



The Base is now open to visitors. Masks must be worn inside all Base buildings. Proof of vaccination is required for certain locations and activities as outlined below:

BASE FOODS

Base Foods is offering "In-room Dining" at Nelles and Venture Galley. Defence Team members are permitted to eat in all CFB Esquimalt dining facilities and all forms of payment are accepted at Nelles Galley.

Wardroom and Venture Galley are "Ration Cards Only."

Meal hours:

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

Serious Coffee: Open Mon - Fri 0600-1400hrs
Fleet School D92 and The New Wave Cafe are closed.

BASE ACCOMMODATION

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

MESSES

Messes are open with COVID-19 protocols in place. Visit <https://www.cafconnection.ca/Esquimalt/Facilities/Messes.aspx> for more facility details and electronic IN/OUT Routines.

As directed by BComd, CFB Esquimalt, in accordance with the BC Provincial Health Order, proof of vaccination will be required when attending Mess activities or events for non-mandatory reasons, please contact the Mess directly if you have questions about the application of this direction.

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 08:30 to 16:30 (closed for lunch 11:45 to 12:45) and the Signal Hill MFRC is open Mon-Fri from 08:30 to 16:30 (closed for lunch 1200 to 1300).

MFRC staff monitor the phone line (250-363-2640) during open hours and responds to after-hours messages the following business day.

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.

For deployment support, information and services, connect with jenniferswitzer@emfrc.com or marlenawright@emfrc.com

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

Visit the MFRC's website for more information: <https://esquimaltmfrc.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 open for drop-in visits from 0730-1530, Mon-Fri. Entry will be in a controlled manner, with visitors needing to call the office at 250-363-4994 upon their arrival in order to be let inside. HSC can be contacted during regular office hours by phone at 250-363-4994 or by email cfha-alfc.esquimalt@forces.gc.ca.

Emergency After-Hours Service is available outside of regular office hours for urgent issues only at 1-800-903-2342.

For drop in skate times and program descriptions, visit Wurtele Arena (cafconnection.ca).

Colwood Pacific Activity Centre (CPAC) open Mon-Fri from 1000 - 1600hrs (closed for lunch from 1300-1330hrs).

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.

For CPAC facility reservations, please email Gillian.larsen2@forces.gc.ca

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

PSP PROGRAMMING

FORCE Testing - Reservations are available to all personnel with priority given to those requiring it for deployment, recruitment and essential training or have been expired for more than one year. All participants must be pre-registered for a test - drop-ins will not be allowed. Tests are booked through your Unit Force Coordinator. Units without a Unit Force Coordinator should email pspcfbesquimalt@gmail.com or call 250-363-4412 to have members appointed.

FORCE PT - Mon-Fri 0630-0715 hrs. Mon/Wed are Strength focused and Tues/Thurs are Conditioning focused workouts. Fridays are FORCE-specific training with the first Friday of every month being a practice FORCE Test.

Noon Hour PT @ NAC - Mon-Fri 1205-1250 hrs. As of November 1 classes will be: Monday - Spin, Tues/Thurs - Aquafit, Wednesday - Functional Strength, Friday - HIIT PT.

CFB ESQUIMALT NAVAL AND MILITARY MUSEUM

The museum is open. Exhibits are open 1000-1530 Monday to Friday. The museum office is open 0800-1600 Monday to Friday. 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: esqbcomptclaimsSection@forces.gc.ca

Receiver General Deposit Facility Services: Open Tue & Thur from 0900-1200 by appointment only. Contact RGDF services via email at +ESQ BCOMPT RGDF, P-ESQBCOMPTRGDF@intern.mil.ca. **Closed 19 & 21 October.**

Regional Credit Card Coordinator Services: Due to staff turnover and new incumbent training in the RCCC, there may be a delay the delivery of services. RCCC services are available via email or by phone from Mon to Fri 0900-1200 and 1300-1500. Contact S1 Gamus, via email, at +ESQBComptRCCPaymentCards@forces.gc.ca or/ and by phone at 250-363-4135. Credit card pick up is by appointment only, except for the nationally managed exchange to the new payment cards. **New, nationally managed credit card disbursement will take place Tuesday to Friday, October 19-22, by drop in. Credit card holders are to bring their current credit cards with them to exchange.**

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

Unit PT - can be reserved by contacting the A/Fitness Coordinator at tianna.smith@forces.gc.ca

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

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

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

Sports Equipment Loans: Limited gear is now available for short term loans, please contact Daniel.peakman@forces.gc.ca to arrange any sports equipment loans.

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

Health Promotion: To register for HP Courses, email lisa.jeffery@forces.gc.ca for scheduling and registration information.

Contact maryse.neilson@forces.gc.ca to set up webinars/virtual briefings if required for your unit.

*Covid protocols will be adhered to in all programs/facilities - please do not attend if you are unwell.

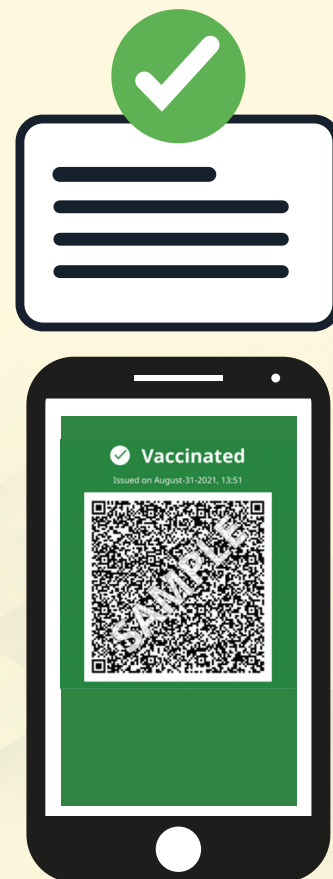
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VACCINATION PASSPORTS CFB ESQUIMALT FACILITY ACCESS

CFB Esquimalt Proof of Vaccination Requirements

 FOR THOSE 12 YEARS & UP All categories of patrons, including CAF and General Public		
LOCATIONS	PROOF REQUIRED	PROOF NOT REQUIRED
<ul style="list-style-type: none"> N88 Naden Athletic Centre D22 Dockyard Gym N100 Wurtele Arena Colwood Pacific Activity Centre 	<ul style="list-style-type: none"> Drop-in Use Adult Community Recreation Programs Adult Sports Programs Naden Hockey Club Shinny Third Party Adult Hockey Groups 	<ul style="list-style-type: none"> Recognized Child/Youth Programs CAF Reconditioning Programs FORCE Tests Mandatory NPTG Group PT Health Promotion Courses Employees/contractors while conducting work at location
Messes: <ul style="list-style-type: none"> N40 Pacific Fleet Club SH 586 Wardroom Gunroom SH 585 C&PO's Mess 	<ul style="list-style-type: none"> Attending the Mess 	<ul style="list-style-type: none"> Mandatory workplace functions/meetings or for organized seated events with less than 50 people Employees/contractors conducting work at location



MARPAC 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

Naden Post Office - Nelles Block: Monday to Friday: 1000 -1200, 250-363-5658

Dockyard Post Office: Monday to Friday: Financial counter 0900-1400; OPS 0700-1400, 250-363-2176

CANADIAN FORCES HEALTH SERVICES CENTRE (PACIFIC)

COVID-19 VACCINATION UPDATE FOR MILITARY MEMBERS

Members requiring first or second COVID-19 vaccinations, must make an appointment. Please e-mail our positional mailbox for Immunization at ESQCLINICIMMUNIZATION@forces.gc.ca. Please do not call Immunization for this purpose. For those not wishing to make appointments, two additional COVID Drop-In Clinics are planned as follows:

LOCATION	DAY	DATE	TIMING
WARDROOM	Tuesday	9 Nov 2021	0800 – 1130 hrs
	Thursday	18 Nov 2021	

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. By DFHP directive, medical masks are now will continue to be required in the patient care areas until further notice, and will be provided upon entry.

SCHEDULED CLINIC CLOSURES

CF H Svcs C (P) is conducting Orientation for all staff members on the afternoons of 5-7 Oct. **All clinic services will be closed.**

CF H Svcs C (P) is scheduling monthly ADMIN-ONLY days on the 3rd Thursday of every month. Dates for the remainder of 2021 are: 21 Oct, 18 Nov, & 16 Dec.

Sick parade hours on these dates will be as follows:

- 0730 – 1000 hrs. Members are to call their IHT starting at 0730 hrs to request an appointment if required.
- There will be a limited number of sick parade appointments available on these dates. Once filled, members are to call 911 or visit a local hospital ER for any medical concern that is an emergency.

Chains of Command are reminded that they are empowered to grant up to two days of sick leave for non-emergent medical issues without the recommendation of a medical officer. Exercising this option will help to prevent overburdening the limited medical resources at CF H Svcs C (P).

2021 FLU SHOT CAMPAIGN – Stop the FLU before it stops you!!

A final FLU Clinic for those military personnel that have missed previous clinics. This is a drop-in clinic so no advanced bookings are required.

LOCATION	DAY	DATE	TIMING
WARDROOM	Wednesday	10 Nov 2021	0800 – 1400 hrs

GENERAL MEDICAL INQUIRIES

Phone 250-363-4122

PRIMARY CARE & 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.

BOOKED APPOINTMENT

Please e-mail your IHT. ** Chains of Command are reminded to follow the SOP document for Compassionate Posting/ Status Request and Contingency Cost Moves when requesting these services. Access to the SOP is available through the Notice Board banner on the base splash page or at this link: [MARPAC/JTFP - Compassion Posting \(mil.ca\)](http://MARPAC/JTFP-CompassionPosting(mil.ca)).

PHYSIOTHERAPY

Contact 250-363-4446 to action a referral and/or 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 or e-mail ESQCLINICIMMUNIZATION@forces.gc.ca.

(see above if inquiring about COVID-19 vaccinations)

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.

Continued on next page



DENTAL SERVICES

Both the Naden and Dockyard Dental Clinics are fully open.

Sick parade is Mon-Fri at 0730 at both clinics.

Clearing In/Out: Newly posted in or out members are requested to email us at +ESQ Dental Reception@1 Dent Det@Esquimalt, P-ESQ.DENTALRECEPTIO@intern.mil.ca with the following information:

- Service Number, Surname, Initials;
- Losing Unit UIC, Losing Unit Name;
- Gaining Unit UIC, Gaining Unit Name;
- COS Date and Date Departing Esquimalt (if applicable);
- and Contact info/ email address to receive confirmation of in/out clearance completion.

For routine dental appointments: contact the Naden Dental Reception at 250-363-4149 or Dockyard Dental Reception at 250-363-2310 to book an appointment.

After-hours Emergency Care: The duty dental team continues to be available 24/7 for after-hours emergency care. The reception voicemail provides emergency contact numbers.

COVID Screening: 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 and have not been vaccinated against COVID-19?
- 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, Qing.Zhang@forces.gc.ca or 250-363-2740.

CLOTHING STORES (ALL SECTIONS)

Clothing Stores (D211) is open and appointments can be made by e-mailing BLog Clothing at ESQBLOGClothing@forces.gc.ca. Appointments will be made on a priority basis. We ask for your continued patience as we work through a large backlog of appointments. Please contact the Dockyard Warehousing Officer (DWO), Lt(N) Darrian Ryce, at Darrian.ryce@forces.gc.ca or the Clothing Stores IC, Mr Dave Wilkie, at david.wilkie@forces.gc.ca if you have any questions.

Concerns or emergency requirements may also be directed to the Materiel and Distribution Officer (MDO), Mr Troy Gillespie, at troy.gillespie@forces.gc.ca or at 250-507-8915

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. Base taxi services are available at this time and can be arranged by calling 250-363-2384. 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@vcdsdgcmm@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)troubledesk@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.