



NSWC

COVID-19 Protocols & Information

June 2021

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BC's 4 Step Restart Plan

(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 <small>(Earliest date)</small>	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 <small>(Earliest date)</small>	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 <small>(Earliest date)</small>	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

June 15, 2021 Updates:

BC's Restart Step 2: Starting June 15



BC recreational travel



Outdoor spectators: up to 50 people



Outdoor personal gatherings: up to 50 people



Indoor & outdoor team sports for all ages



Indoor faith gatherings: up to 50 people or 10% capacity



Organized seated indoor gatherings: up to 50 people



High-intensity indoor fitness classes



Liquor service until midnight

BC'S RESTART PLAN

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.



Masks continue to be required in indoor settings, outside field of play, including those 12 years old and under.

Masks are recommended in outdoor spaces, especially in high traffic areas (i.e. Tiki Deck).

Physical distancing is still required in indoor settings, outside field of play.

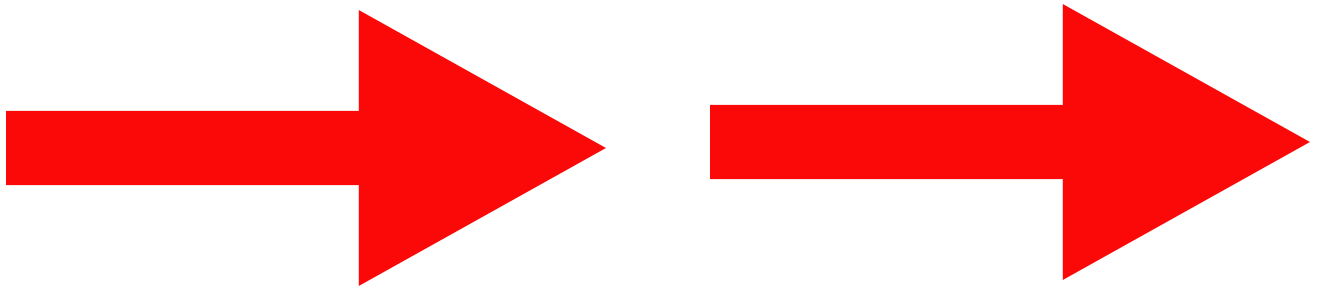
Moving Through the Club

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

DIRECT FAMILY MEMBER GUESTS ONLY

Members are permitted to bring up to two (2) guests per membership that consists of immediate family: spouse, parents, grandchildren, siblings and in-laws, or living in the same household.

Guests must fill out a Self-Declaration Form prior to entering the Club.



External Cohorts



Return to Sport Restart 2.0



STEP 1

Effective May 25

Outdoor sport

- Travel limited
- Training and competition allowed
- Maximum group size in effect
- No spectators

Indoor sport

- Must maintain physical distance on and off the field of play
- Travel limited

High-performance sport

- CSI-P exemption in effect

STEP 2

Effective June 15

Outdoor sport

- Recreational travel, including for sport, allowed within B.C.
- Maximum group size is 50 for adults (i.e. 22 and over). That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity
- No maximum group size for children and youth (i.e. those under 22)
- Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained.
- Up to 50 spectators
- Masks not required

Indoor sport

- Recreational travel, including for sport, allowed within B.C.
- Maximum group size is 50 for children/youth and adults. That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity
- Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained
- Field of play: no masks required
- Off the field of play: masks required
- No spectators

High-performance sport

- CSI-P identified athletes do not have a maximum group size for outdoor sport activities, but must adhere to all other Step 2 rules

STEP 3

July 1
(Earliest)

Outdoor sport

- Increased group size
- Increased travel
- Increased spectators

Indoor sport

- Increased group size
- Increased travel
- Increased spectators

High-performance sport

- Inter-provincial restrictions lifted

STEP 4

Sept 7
(Earliest)

Return to normal sport competitions for both indoor and outdoor sport

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 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 June 15, 2021

Regulation: Indoor and outdoor games & practices for both adults and youth group/team sports is allowed.

NSWC Changes:

- Hockey games can resume.
- Masks on ice are NOT required, but still mandatory off-ice and in dressing rooms.
- Physical distancing still in effect, outside field of play.
- Visiting teams will be allowed for exhibition games, and MUST follow the NSWC safety plan. Refer to ViaSport for specific travel restrictions.
- NO SPECTATORS ALLOWED AT ANY INDOOR SPORT ACTIVITY.
- Approved coaches, managers and safety people must get a wristband from Member Services to be permitted in the arena.
- Games may only be viewed via Live Stream until further notice.
- Open Hockey will continue to be bookable on GameTime.
- Only direct family member guests are permitted for open hockey bookings.

Hockey



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.
 - Hockey ice surfaces can be booked up to 5 people. Bookings do not have to be same household but trusted cohorts.
 - 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.
 - Members must have read and agreed to follow safety protocols.
- 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 JUNE 15, 2021:

- **Regulation:** Indoor and outdoor games & practices for both adults and youth group/team sports is allowed.
- **NSWC Changes:**
 - DOUBLES is permitted indoors & outdoors
 - Tennis and pickleball booking blocks are 1 hour 15 minutes.
 - Please finish 5 minutes early to wipe and disinfect anything touched.
 - Adults may proceed with lessons in groups of four (4) plus coach.
 - Physical distancing still in effect, outside field of play.
 - No indoor spectators; OUTDOOR SPECTATORS only (up to 50 people max).
 - Only direct family member guests are permitted for tennis/pickleball bookings.
 - All individuals entering the NSWC (players, parents, coaches) MUST wear a mask. Masks are not mandatory for players while on court.
 - 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 June 15, 2021:

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

NSWC Changes:

Please refer to MINDBODY or reach out to Garth gprouse@nswc.ca for any updates to class options.

- As per Ministerial Order M012, **masks must be worn at all times** in exercise/fitness facilities, **including** while exercising.
- Only direct family member guests are permitted for Fitness Centre or HPTC bookings.
- 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



POOL PROTOCOLS AS OF JUNE 15, 2021:

Regulation: Outdoor spectators up to 50 allowed; masks are recommended in outdoor settings.

NSWC Changes:

- Spectators for swim lessons/swim meets are permitted (up to 50).
 - Masks are not mandatory, but recommended, around poolside.
 - Only direct family member guests are permitted for pool bookings.
 - Pool lanes, dive tank and 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.

POOL HOURS:

Monday - Sunday

- Adult Swim Only: before 12pm
- Family Swim: 12pm - 8pm (families must book pool time in GameTime, single lap lanes are also available for booking).

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.

Courtyard & Tiki Deck

COURTYARD AREAS / OUTDOOR ACTIVITIES

Calm, organized play is permitted in the far corner of the grass area. Please be mindful of other members.

- No wrestling or rough-housing.
- Masks not required but recommended outdoors.
- No running through or onto the Tiki Deck or picnic/eating areas.

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](#).



Food and Beverage



FOOD & BEVERAGE PROTOCOLS as of June 15, 2021

NSWC Changes:

Hours of operation can be extended past 10pm for both indoor and outdoor dining. Below are hours of operation and rules and regulations regarding dining, effective June 15th:

Hours of Operation:

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

Lounge/Tiki Hours: Mon - Thu: 2pm - 11pm, Fri: 1pm - 11pm & Sat - Sun: 11am - 11pm.

Please note, the Club closes at 12 midnight, all members/guests must vacate the premises before 11:45pm.

We ask that all members consider a 90-minute time limit at peak times or when others are waiting to use the Tiki Deck or Lounge areas.

Food and Beverage



Rules STILL IN EFFECT for NSWC Food & Beverage Services:

- There must be no more than six (6) patrons seated at one table.
- Please do not move your table or chairs, they are measured out for safe distancing.
- Please do not visit another table, this puts other members at risk and our staff need clear paths to work with.
- A reminder that no outside food or alcohol is permitted at the Club at any time.
- Masks recommended in outdoor high traffic areas (i.e. Tiki Deck); Masks must be worn in the Lounge/Café EXCEPT when seated at your table.
- Children must be directly supervised at all times.



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:

[READ MORE](#)

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



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