

EVERGREEN SQUASH CLUB OF WEST VANCOUVER

COVID-19 Reopening Guidelines

Phase 3

July 1, 2020

General Information:

Restrictions will limit the number of members in the club at one time to less than 20 and implement safety and cleanliness guidelines:

- Club Hours:
 - Mon-Thurs 10am-8pm
 - Friday 7am-5pm
 - Weekends 9am-5pm
- Note fobs will only be active 15 minutes prior to opening and will shut off at closing.
- Absolutely **NO** guests at this time
- We **ARE** accepting trial memberships, under new guidelines
- New **Covid-19 waiver** MUST be filled out and submitted to the office prior to using the club. This is a ONE-TIME waiver.
- A one-page **Health Declaration** MUST be filled out **every time** you are at the club. These are at the front desk and also online (QR code posted).
- **Hand sanitizing** stations have been set-up all around the club. Please sanitize upon entering the club, before and after you play/workout.
- No socializing – enter, play or workout, clean, leave
- If you do not have a booking you should not be in the club. Young juniors who need parent’s attendance should aim to book **court 1** where the guardian will be allowed in the stands.
- Bring your own **Water bottle**. Water fountain and kitchen areas have been closed off. Water available only via changeroom sinks if necessary. New “hands free” water station coming soon...
- Shower/steam room will **stay closed** at this time. Members must come ready to play/workout and just use change room for bag storage and shoe change if needed.
- Please spray down any bench area you use in the changeroom.
- **Entrance & Exits:** We are trying to keep ‘one-way’ traffic in the club, due to our small entrance and narrow hallways. Please follow the **red arrows** on the floor marking the way to your exit.
- If you must go **against the flow** of the arrows, i.e. you need to go back to the changeroom, or up to the gym, please be extra cautious and allow anyone coming toward you the right of way, allowing for **6’ social distance!**
- **Pro Shop:**
 - Cathy will wear a **mask** at all times during interactions with members
 - Phase 3 allows Cathy and **one other** person wearing a mask in the Pro Shop.
 - Sanitize hands prior to entering Pro shop, or accepting a demo racquet
 - **Debit and credit via tap are current preferred methods of payment**

Court Usage Guidelines:

- Do not enter club until 5 minutes prior to booking.
- Members must use **sanitizers** on hands before entering the court.
- Please keep extractor **fans on** at all times! Put the fan on when you leave.
- Members are asked to **remain on court** for the entire booked period. Opening the door for water bottle access should be done with caution
- No chatting or stretching in the hallways!
- No wiping hands on walls
- Court bookings will be staggered, 1 hour bookings to allow for:
 - 45-minute **play**
 - 5 minutes of **cleaning** all door handles and surfaces touched, using cleaner provided/exit area
 - **10** minutes to let the air settle and clear the area for next players – keep fan ON.

Court Usage Allowed in Phase 3:

- Solo play on any court
- Same household play on any court
- **Any two members on singles or doubles court:** Cross court play or drills while maintaining 6' physical distancing – masks recommended (not mandatory)
- **5 players in a “Bubble”** - One member can have up to **four** other Members in their “bubble” for singles play or closer contact drills, **singles** or now (phase 3) **doubles**.
- Must **advise manager** (Cathy) of who your Bubble consists of. All players must play **exclusively in the bubble**. I.e. your bubble mates should not be connected to other bubbles.
- Each ball to be sanitized prior to entering the court
- Protective eyewear strongly recommended (mandatory on doubles court if using hardball)
- Face masks strongly recommended
- Face Shields strongly recommended
- **Coaching: Allowed in Phase 3**
 - maximum 3 people on court in same bubble, or coach plus 2.
 - **masks** mandatory for coaches
 - mask recommended but not mandatory for those being coached

Gym & Equipment Usage Phase 3

- **Gym and cardio machines** must be booked on **SportyHQ** (scroll right on booking page). Each is set-up like a “court”. Select “**solo practice**” when booking.
- **Note: If you haven’t booked the gym, you should not be in there!**
- **Solo** use of gym and/or session with personal trainer allowed. Hank (trainer) **must wear a mask**, mask optional for others.
- **Same household** use of gym allowed
- Designated “**buddies**” (3) using gym allowed.
- Members must use **hand sanitizer** before entering the gym or using a machine.
- Members must **wipe down** all equipment and mats, etc. after use, **using spray cleaner** provided.
- Gym and equipment bookings will be staggered **60 minute** sessions to allow for
 - 45 minutes of **workout**
 - 5 minutes of **cleaning** all equipment and surfaces touched, using cleaner provided
 - **10** minutes to let the **air settle** and clear the way for next members booked.