

TEAM TRAINING AT *AFTERBURN*

Welcome to team training at Afterburn! Here's everything you need to know to prepare for training at our facility. Any further questions can be directed to dragonboat@afterburnfitness.ca

LOCATION: [230 Nantucket Blvd Unit #1, Scarborough, ON](#)

We are accessible by car and TTC (43A or B). There is plenty of free parking available onsite and nearby. We ask that you do not block our neighbouring units' front doors when parking.

PADDLER CHECKLIST:

- Waivers must be signed online at this [link](#) before your first training session.
- Check-in with our front desk staff with your full name the day of your first training session. Arrive 10 minutes in advance to minimize delays. You should not arrive more than 30 minutes in advance of your scheduled session.
- Outdoor shoes and personal belongings can be left in our changeroom.
 - There are no lockers onsite
 - You are permitted to bring your belongings into the pool and/or gym area
- Comfortable athletic attire & a change of clothes
- Indoor athletic shoes are **mandatory**. You are not permitted into the gym/pool with outdoor shoes.
- For pool training, you can bring flip flops or shoes you don't mind getting wet. For safety reasons, you are not permitted into the pool with bare feet.
- Water bottle (we have two dispensers on site)
- Towel
- DO NOT LOITER on our gym floor before your scheduled session.
- Teams can only use the front 3/4 of the turf during gym sessions. The back 1/4 of the turf is reserved for our members to stretch and do other mobility work.
- Paddle and row ergs use must be requested ahead of time. Additional payment is required for paddle erg use.

If you have any further questions, feel free to email us at dragonboat@afterburnfitness.ca