$$||v_i(C^*\pi_{Z_i}C')^{\frac{1}{2}}f||^2 \le ||v_i(C^*\pi_{W_i}C')^{\frac{1}{2}}f||^2 + ||v_i(C^*\pi_{W_i}C' - C^*\pi_{Z_i}C')^{\frac{1}{2}}f||^2 \le (B + \epsilon^2)||f||^2$$