



In the interest of public safety, the Base is closed to general visitors.
Masks must be worn inside all Base buildings.

BASE FOODS

In accordance with Provincial Health Orders, all food services will be takeout only. All Defence Team members can access takeout service using debit or credit only. Nelles Galley is currently closed and buses to Venture Galley are available outside Nelles Block.

Meal hours:

Breakfast: 0630-0800 Lunch: 1130-1300
Supper: 1630-1830

Messes are open with COVID-19 protocols in place. In accordance with Provincial Health Orders, indoor bar service is closed. Patio bar service remains open. For details visit:

www.cafconnection.ca/Esquimalt/Facilities/Messes.aspx

Serious Coffee, Fleet School D92, and The New Wave Cafe are closed.

BASE ACCOMMODATION

The Wardroom is closed to the public. Work Point, Nelles/Bernays, C&PO's and Albert Head are accepting online bookings.

LEARNING AND CAREER CENTRE

The Learning and Career Centre is closed for in-person instruction and consultation. Classrooms can still be booked on a limited basis, while following building and provincial health and safety protocols. Virtual consultation for learning is still available and all LCC-led courses are being delivered virtually. A list of virtual LCC course offerings is available here: http://lcc-cac.forces.mil.ca/lcc-cac/en/ncc_home_e.asp

Please direct all inquiries to:

+LCC@CHRSC(Pac)@Esquimalt or
esqlcc.cac@forces.gc.ca

ESQUIMALT MFRC

CPAC is open Mon-Fri from 0900-1600 and the Signal Hill MFRC is open Tues-Fri from 0900-1600 (closed from 1200 to 1300).

MFRC staff are monitoring the phone line (250-363-2640) during open hours and responding to messages after hours. If you need support for you or your family phone the confidential intake line at 778-533-7736 or email intake@emfrc.com.

If you require immediate assistance the Family Information Line 1-800-353-3329 is prepared to respond to family emergencies and connect with support from SISIP, Support Our Troops and Strongest Families.

For deployment support, information and services, connect with sandrapinard@emfrc.com.

To connect with the Executive Director, email jackiecarle@emfrc.com.

Visit the MFRC's website for more information: www.esquimaltmfrc.com/resumption-of-on-site-services.

PSP ESQUIMALT

PSP facilities are open to military, DND Civilians, Staff of Non Public Funds and military families (military families require an MFRC ID card to access the Base).

In accordance to provincial health regulations, masks will be required at all times while in the gym facilities, even when actively working out. Advance reservations will be required through BookKing effective April 8. Please visit the Naden Athletic Centre Facebook page for instructions. Drop in use will no longer be allowed.

DKYD Gym hours - Mon-Fri from 0600-1800

NAC hours – Mon 0600-2000hrs / Tues-Fri 0600-1800hrs / Sat 0800-1800hrs / Sun 0800-1300hrs

Naden Athletic Centre Pool - Lap pool and leisure pool are open Mon-Fri from 0600-0715 / 1200-1300 & Mon/Tu/Th 1530-1730. Steam room is not available at this time.

For questions, contact Facilities staff at pspgymnac@gmail.com or 250-363-5677 / 250-363-1009.

Wurtele Arena - Reservations for the ball hockey floor can be made by emailing the Facilities Coordinator at minako.gardner@forces.gc.ca

Colwood Pacific Activity Centre (CPAC) -open Mon-Fri from 1100-1500. Register online at <https://bkk.cfmws.com/esquimaltpub/> or over the phone at 250-363-1009. Inquiries should be emailed to recreationcpac@forces.gc.ca.

Outdoor Facilities - Reservations can be made through Facilities Coordinator, minako.gardner@forces.gc.ca

PSP PROGRAMMING

FORCE Testing – **FORCE Testing is currently suspended.** Future reservations are available to everyone, but priority is given to those with FORCE tests expired six months or more and personnel requiring it for deployment, recruitment and essential training. Reserve through your Unit Force Coordinator. To determine your unit coordinator email pspcfbesquimalt@gmail.com or call us at 250-363-4412.

FORCE PT – Mon-Fri 060-0715 hrs - is self-paced following a PSP-posted FORCE related session. Register is required via Booking <https://bkk.cfmws.com/esquimaltpub/facilities/index.asp> or contact the NAC Kiosk at 250-363-5677. Drop-ins will not be accepted.

Unit Sports – Contact the Sports Coordinator, Ryan.Elborne@forces.gc.ca.

Unit PT – can be reserved by contacting the Fitness Coordinator at sylvain.verrier@forces.gc.ca. All indoor group PT is currently suspended, outdoor group PT is still being offered.

Virtual/Online PT – schedules can be found at www.cafconnection.ca/National/Virtual-Services or www.youtube.com/c/CFMoraleandWelfareServices/videos.

Reconditioning Appointments: available by referral and appointment through the Reconditioning Manager lyndal.greig@forces.gc.ca

Base Team Sports Practices: Contact the Sports Coordinator ryan.elborne@forces.gc.ca

Sports Equipment Loans: currently suspended.

Recreation: Early Years/School Age/Youth programming, Pro D Camps and Summer camps. To register call 250-363-1009 or visit <https://bkk.cfmws.com/esquimaltpub/>

Health Promotion: In person courses suspended. Contact maryse.neilson@forces.gc.ca to set up webinars/virtual briefings if required for your unit.

GETACTIVE: Register for the 2021 Virtual Navy Run - June 19 <https://navyrunesquimalt.com>

CANEX

CANEX Woodway Road - open Mon-Fri from 0900-1700, Sat-Sun from 1000-1700

CANEX Mall Barber Shop – open Mon-Thurs from 0900-1700, Fri from 0900-1600, Sat from 1000-1500

CANEX Belmont Road - open Mon-Fri from 0630-2000, Sat-Sun from 0730-2000

Tailor shop within CANEX - open Mon-Fri from 0900-1500

SISIP Esquimalt - open Mon-Fri from 0800-1530. To book an appointment, call 250-363-3301.

CFHA

Housing Services Centre (HSC) Esquimalt is closed to the public until further notice. CFHA can be contacted Mon-Fri from 0730-1530 by phone at 250-363-4994 or by email at cfha-afc.esquimalt@forces.gc.ca. Emergency After-Hours Service is available for urgent issues only at 1-800-903-2342.

CFB ESQUIMALT NAVAL AND MILITARY MUSEUM

The museum is closed. For more info visit the museum's Facebook page @NavalAndMilitaryMuseum.

BASE ORDERLY ROOM

Open by appointment only Mon-Fri from 0930-1200 and 1300-1500.

BOR/Admin/Pay inquiries can be made via phone at 250-363-4288 or email at esqbadmborreception@forces.gc.ca

BASE COMPTROLLER

Open by appointment only – no drop in client services available. Please email the respective group email box, noted below, to make an appointment.

Cashier: Open Mon-Fri from 0930-1200 and 1300-1500.

Contact esqbadmborcashier@intern.mil.ca

Claims: Open Mon-Fri from 0800-1200 and 1300-1600. Contact: esqbcmtclaimsSection@forces.gc.ca

Receiver General Deposit Facility Services: Open Tues and Thurs from 0900-1200. Contact p-esqccomprgdf@intern.mil.ca or 250-363-4474. For emergencies contact Sgt Starling at 250-363-5558.

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BASE COMPTROLLER Continued

Regional Credit Card Coordinator Services:

Services available via email or by phone from Mon to Fri 0800 to 1600. Credit card pick up - Open Tues and Thurs 0900-1500 (by appointment only). Gerry Binning at +esqbcomptrccpaymentcards@forces.gc.ca or 250-363-4135

MARITIME FORCES PACIFIC CHAPLAINS

To speak to a Chaplain contact the Naden Chapel Offices at 250-363-4030.

Outside of regular hours, you can speak to a Duty Chaplain 24/7 at 250-818-2794.

BASE INFORMATION SERVICES (BIS)

To access BIS services, you can submit a Service Request or generate an ASSYST Trouble Ticket through the following means:

1: Assyst Self Service Portal

<http://assyst.forces.mil.ca/assystnet/application/assystNET.jsp#id=-1;type=11>

which is solely available via DWAN; or

2: Email:

+esqbisclientservices@bis@esquimalt; or

3: Phone: 250-363-1000.

If you require physical access to BIS/SMC Esquimalt spaces for any IT Service, please phone Client Services at 250-363-1000 to request an appointment.

PARKING CONTROL OFFICE & ENFORCEMENT

Open Mon-Fri from 0600-1200 and 1300-1400.

BASE IDENTIFICATION

Open by appointment only Mon-Thurs from 0700-1600 and Fri 0700-1200. To book an appointment call 250-363-4220 or email sharon.dooling@forces.gc.ca.

FLEET MAIL OFFICE

Open Mon-Fri from 0800-1200. For info call 250-363-2176.

CANADIAN FORCES HEALTH SERVICES CENTRE (PACIFIC)

COVID-19 MASS VACCINATION UPDATE FOR MILITARY MEMBERS

Plans for COVID mass vaccination clinics are scheduled to begin at the end of April for military members. Vaccine appointments will be made by your unit.

GENERAL MEDICAL INQUIRIES

Phone 250-363-4122

PRIMARY CARE and MENTAL HEALTH CARE SICK PARADE/APPOINTMENT WITHIN 72 HOURS

Member e-mails or calls their IHT starting at 0730.

• IHT-1: 250-363-4120, e-mail:

CDU1Admin@forces.gc.ca

• IHT-2: 250-363-5641,

e-mail: CDU2Admin@forces.gc.ca

• IHT-3: 250-363-5646,

e-mail: ESQCFHsvcsC-CDU3Adm@forces.gc.ca

Call 250-363-4122 if a member does not know their IHT and they will direct you to the appropriate IHT.

URGENT CARE

Call 911 if Emergency Care is required. The clinic is open Mon-Fri from 0730-1530. Outside of these hours, please see a civilian clinic or emergency department for care and call your IHT the next working day for a follow up appointment.

MEDICAL APPOINTMENTS

All services and Sick Parade are open by appointment only. Please e-mail or call your IHT or the department you require to make an appointment before coming to the clinic. **To ensure we maintain social distancing, please arrive no more than 5 minutes before your appointment.** Patient access is at the front door of the Main Building by the flag pole. Have your military ID ready. Medical masks are now required in the patient care areas and will be provided upon entry.

BOOKED APPOINTMENT

Please e-mail your IHT.

PHYSIOTHERAPY

Contact 250-363-4446 to book an appointment.

LAB / X-RAY / IMMUNIZATION

Appointment are required for all sections and can be booked following a clinician appointment.

Lab: esqmedicallab@forces.gc.ca or 250-363-4145

X-ray: 250-363-4136

Immunization: 250-363-4140

PHARMACY

All non-urgent prescriptions initiated by clinicians will be ready for pick up after 48 working hours. For all refill and over the counter medication requests, please call 3-4143 or email esqpharm@forces.gc.ca and allow 48 hours until pick up. Military ID is required for pick up. The Pharmacy is closed on Wednesday afternoons after 1230.

CASE MANAGEMENT

Contact your IHT to book an appointment.

REFERRALS

Contact 250-363-4178.

DENTAL SERVICES

Both the Naden and Dockyard Dental Clinics remain open. Sick parade is Mon-Fri at 0730 at both clinics. All members are being screened at the entrance. At the Naden Clinic you will be screened by Base Hospital Staff so please state you have a dental appointment. If you are coming to the Dockyard clinic for an afternoon appointment, please wait until 1250 to enter.

For routine dental appointments contact the Naden Dental Reception at 250-363-4149 or Dockyard Dental Reception at 250-363-2310. The duty dental team continues to be available 24/7 for after-hours emergency care. The reception voicemail provides emergency contact numbers.

Patients who answer "yes" to the following questions should NOT present to the dental clinic and should reschedule any appointments they have booked: Currently (or in the last 10 days), do you have one or more of the following symptoms, even if mild? Fever, cough, shortness of breath, runny nose or sneezing, nasal congestion, lost sense of taste or smell, hoarse voice, sore throat or difficulty swallowing, chills, muscle aches, diarrhea, malaise or fatigue, pink eye and headache. Are you currently in a period of self-isolation (quarantine) related to COVID-19? In the last 14 days, have you returned from travel outside the geographic region? In the last 14 days, have you been in close contact with a person who has been diagnosed with or is under investigation for COVID-19?

BASE LOGISTICS

COVID-19 SUPPLY REQUESTS

For all COVID-19 related supply requests contact the Base Logistics Operations Officer, A/SLt Zhang, at Qing.Zhang@forces.gc.ca or 250-363-2740.

CLOTHING STORES (ALL SECTIONS)

Clothing Stores is open by appointment only Mon-Fri from 0730-1500. All visitors are required to wear a mask. Contact 250-363-4947 or +esqblogclothing@blog@esquimalt to make an appointment.

WAREHOUSES

Access to all warehouses will be managed by appointment only during regular hours from 0700 to 1600.

TRANSPORT

Transport services, both General and Special Purpose, are available to support operations. Requests are to be submitted no less than 48 hours in advance to the +MSE account. At this time, no taxi services are available. Duty Dispatch number: 250-889-2391

MAINTENANCE

Drop-offs will be by appointment only. For complete warehouse, transport and maintenance contact information follow: <http://esquimalt.mil.ca/bsup/blog1-home%20page/contacts.htm>

CONFLICT & COMPLAINT MANAGEMENT SERVICES CENTRE ESQUIMALT

An agent or Conflict Management Practitioner is on location at SH525 Mon-Fri from 0700-1500, with the remainder of the staff available via telephone or DWAN email: ++ccmsesquimalt@vcdsdgcicm@Esquimalt or ccmsesquimalt@forces.gc.ca

250-363-1900: x60264, x60266, x60259, or x60084.

RP OPS SECTION ESQUIMALT

For any *emergency* work contact the Trouble Desk at 250-363-2009, available 24/7. To request *non-emergency* work please confirm work requirements with your Building RP Ops Sect (ESQ)-Rep/Bldg Custodian, and complete the CF141-RP Ops Work Request Form and send to

[+esqrpopu\(pacific\)troubledeskrpopu\(pacific\)@esquimalt](mailto:+esqrpopu(pacific)troubledeskrpopu(pacific)@esquimalt)

Ref: BSO 2-605 Equipment Installation permit

Prior to acquisition of any equipment, an RP Ops Sect (Esq) Equipment Installation Permit shall be completed. This permit ensures present/existing infrastructure and utilities can support the specified Original Equipment Manufacturer (OEM) installation and/or use. Failure to complete the permit may result in denial of procurement and/or installation, and possible administrative action. Required forms/Permits can be found at http://esquimalt.mil.ca/bceo/rp_ops_sect_esq.htm. Enquiries related to existing Work Orders can be sent to

[+esqrpopu\(pacific\)operations@rpopu\(pacific\)@esquimalt](mailto:+esqrpopu(pacific)operations@rpopu(pacific)@esquimalt).