



NORTH SHORE  
WINTER CLUB

*Since 1958*

# JUNIOR

HANDBOOK

# INTRODUCTION

The Club emphasizes the safety and well-being of our Junior Members (18 years & under). It's the parents or guardians' responsibility to ensure their children are supervised and safe on Club property. Junior Members are encouraged to use the Club. Pre-school children, those under 6, need an adult or responsible Junior Member (16 or older) accompanying them, and the accompanying adult must stay on the premises if the child is part of any Club program. Junior Members aged 6-10 also need supervision unless enrolled in a Club activity. However, those aged 11 and above can access certain Club areas unsupervised. Yet, all unaccompanied Junior Members must exit the facility by 10:00 pm, barring special Club events. Our Club facilities and staff aren't substitutes for child care services.



## CODE OF CONDUCT & CLUB ETIQUETTE

### DOS

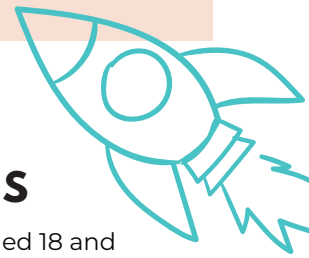
- Follow all House Rules and directions from staff and coaches;
- Use quiet voices in the Club;
- Use care and attention when using facilities and equipment;
- Be kind and considerate with everyone around you;
- Treat others Equally and respectfully;
- Sign in Guests;
- Tidy up after yourself

### DON'TS

- Roughhouse or run in the hallways;
- Use areas of the Club that are not for youth;
- Use inappropriate or bad language;
- Tease, hit or bully others;
- Move/rearrange the furniture;
- Take photos or videos of others without permission;
- Vandalize or disrespect Club property
- Leave your hockey or sports bag in the lobby or hallways

# MEMBERSHIP FOBs

- 01 At age 10, and with parental approval, juniors may see Member Services to receive their own FOB.
- 02 FOBs have a two year term for junior members, at which time they need to see Member Services to update their photo on file and extend the FOB's activation date.
- 03 Cost for FOBs are \$30
- 04 Membership FOBs may not be shared with any other member or non-member.
- 05 Additional and duplicate entry fobs for Junior Members will only be issued at the request of a parent.



## GUESTS OF JUNIORS

With the consent of the parent, Junior Members, aged 18 and under, are permitted to introduce Junior Guests to participate in the activities outlined for Junior Guest Fees.

Junior Members are permitted a maximum of two Guests at a time. All junior Guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for the behavior of their Guests in the Club.

## CHARGING PRIVILEGES

Parents can decide if they want their child to have charging privileges. Members must sign their full name and Membership number, using their specific sub-number.

# AREAS OF JUNIOR USE

## WITHOUT ADULT SUPERVISION

**Childminding**  
(18 months – 7 years)

**Junior Lounge**  
(6 years – 10 years)

**Café** (6 years +)

**Lounge** (16 years +)

**Pool** (8 years +)

**Ice Rinks** (8 years +)

**HTC/Shoot Lanes** (8 years +)

**Fitness Centre** (13 years +)

**Tennis/Pickleball** (15 years +)

## WITH ADULT SUPERVISION

**Junior Lounge**  
(under 6 years of age)

**Café** (under 6 years of age)

**Lounge**  
(under 16 years of age)

**Upper Viewing**  
(under 16 years of age)

**Ice Rinks/Shooting Lanes**  
(under 8 years of age)

**Fitness Centre**  
(9-12 years of age)

**Tennis/Pickleball**  
(under 15 years of age)

## CLUB AREAS RESTRICTED TO ADULTS ONLY

**01** Adult Change Rooms (19 years+) – Adults with young children must use the Junior Locker Rooms

**02** Designated Adult areas of Tiki Deck

**03** Lounge is restricted to adults only after posted times.

**04** When no lifeguard is on duty, only adults 19 years + are permitted in the pool

## DRESS CODE & FACILITY USE PROCEDURES

**COMMON AREAS** - No skates, with or without guards, bare feet, or uncovered bathing suits are permitted to be worn in the Club common areas, lobby, hallways or indoor lounges and Cafe areas.

**OPEN ICE** – Whenever there are sticks and pucks on the ice, anyone under the age of 13 is required to wear full hockey safety equipment, including a certified helmet with full face visor or cage, shoulder pads, elbow pads, hockey pants, jock strap with appropriate cup, shin pads, skates, neck or throat guard and hockey gloves. Persons over the age of 13 are required to wear skates, a certified helmet and hockey gloves. Goalies of any age, must wear full gear at all times. For your safety, we highly recommend wearing full gear

**SHOOTING LANES** – Helmets and gloves are required for all ages.

**POOL** - While using the main pool and dive tank, children under the age of eight years must be accompanied in the water and stay within arm's reach of a responsible person of at least 16 years of age, when lifeguard is on duty.

**PROPER ATHLETIC FOOTWEAR** with non-marking soles is required at all times on the tennis courts, and pickleball courts. Proper athletic footwear is required in the Fitness Centre at all times; no open-toed shoes, sandals, or bare feet.

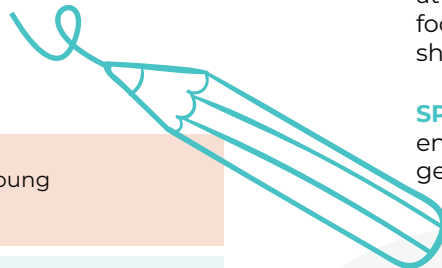
**SPORTS GEAR**, including hockey bags, is not to be kept in the front entrance or foyer of the Club. The Club provides storage area for sports gear and Members are required to make use of this space.

## QUESTIONS/CONTACT

**MEMBER SERVICES** [info@nswc.ca](mailto:info@nswc.ca)

**YOUTH COORDINATOR** [daycamps@nswc.ca](mailto:daycamps@nswc.ca)

**MEMBERSHIP** [membership@nswc.ca](mailto:membership@nswc.ca)



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