



# NSSW

North Shore Sports and Wellness  
550 Lake Cook Road  
Deerfield, IL 60015

Dear Athletico Center & NSSW Community,

All of us at North Shore Sports and Wellness sincerely hope you and your loved ones have been and continue to be safe and healthy. Please be advised that NSSW staff at the Athletico Center (Northbrook) and Berto Center (Deerfield) continue to monitor Illinois Department of Public Health's website regarding COVID-19 (coronavirus) reopening procedures, and how to best maintain a safe environment for all.

NSSW remains fully committed to the upkeep, cleanliness, sanitation and maintenance of its properties, as well as the overall safety and well-being of its staff, partners and patrons. Both the Athletico Center and Berto Center continue to operate at under 25% capacity, and masks/face coverings are required at all times within each location. As we continue to follow all guidelines from both local and state officials, we appreciate your understanding that our plan will be dynamic and subject to change as necessary.

Thank you again for your patience and understanding throughout this process; we recognize it has not been easy for anyone. However, with continued cooperation, patience, communication and the proper safety measures, we will continue to navigate this pandemic together. For questions or more information, please contact us by email at [info@northshoresportsandwellness.com](mailto:info@northshoresportsandwellness.com).

Sincerely,

Andrew Braverman  
General Manager  
North Shore Sports & Wellness  
[info@northshoresportsandwellness.com](mailto:info@northshoresportsandwellness.com)

**ATHLETICO CENTER**

1900 Old Willow Road  
Northbrook, IL 60062  
(224) 326-2061

**BERTO CENTER**

550 Lake Cook Road  
Deerfield, IL 60015  
(847) 828-4650





**FACE MASKS/COVERINGS MUST BE WORN AT ALL TIMES, INCLUDING DURING GAMEPLAY.**

### **GENERAL STAFF and BUILDING GUIDELINES (COVID-19)**

- NSSW Staff members will wear face coverings throughout all common areas of the premises
- NSSW Staff will sanitize common area surfaces, restrooms and door handles within facility throughout hours of operation
- Additional sanitation of common area surfaces, restrooms and door handles will occur overnight
- Soap and hand sanitizer will be readily available for partners and patrons
- All visitors will enter and exit NSSW facilities through specifically designated doorways  
This will limit the amount of foot-traffic in building common areas (see specifications for each building at the conclusion of this document)
- Updated traffic patterns may be utilized on-site to insure social distancing and safe drop-off/pick-up procedures (please see building-specific diagrams for entry instructions)
- Visitors must bring **their own** water bottle; vending for beverages and snacks will be available while our concession stands remain closed

### **RESTRICTIONS for PARTNERS & GUESTS**

- **Individuals must wear a mask/face covering at all times.**
- **Spectators WILL NOT be allowed on the premises; NSSW staff and the club coaches utilizing the facilities at the time of their event(s) will not permit parents, family members, friends or others to enter or wait within the facility (unless otherwise notified for medical reasoning)**
- All individuals will have his or her temperature scanned before being allowed to participate; anyone with a reading outside the healthy range will be denied access
- Club Coaches will walk participants to and from their designated areas of use
- Club Coaches must only permit one (1) player at-a-time, per area, to use the designated restrooms as defined in the building-specific sections below (Athletico Center & Berto Center)
- Individual programs may have additional safety measures in place that must be followed

### **SCHEDULING & ZONE RESTRICTIONS**

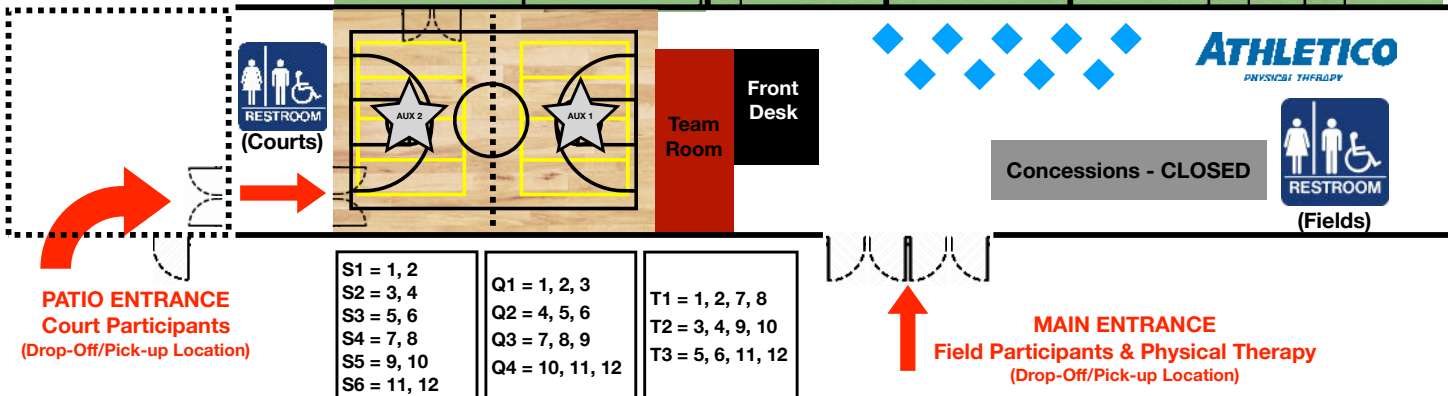
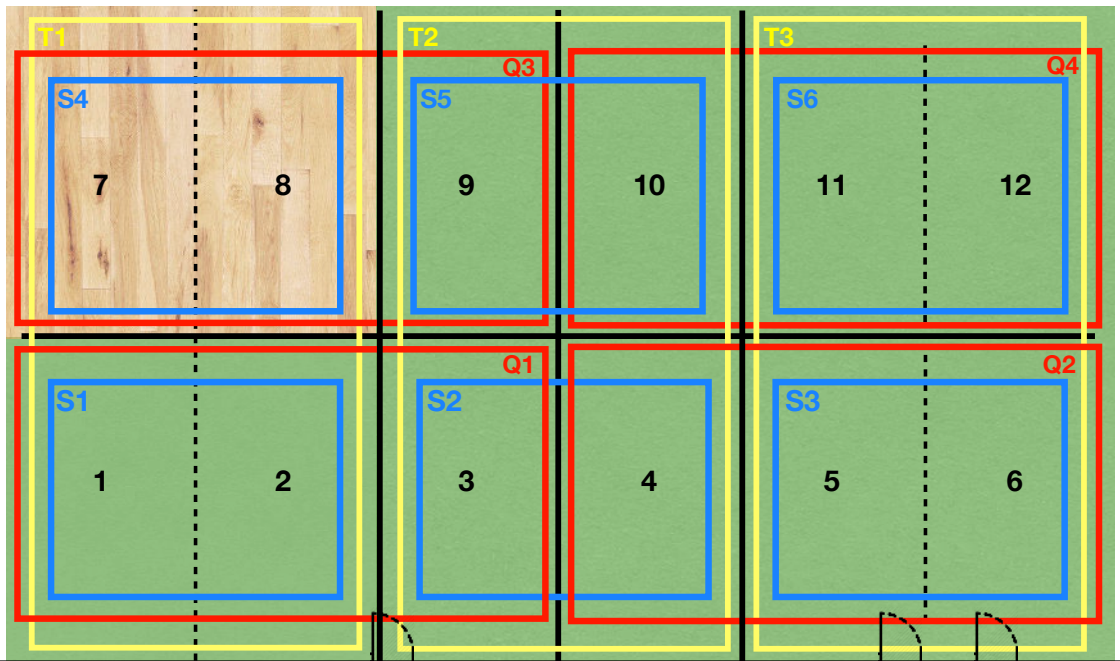
- NSSW locations will operate at less than 25% capacity during Tier 1 & Phase 4 mitigations.
- Hours of operation will be 7:00 AM - 11:00 PM, Monday-Saturday & 5:00 AM - 11:00 PM Sunday.
  - NSSW suggests planning activities to include 10-15-minutes at the beginning and end of the booking to allow participants enough time to get ready and exit appropriately
- Zones will be defined by clearly designated curtain-barriers, or other, to insist safety
- A zone must be fully cleared before another group will be allowed to begin activity



**ATHLETICO CENTER:**

- All Field-Participants will be required to enter and exit through the main entrance
  - Field-participants will use the main restrooms located in the lobby
- All Court-Participants will be required to enter and exit through the patio-entrance, located at the southwest corner of the building
  - Court-Participants will use the special-event restrooms located adjacent to the patio-entrance
- All Athletico physical therapy patients will be required to enter and exit through the main entrance
  - Physical Therapy patients will have sole use of the family restroom, located within the main restrooms in the lobby
- Building zones will be defined as:

**ATHLETICO**  
 CENTER  
 SPORTS | EVENTS | CAMPS  
 NOVEMBER - MARCH





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