



NSWC

Covid-19 Protocols & Information

October 28, 2020

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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, and other areas you move through on the way to your destination, especially when physical distancing of 2 metres cannot be maintained.

Players/Athletes: once you have arrived at your activity destination, such as the ice rinks, squash, racquetball or tennis courts, fitness centre, café or lounge, you may remove your mask (with the exception of dryland sessions).

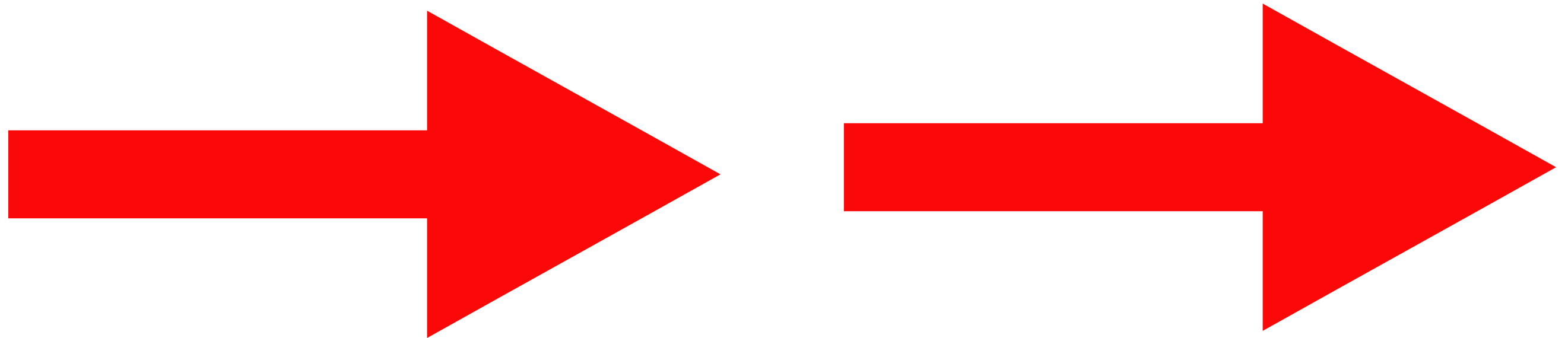
Moving Through the Club

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 between your activity time, in the lobby or around the clubhouse.

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 around the Club, we want to ensure that any area that has been used, is cleaned.



Guests

We trust our members to keep the NSWC community as safe as possible by only bringing to the Club 'core' cohorts (includes people with whom you regularly spend the longest amounts of time). As per the PHO, cohorts help to limit the spread of the virus.

Members are permitted to bring up to two (2) guests PER FAMILY and the guests may visit up to twice per month for activities. Please note, these guests must be direct family members (spouse, parents, children, and grandchildren) or living in the same household. Neighbours, out-of-town family, cousins, aunts, uncles, nieces and nephews do not apply at this time. We thank you for your cooperation.

Remember, guests must fill out a Self-Declaration Form prior to entering the Club. See page 8 for link to form.



External Cohorts



As per viaSport's guidelines, it is recommended that individuals limit the number of sport cohorts to which they belong in order to reduce the number of people they interact with.

ViaSport Return to Sport Guidelines for BC:

[READ MORE](#)

As many 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 until further notice, 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

MASKS MANDATORY

All individuals entering the NSWC (players, parents, coaches) **MUST** wear a mask. This includes dressing rooms.

Masks are not mandatory for players while on the ice or on the bench.

DRESSING ROOMS

Dressing room capacities are posted in each area. Please do not exceed capacities.

If players are 10 and under, TWO parents, wearing masks, are allowed in the dressing room at one time to tie skates if necessary. Other parents must wait outside the dressing room social distancing and wearing face masks.

ARRIVAL

ALL Minor Hockey Players must arrive fully dressed, no earlier than 20 minutes prior to their ice time. We ask that all players 10 and under, wear their skates with skate guards to limit the need for additional people in the dressing rooms.



Hockey

VIEWING AREAS (inside and beside ice rinks)

The indoor viewing areas remain closed as per VCH. Maximum capacity in the rinks for games is 50 people; viewing of games will continue to be restricted at this time. Only rostered team members are permitted in the rinks for games (players, coaches, safety people, and managers). Wrist bands must be worn to identify team officials.

The HTC rink-side viewing will permit a maximum of 15 parent/guardians for programs such as Cookie Monsters or Learn to Skate. Viewing will be **FIRST COME FIRST SERVE**, and all parents must stand on the designated markers, 4m apart. If you do not have a space, you must leave the area, no exceptions. It will be maximum **ONE** parent per child.

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.

Disregard of any spectator policies could result in a Club suspension.
Thank you for your cooperation.



Hockey



EXITING THE BUILDING

Immediately following ice time, players must remove skates, helmet and gloves and proceed to nearest exit. If members would like to access the club for further amenities, please return through front entrance. From all Hockey Hallway dressing rooms and HTC Change areas parents and players are to exit building via the Tennis stairwell (across from room 8) then cross the Tiki Deck to main Club exit.

Learn more about Hockey Canada's Safety and Protocols

[CLICK HERE](#)

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.
- ALL players' names must be booked in GameTime. Only listed players are allowed to play.
- Open hockey spots limited to 1 hour. All open hockey must be booked and are limited to family members or those in trusted cohort.
- Open hockey is limited to 1 booking per week, unless booked same day.
- Cancellation Policy: You will be charged a late cancellation fee of \$25 if booking is cancelled less than 24 hours in advance or no show.

If you have any questions, please contact Bob McCuaig, Hockey Director, at bobmccuaig@nswc.ca.

Senior Men's Hockey



Senior Men's 2020 Hockey Season Information

Structure:

- All games played in 1-hour game-slots
- 5-on-5 format
- Five minute warm-up
- Two 27-minute, run-time periods
- Two minute intermission between periods
- Games are scheduled on Wednesdays and Sundays

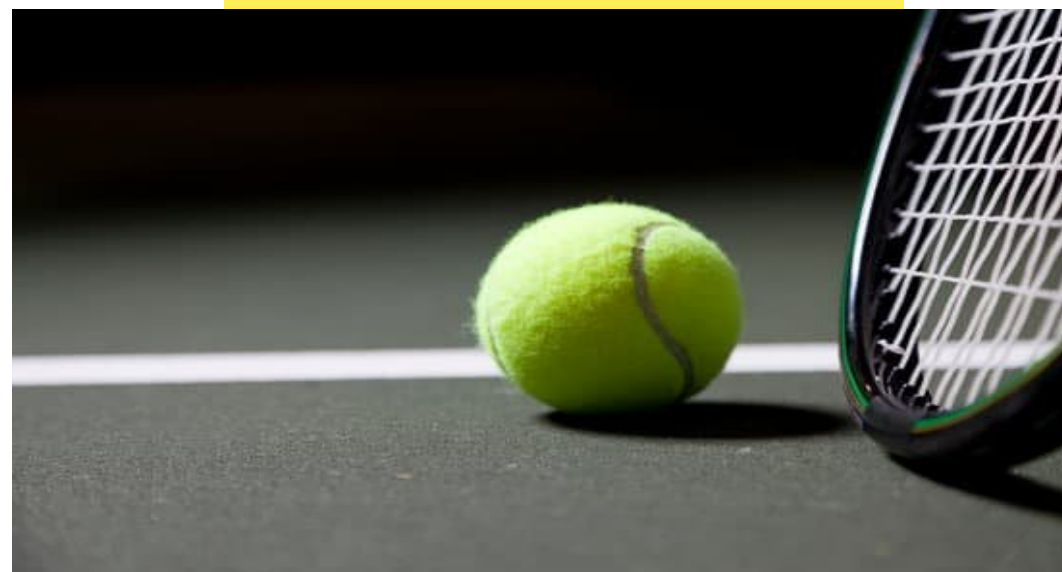
Rosters:

- The active roster limit is 25 players, a maximum of 14 skaters and 1 goaltender are eligible to play in a scheduled game.
- Sparring will only be allowed within your four team cohort.

Equipment & Amenities:

- Full face shields will NOT be required, but recommended.
- Players must provide their own water bottles.
- Showers will be available.
- Two dressing rooms per team will be allocated with designated physical distancing markers. Dressing rooms must be vacated after 25 minutes for cleaning purposes. A dressing room attendant will be present.

Tennis



All individuals entering the NSWC (players, parents, coaches) **MUST** wear a mask. Masks are not mandatory for players while on the court.

After your tennis booking time is complete, please sanitize the area around the court including net and chairs and use the hand sanitizer provided by the Club. It is advised that sanitization be done prior to your session as well, for enhanced protection. Immediately following court time, please proceed to nearest exit. All tennis viewing areas are closed per VCH order.

HOW DO I BOOK COURT TIME?

- Hours of operation: 7:30am – 10:30pm, Monday - Sunday.
- Members must book courts via GameTime, up to 6 days in advance.
- Members may book 1 hour and 25 minute 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 as only those listed are allowed to play. Members are limited to 2 Prime Time bookings per week.
- 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.

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



To view Tennis BC's COVID-19 Protocols



Fitness Centre & Dry-Land Studios



Masks may be removed during a work-out in the Fitness Centre. Please clean equipment, weights, and machines with the provided sanitizer before leaving.

Masks are mandatory during the entirety of every Dry-land session, no exceptions. Dry-land sessions do NOT include indoor aerobic/anaerobic conditioning which mitigates heavy breathing during a workout. Dry-land sessions are located in the High Performance Centre.

HOW DO I BOOK A WORKOUT TIME?

- Hours of operation: 6:30am – 9:15pm, Monday - Sunday.
- Visit GameTime and click on the Fitness Centre tab.
- Members can book a 75 minutes 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, double bookings are not permitted during Prime Time 4pm-8pm.
- Cancellation notice of 8 hours will be strictly enforced. No shows and late cancellations will be charged \$25.
- Group training will be limited to up to 4 per group, per trainer.
- To book personal training sessions, please contact Fitness Director, Garth Prouse, at gprouse@nswc.ca or contact your current NSWC fitness trainer.

Food and Beverage



Guidelines for Food & Beverage:

Patrons who are not in the same party must be seated two meters apart.

No more than six patrons seated at a table.

Patrons may not group tables together.

Once seated, patrons are not allowed to visit other tables.

Masks may be removed, once you are seated at your table.

Hours of Operation:

Cafe:

Monday-Sunday: 10am – 9pm

Lounge:

Monday-Thursday: 4pm – 10pm

Friday: 3pm – 10pm

Saturday & Sunday: 12pm – 10pm



Cleaning Enhancements



Housekeeping staffing levels have been increased and continue with their 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 new COVID sanitizer!

The NSW's new handheld Electrostatic Sprayer brings a revolutionary disinfecting and sanitizing capability to our current 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 all the surface areas necessary 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 the 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 because of the seriousness of the infringement or if that individual had been previously suspended for the infringement of the 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](#).

Self-Isolate and Symptoms

If you think you have [symptoms](#) of COVID-19, please stay home, and self-isolate for 10 days after the initial start of your symptoms.

For information on how to self-isolate, 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 in. 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.

COVID-19 Documentation



The following NSWCC COVID-19 Documentation can be accessed on the Club website:

[LEARN MORE](#)

Hockey Visiting Team Safety Protocols

Hockey Visiting Team Self Declaration Form

Hockey Visiting Team Release/Waiver Form

NSWC Commitment to Health & Safety Bulletin

COVID-19 NSWCC Response Protocols (last updated – Sept 30, 2020)

Hockey Policies for the 2020-2021 Season (Last updated – Oct 6, 2020)

Member Self Declaration Form

Release/Waiver Form

Revised Health Authority Regulations for Food and Beverage Service



NORTH SHORE WINTER CLUB

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