I BOOK ICE TIME?

- Hours of operation: 6:00am – 10:00pm, Monday - Sunday.
- Members must book ice via GameTime.
- Ice can be booked up to 4 days in advance after 8:00pm.
- ALL players' names must be booked in GameTime. Only listed players are allowed to play.
- Maximum of two open ice bookings per week with the exception of same day bookings.
- One adult must be on-ice if participants are under the age of 16.
- Cancellation Policy: \$25 fee if cancelled within 24 hours or no-show for ice time.

Questions? Please contact Bob McCuaig, Hockey Director, at bmccuaig@nswc.ca.

Hockey

VIEWING AREAS (inside and beside ice rinks)

Indoor viewing areas remain closed as per VCH. In addition, there is no rink side viewing with the exception of Cookie Monsters and Learn to Skate programs.

Viewing of the Large Ice may only be viewed via LiveBarn.

Click on the LiveBarn logo to access. Please note an account and subscription are required to access LiveBarn.



Click below to learn more about Hockey Canada's Safety and Protocols:



Tennis / Pickleball

TENNIS & PICKLEBALL PROTOCOLS AS OF MAY 25, 2021:

- All individuals entering the NSWC (players, parents, coaches) **MUST** wear a mask. Masks are not mandatory for players while on court.
- Only tennis **singles** is allowed indoors unless playing with members of the same household. Outdoor tennis doubles is allowed and welcomed once rooftop court renovations are complete.
- Outdoor pickleball doubles is allowed once rooftop court renovations are complete.
- After booking time is complete, please sanitize area around court including net and chairs and use hand sanitizer provided by the Club. Immediately following court time, please proceed to nearest exit.
- All viewing areas are closed per VCH order.
- Members must have read and agreed to follow safety protocols.

To view Tennis BC's COVID-19 Protocols Click Here:



To view Pickleball BC's COVID-19 Protocols Click Here:



Tennis / Pickleball



HOW DO I BOOK COURT TIME?

- Hours of operation: 6:30am – 10:30pm, Monday - Sunday.
- Members must book courts via GameTime.
- Members may book courts 1-4 starting at 8pm six days in advance. Courts 5 and 6 can be booked 5 days in advance starting at 12pm.
- Members may book 1 hour slots, with a 5 minute gap to allow time for sanitization after play. (Members must sanitize nets & chairs).
- ALL players' names must be booked in GameTime.
- Members are limited to a maximum of 4 bookings per week, 2 maximum in Prime Time 6pm-8:55pm.
- Cancellation notice of 24 hours will be strictly enforced. No shows and late cancellations will be charged \$25, and will count towards one weekly booking allocation.
- Junior Times: Saturday 3:00pm-6:00pm and Sunday 12:00-3:00pm.

If you have any questions, please contact Fabio Walker, Director of Racquets at fwalker@nswc.ca.

Fitness Centre & Dry-Land Studios



FITNESS PROTOCOLS AS OF MAY 25, 2021:

Regulation: Indoor low intensity group exercise is allowed with limited capacity.

NSWC Changes:

We can now offer group exercise classes inside. Please refer to MINDBODY or reach out to Garth at gprouse@nswc.ca for class options and updates.

The HPTC can be booked for up to 4 people maximum (does not have to be same household but trusted cohorts). Masks are optional in the HPTC dedicated room but must be worn when moving about the area.

Masks are still mandatory in the gym area except when working outside on the cardio equipment.

Fitness Centre & High Performance Training



ADDITIONAL FITNESS PROTOCOLS:

- All users **MUST BE BOOKED** in GameTime.
- Members may book 2 days in advance.
- Time slots are 1 hour.
- Members may book up to 4 people who are trusted cohorts.
- All shared equipment (e.g. exercise machines, floor mats, weights, etc.) must be cleaned and disinfected between each use by users; sanitization stations are provided.
- Physical distance of 2.5 metres between each patron must be maintained while exercising. Physical distancing of 2 metres must be maintained when not exercising and at all other times in facility.
- Members must cancel if feeling sick. Please do not come to Club.
- Do not arrive earlier than scheduled time.
- Please bring or use a personal water bottle; water filling stations are provided, but not water fountains.
- All members must have read and agreed to follow safety protocols.

Fitness Centre & Dry-Land Studios



HOW DO I BOOK A WORKOUT TIME?

- Hours of operation: 6:30am – 9:15pm, Monday - Sunday.
- Visit GameTime and click on Fitness Centre tab.
- Members can book a 75 minute session by clicking on 1 of the 10 available slots. There will be a 15 minute gap between sessions to address cleaning/disinfecting and a safe transition.
- Members cannot use the Fitness Centre before or after their allotted time during Prime Time 5pm-to close unless same day booking.
- Cancellation notice of 8 hours will be strictly enforced. No shows and late cancellations will be charged \$25.

If you have any questions or to book a personal training session, please contact Fitness Director, Garth Prouse, at gprouse@nswc.ca or contact your current NSWC fitness trainer.

Pool & Tiki Deck



POOL PROTOCOLS AS OF MAY 25, 2021:

New Regulation: Pool bookings are not restricted to same household.

NSWC Changes:

Pool lanes, dive tank and the kiddie pool can be booked up to 5 people. These people do not have to be in the same household but trusted cohorts. PHYSICAL DISTANCING IN EFFECT.

Booking hours of pool match family swim hours (lifeguard on duty):

Monday – Friday: 3pm to 8pm

Saturday – Sunday 12pm to 7pm

A reminder that parents/ guardians must remain within arms length of children under the age of 8 at all times.

When no lifeguard on duty, only adults 19+ may book the pool.

Tiki Deck Usage:

Please remember: only those over the age of 19 are allowed to sit in the Adults only section. For Pool Booking & Tiki Deck rules click [here](#):

Courtyard

COURTYARD AREAS

Masks are mandatory at all times in courtyard areas of the Club EXCEPT when seated at a table or sitting on a lawn chair.

Children are not allowed to play or run in the grass areas. Children must be seated at their tables with parental supervision.



Food and Beverage



NSWC FOOD & BEVERAGE PROTOCOLS as of May 25, 2021

The Café is open for indoor dining. The Lounge will be open when the weather is poor and the Tiki Deck is closed.

Hours of Operation:

Café / Kitchen Hours: Mon - Fri: 10am - 8pm / Sat - Sun: 11am - 8pm.

Lounge/Tiki Hours: Mon - Fri: 2pm - 10pm / Sat - Sun: 11am - 10pm.

New rules and Regulations Regarding Indoor Dining:

- We prefer to serve you rather than members lining up at the Tiki or Lounge Bar.
- There must be no more than six (6) patrons seated at one table.
- Do not move table or chairs, they are measured for safe distancing.
- Please do not visit other tables, this puts members at risk and staff need clear paths to work with.
- Masks must be worn EXCEPT when seated at your table.
- We are mandated to stop selling alcohol after 10pm.
- A reminder that no outside food or alcohol is permitted at the Club.

Food and Beverage



We ask that all members consider a 90-minute limit during peak times or when others are waiting for a table in the Lounge or Tiki Deck areas.

The 4 picnic tables located on the far west of the pool area are designated as self serve and are not serviced by staff. Members are asked to use the Café for purchases.



Cleaning Enhancements



Housekeeping staff continue with rigorous cleaning protocols.

We have purchased a number of state-of-the-art tools that enhance our cleaning procedures:

Electrostatic Sprayers – the electrostatic charge gives disinfectant droplets a magnetic capability that wraps around surfaces and hard to reach areas with up to 80% more coverage (see next page for more information).

Hydroxyl Machines – these machines enhance purification by clearing contamination out of the air and killing airborne microorganism in smaller spaces. We have one set up in the Fitness Centre and Lounge/Bar for your safety.

Covid Electrostatic Sprayer



Meet our COVID sanitizer!

The NSW's handheld Electrostatic Sprayer brings a revolutionary disinfecting and sanitizing capability to our cleaning regime and enhances infection control.

The sprayer covers up to 1,000sq/ft of surface area per fill. The electrostatic charge gives disinfectant and sanitizer droplets a magnetic capability that allows them to wrap around surfaces and hard to reach areas for up to 80% more coverage than traditional spray bottles, buckets and rags. Electrostatic spraying allows us to disinfect and sanitize surface areas to break the chain of infection and reduce illnesses.

Enforcement of Policies



Any staff, member or guest who has been witnessed to have willfully infringed COVID-19 policies will be subject to review by the General Manager. After the situation is promptly reviewed, the General Manager may:

Issue a verbal or written warning to the individual.

Advise the individual to leave the club immediately or until further notice until such time the complaint has been resolved.

Suspend the individual from the Club for up to one week.

Refer the matter to the Board of Directors for review due to the seriousness of the infringement or if that individual had been previously suspended for infringement of COVID-19 protocols. Suspensions can be issued for up to six months from the Club.

ANSWERS TO COVID-19 QUESTIONS

If you are experiencing symptoms of COVID-19 or think you might have it, please click on the VCH link for more information:



Self-Assessment Tool

To help determine if you need further assessment or testing for COVID-19, use the BC COVID-19 [self-assessment tool](#). You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

Testing

For information on the latest testing guidelines, please visit the VCH [COVID-19 testing page](#).

How Long Should You Self-Isolate?

To determine how long to self-isolate, follow the guidance of public health for self-isolation as there may be different scenarios:



To learn about self-isolation, self-monitoring, what to do if you get sick, travelers, and how to prevent the spread of COVID-19, [click here](#).

For additional information, visit the VCH self-isolation page.



If You Need Medical Care

Pay attention to your health and how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse than when you got tested; seek urgent medical care at an urgent care clinic or emergency department. If leaving your home for medical care, call ahead and tell the clinic you are coming. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs.

If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1 or the local emergency number immediately.



NORTH SHORE WINTER CLUB



North Shore Winter Club
1325 Keith Road E.
North Vancouver, BC
V7J 1J3
Phone: 604-985-4135
www.nswc.ca
