



NSWC

COVID-19 Protocols & Information

July 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.

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.



CLUB WIDE PROTOCOLS:



- If you or anyone in your family feels sick, stay home and get tested immediately.
- We expect members to continue to wear masks when entering & exiting the facility and in indoor settings at this time, outside field of play, including those 12 years old and under.
- Masks are recommended but not required in outdoor spaces, especially in high traffic areas (i.e. Tiki Deck).
- Members should engage in careful social contact (respect other's personal space and situations).
- Some safety measures will remain, like physical barriers.
- Club hours remain 6am – 11pm (Tiki will remain open, all members/guests must have vacated the premises by 11:45pm)
- No reciprocal club privileges until further notice

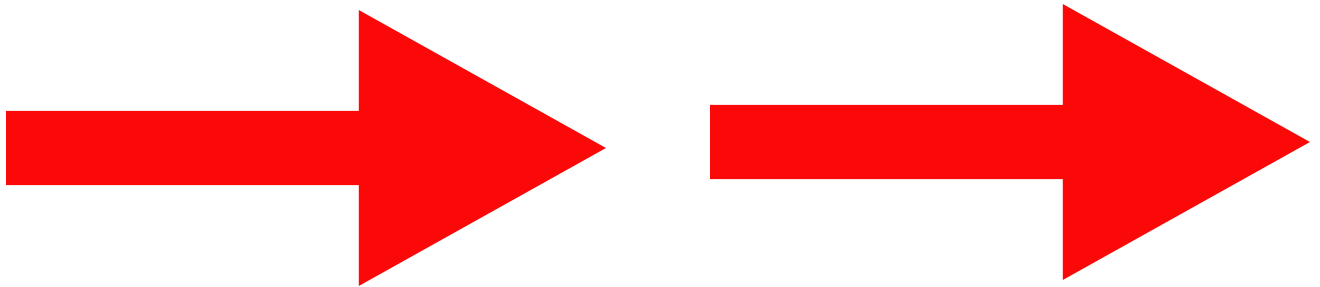
Moving Through the Club

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.

Each individual guest is limited to twice per month for an activity.

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



STEP 3 - Effective July 1

Outdoor sport

- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials
- Travel: Canada-wide travel allowed. International travel must follow federal restrictions and guidance.
- Physical distance does not need to be maintained on or off the field of play.
- Masks: not required on or off the field of play.
- Seated events: Up to 5,000 or 50% of capacity, whichever is greater (i.e. if your space holds 8,000 people the capacity is now 5,000. If your space holds 12,000 people the capacity is now 6,000)

Indoor sport

- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials
- Travel: Canada-wide travel allowed. International travel must still follow federal restrictions and guidance.
- Physical distance does not need to be maintained on or off the field of play.
- Masks: not recommended on the field of play. Masks are recommended off the field of play for those 12 and over who have not received both immunization shots.
- Seated events: Up to 50 or 50% of capacity, whichever is greater (i.e. if your space holds 75 people the capacity is now 50. If your space holds 500 people the capacity is now 250).

High-performance sport

- CSI-P identified athletes adhere to all Step 3 guidance.

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 July 5, 2021

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

- 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/players will be permitted for games, matches, and meets under a Board Approved NSWC safety plan.
- Approved coaches, managers and safety people must get a wristband from Member Services to be permitted in the arena.
- Open Hockey will continue to be bookable on GameTime.
- Only direct family member guests are permitted for open hockey bookings.

SPECTATORS

Regulation: Outdoor spectators up to 5,000 people; indoor spectators up to 50 people or 50% capacity.

NSWC Changes:

- **Viewing may resume in the arenas only (rink-side viewing), maximum 50 people per arena. Lower/Upper Main Arena indoor areas & HTC indoor areas will remain closed.**
- Masks are expected to be worn in open viewing areas.
- No non-member spectators permitted.

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)

SPECTATORS

Regulation: Outdoor spectators up to 5,000 people; indoor spectators up to 50 people or 50% capacity.

NSWC Changes:

- Viewing may resume in the arenas only (rink-side viewing), maximum 50 people per arena.
- Lower/Upper Main Arena indoor areas & HTC indoor areas will remain closed.

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



Tennis / Pickleball

TENNIS & PICKLEBALL PROTOCOLS AS OF July 5, 2021:

TOURNAMENTS & EVENTS

Regulation: Outdoor organized gatherings are permitted. Indoor organized events for up to 50 people or 50% capacity.

- DOUBLES is permitted indoors & outdoors.
- Tennis and pickleball booking blocks are 1 hour 15 minutes.
- Please finish 5 minutes early to disinfect anything touched.
- Adults may proceed with lessons in groups of four (4) plus coach.
- Physical distancing still in effect, outside field of play.

NSWC Changes:

- Tennis Viewing capacity, max 10 people.
- Masks are expected to be worn in open viewing areas for the time being.
- Please respect and maintain social distancing where possible.
- Only direct family member guests are permitted for tennis/pickleball bookings.
- Masks are not mandatory for players while on court.
- 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 July 5, 2021:

Regulation: Indoor low & high intensity group exercise is allowed with regular capacity. Gyms can return to normal capacity.

NSWC Changes:

- Bookings are still required in GameTime.
- Workout spaces in the Fitness Centre will increase from 10 spots to 15 spots. There will be no more cardio options in the Tennis Viewing area.
- Masks are NO LONGER required while working out; they may be removed upon entry to the Fitness Centre or HPTC.
- Please refer to MINDBODY or reach out to Garth gprouse@nswc.ca for updates to class options.
- The HPTC may be booked for up to 6 people.
- Only direct family member guests (see guest rules) may be included in a Fitness Centre or HPTC booking.

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.
- 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 July 5, 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.

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

NSWC Changes:

Live Music will resume on the Tiki Deck Friday nights, starting July 9th. Reservations will be required through Kim – khirji@nswc.ca. Outdoor events will still require a Communicable Disease Plan

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](#).

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



Food and Beverage



Hours of Operation:

Café / Kitchen Hours:

Monday – Friday: 10am – 8pm

Saturday & Sunday: 12am – 8pm

Lounge/Tiki Hours:

Monday – Friday: 2pm – 11pm

Saturday & Sunday: 12pm – 11pm

Food and Beverage



Rules STILL IN EFFECT for NSWC Food & Beverage Services:

- Tables will remain as 4 or 6 seats. Please do not move furniture.
- For larger parties, please make an advanced reservation through Kim Hirji – khirji@nswc.ca. No large party walk-ins.
- No socializing between tables.
- A reminder that no outside food or alcohol is permitted at the Club.
- 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.
- We ask that all members consider a 90-minute time limit at peak times or when others are waiting to use our Tiki or Lounge areas.
- Children need to 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 microorganisms 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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