



NSWC

COVID-19 Protocols & Information

September 2021

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ENTERING THE NSWC

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.

WHAT IS REQUIRED TO ENTER THE CLUB?

Starting September 13, in order to enter the NSWC, members 12 years and older must have received at least one dose of an approved COVID-19 vaccine.

By October 24, members 12 years and older must be fully vaccinated. A negative COVID test within 48 hours will also be accepted.

You must provide acceptable Proof of Vaccination (photocopies are acceptable) and Government issued photo ID (ID not required for junior ages 12-19).

HOW DOES THIS AFFECT THOSE AGED 0-11?

The COVID-19 Vaccine is not currently mandated for children ages 0-11. Upon entry to the Club, Junior Members, program registrants, and children of Members ages 0-11 must check-in and inform the front desk that your child is under the age of 12.

Non-members registered in approved Club programs who are 11 and under, are permitted, and do not need to show proof of vaccination.

Guests of Members under the age of 12 (who are not eligible for vaccination) are only permitted if they are living in the same household or are direct family members (i.e. child, brother, sister, or grandchild) of a current Member.

PROOF OF VACCINATION

HOW CAN I PROVE THAT I HAVE BEEN VACCINATED?

The new BC Vaccine card website, available September 13th, provides confidential access through your smart phone to your Proof of Vaccination.

Until then, we accept Proof of Vaccination through officially recognized vaccine records provided to you at the time of your vaccinations. If you have misplaced your immunization records, you can obtain a copy online through the Government of BC Health Gateway website at: HealthGateway.Gov.BC.ca.

Please note that you will need to download the free BC Services Card App to access your records.

HOW OFTEN DO I HAVE TO SHOW MY PROOF OF VACCINATION?

We ask Members to show proof of vaccination upon their first visit to the Club, starting September 10th, 2021. Our Member Services team will note your status, so that you do not need to show proof upon subsequent visits.

All **Guests** coming to the club will need to show proof of vaccination each time.

PLEASE BE PATIENT AS WE CHECK PEOPLE IN AND CHECK THEIR VACCINATION STATUS. You may need to give yourself a little extra time before your activity, as there may be a wait.

HOW DOES THIS POLICY AFFECT THE CLUB EMPLOYEES?

We have an incredibly high rate of vaccination amongst our team, both employees and contractors. Effective September 13th, we require that all staff/contractors must have received their first vaccination and show proof of being fully vaccinated with two doses by October 24, 2021.

CIRCUMVENTION CONSEQUENCES

After September 13th, 2021, if you enter the Club without receiving the adequate government mandated COVID-19 vaccine, or if you have been identified assisting an unvaccinated member or guest enter the Club, you will be subject to fines of up to \$500, temporary suspension from the Club, and possibly being expelled from the Club. NSWC's House Committee will review these infractions and assess the severity of the consequences.

ADDITIONAL INFORMATION

HOW DO THESE POLICIES AFFECT CLUB PROGRAMS, LEAGUES & EVENTS?

- Any organized club teams, leagues or events will require an approved Safety Plan and all participants will be expected to adhere to these safety protocols. Vaccination requirements will be dependent on the safety plan.
- We will follow all guidance from ViaSport and governing sport bodies.
- We offer a small number of club programs and classes to non-member participants. Where applicable, all non-members over the age of 12 are required to show proof of FULL vaccination in order to participate.

HOW DO THESE POLICIES AFFECT SPECTATORS?

- Both indoor and rink-side viewing are now open to members. Capacities are limited, please respect the signage, and remain seated at all times in these areas.
- Masks may only be removed if one is eating or drinking.
- Rink-side capacity is 50, while indoor viewing capacities are at 25.
- At this time, with the PHO indoor capacity limitations, non-member spectators are not permitted, unless they are a Guest of a Member or providing supervision in an approved Junior program (i.e. Cookie Monsters)
- Once capacities increase, non-member spectators may be permitted, but will be subject to providing proof of vaccination upon entry to the Club.

DO I STILL NEED TO BOOK MY ACTIVITIES THROUGH GAMETIME?

Please continue to use GameTime to book the following activities: Open Ice (large, small & HTC only), Lap Swim, the High-Performance Training Centre, Tennis, and Pickleball.

HOW LONG WILL THIS POLICY BE IN EFFECT FOR?

We will regularly review our policy and ensure it is updated to reflect up-to-date health recommendations set out by the Government of BC. Currently the Public Health Officer has the requirement in place until January 31, 2022, subject to extension.

CLUB WIDE PROTOCOLS:



- If you or anyone in your family feels sick, stay home and get tested immediately.
- As masks are a proven and effective way to reduce transmission, masks continue to be mandatory **in all indoor areas** of the Club for Members, Staff and Guests over the age of 2 years old. Masks may be removed when participating in a sport, activity, or eating/drinking while sitting at a table.
- 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

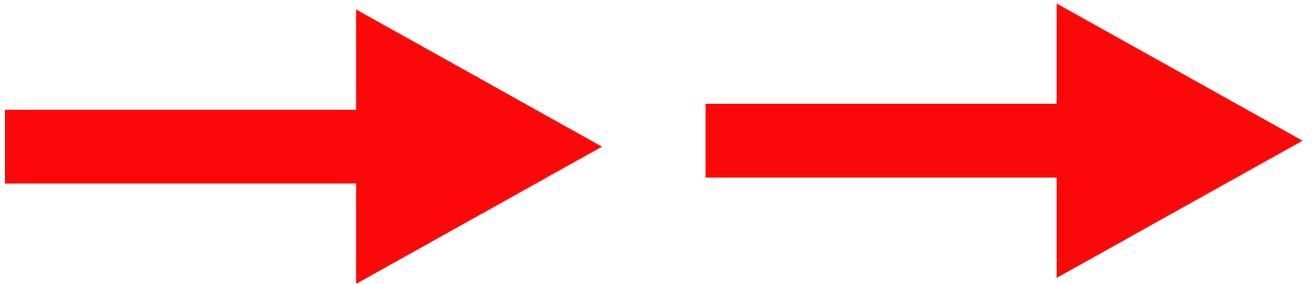
Moving Through the Club

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

CAN I BRING A GUEST THAT IS OUTSIDE OF MY HOUSEHOLD OR FAMILY?

Members may introduce Guests for a social occasion or Club activities.

The following restrictions are in effect:

- Effective August 23rd, all Guests, over the age of 12, must provide proof of vaccination (2 weeks after second dose) in order to gain access to the Club. We are also asking every Guest to complete a COVID-19 declaration form before they arrive to check-in.
- For those that cannot provide proof of vaccination, documentation of a negative COVID-19 test taken within 48 hours will be accepted.
- Guests may only be 12 and older, and must be accompanied by the sponsoring Member at the Club at all times.
- Guests under the age of 12 (who are not eligible for vaccination) are only permitted if they are living in the same household or are direct family members (i.e. child, brother, sister, or grandchild) of a current Member.
- Each membership is allowed a maximum of two participating Guests per visit (max four per month for club activities), none of whom may be introduced more frequently than twice per month in total.
- The Guest fee for Club Activities (swimming, skating, tennis, pickleball, and fitness) is \$15 for adults, \$10 for juniors.
- Guests must adhere to all Club policies. Members are responsible for the behaviour of their Guests in the Club.



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

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 VIEWING:

- **Viewing is allowed 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 open ice via GameTime, except for the Skills Ice.
 - 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 10 people. Bookings do not have to be same household.
 - Maximum of four 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 6 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

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



Tennis / Pickleball

TENNIS & PICKLEBALL PROTOCOLS

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.
- Tennis Viewing capacity, max 10 people.
- Masks are required in viewing areas.
- Please respect and maintain social distancing where possible.
- 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: 6:00am – 10:00pm, Monday - Sunday.
- Members must book courts via GameTime.
- Members may book courts 1-4 starting at 8pm six (6) days in advance. Courts 5 and 6 can be booked five (5) days in advance starting at 12pm.
- Members may book 1 hour 15 minute slots. Members must sanitize nets & chairs after play.
- 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-10:00pm.
- Cancellation notice of 6 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 3:30pm-6:00pm and Sunday 11:45-2:15pm.

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

Fitness



FITNESS PROTOCOLS

REGULATION:

Indoor low & high intensity group exercise is allowed with regular capacity.

- 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.
- 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.
- Please do not come to Club if feeling sick.
- 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



HOW DO I BOOK A WORKOUT TIME?

- Hours of operation: 6:00am – 10:00pm, Monday - Sunday.
- The Fitness Centre no longer needs to be booked, please book the HPTC by visiting GameTime (two day advanced booking).
- Cancellation notice of 6 hours will be strictly enforced for the HPTC. 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

REGULATION:

Masks are recommended in outdoor settings.

NSWC Changes:

- Spectators for swim lessons/swim meets are permitted.
- 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 10 people. These people do not have to be in the same household.

POOL HOURS:

Monday - Sunday

- Adult Swim Only: before 12pm
- Family Swim: 12pm - 8pm. For single lap lanes please book in GameTime.

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](#).

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 NSWC'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](#).

[READ MORE](#)

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



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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