

EVERGREEN SQUASH CLUB OF WEST VANCOUVER

COVID-19 Reopening Guidelines

Phase 5 D

January 9, 2021

General Information:

Restrictions will limit the number of members in the Club at one time to less than 30 and implement safety and cleanliness guidelines:

Key Changes In This Phase:

1. **Play or drills, singles or doubles court, restricted to maximum of two players** and those two must be **within their bubble**.
2. **Coaching: maximum 1 adult or junior player** on singles or doubles court, **plus coach with mask**.
3. **Bubble Play Continues:** To play any type of match play, Members can only play people within their Bubble – a Bubble consists of the Member + four other Members. Members must advise Cathy or Thomas of their five person Bubble. This bubble is FIXED and each Member can only be a member of ONE Bubble.
4. **Current Club Hours:**
 - Monday 7:00am-10pm
 - Tuesday 7:00am – 10pm
 - Wed-Thurs 7:00am-10pm
 - Friday 7:00am-9pm
 - Sat-Sun 8:00am-9pm

Note: Bookings are all non-prime time at this time; members can also still hit solo at any time of day.

Unchanged from Previous Phases:

5. No house league.
6. No Lower Level mixed league.
7. No In house Doubles league.
8. No box ladder.
9. No special events.

10. **Masks mandatory** in all areas of the Club, except on courts, in the gym and when using cardio equipment. *Members should bring their own masks.*
11. Absolutely **NO** guests at this time
12. We **ARE** accepting trial memberships.
13. **Covid-19 waiver** MUST be filled out and submitted to the office prior to using the Club. This is a ONE-TIME waiver.
14. 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).
15. Staff to continue monitoring Health Declaration submissions on a random check basis, and will focus more on being out in the Club ensuring that rules are being followed. Staff will also continue to clean courts, monitor garbage, re-stock cleaning stations, wipe equipment and other high touch zones.
16. **Hand sanitizing** stations have been set-up all around the Club. All members to sanitize upon entering the Club, before and after play/workout.
17. No socializing – enter, play or workout, clean, leave.
18. Must have a booking to be in the Club. To be in the Club you must have a booking. Parents (non-members) must drop-off and pick-up at the front entrance.
19. Members asked to bring own **Water bottle**. **New hands-free Water Station at front entrance**. kitchen areas on both floors have been closed off as well as main floor old water fountain.
20. Continue with one shower open in each change room open.
21. 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.
22. Members to spray down any bench area used in the changeroom.
23. **Entrance & Exits:** Maintain ‘one-way’ traffic in the Club, due to the small entrance and narrow hallways. Members to follow the red arrows on the floor marking the way to exits.
24. If Members must go **against the flow** of the arrows, i.e. go back to the changeroom, or up to the gym, Members must wear a mask AND allow anyone following the directional hours the right of way, allowing for **6’ – 9’ social distance!**

25. Pro Shop:

- Cathy/other staff will wear a **mask** at all times during interactions with members
- One staff member and **one other** person wearing a mask in the Pro Shop at the same time maximum.
- 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 – **includes changes in Phase 5D:**

Masks mandatory in all areas of the Club, except on courts, in the gym and when using cardio equipment.

Bookings: are all non-prime time at this time; members can also still hit solo at any time of day.

Bubbles: See Key Changes section above.

Court Usage:

- **Maximum Two Members allowed on a Singles Court at one time, whether for drills or match play. Players must be WITHIN YOUR BUBBLE ONLY.**
- **Maximum TWO Members allowed on a Doubles Court at one time. whether for drills or match play. Players must be WITHIN YOUR BUBBLE ONLY**
- **Strongly recommend social distancing of 3 meters**
- All names **MUST** be on booking sheet for possible contact tracing purposes.
- Protective eyewear strongly recommended (mandatory on doubles court if using hardball)
- Face masks or face shields strongly recommended

Court Usage Guidelines Continued from Previous Phases:

- 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
- Singles 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.
- Doubles court bookings have been changed to 75 minutes to allow for:
 - ✓ Full **60 min.** match play (otherwise players are tempted to play on and crowd area)
 - ✓ **5 minutes** of cleaning all door handles & surfaces touched, using cleaner provided/exit area via court 5/6 door.
 - ✓ **10 minutes** to let air settle & clear the area for next group.

Coaching: (revised in Phase 5D)

- Max 1 adult on singles **OR** doubles court, plus coach with mask
- Max 1 Junior on singles **OR** doubles court, plus coach with mask

Gym & Equipment Usage

- Gym and cardio machines must be booked on SportyHQ (select “solo practice)
- Gym can be booked by one member only or 2 members of same bubble/household
- For private training sessions, Hank must wear a mask
- Note: If you haven’t booked the gym, you should not be in there!
- 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
 - ✓ Put all weights/balls/bands/benches back where they belong before leaving!
 - ✓ **10** minutes to let the **air settle** and clear the way for next members booked.