Afterburn Team Training Protocols

2026–2027 Indoor Dragon Boat Season

Team captains and managers will receive this information before their team's first training session at Afterburn.

Please share these protocols with all athletes and help ensure any **new team members complete their Mindbody registration and waiver requirements before attending**. This helps minimize delays during your first session.

1. Team Registration & Mindbody

All team members should be registered through **Afterburn Mindbody** so we can maintain accurate team records and waiver information.

Mindbody Registration:
https://clients.mindbodyonline.com/classic/ws?studioid=5741926

Registration Steps

1. Create a Mindbody account or log in to your existing account.
2. Verify your account by email if required.
3. Open your team's private registration link provided by Afterburn.
4. Select **Sign Up Now → Enroll**.
5. Proceed to checkout. No individual payment is required when your team is renting the facility.

2. Waiver Requirements

- Athletes who **completed an Afterburn Mindbody waiver last season do not need to complete a new waiver this season**.
- **New athletes** who do not already have an Afterburn waiver on file must complete one through Mindbody **before participating in training**.
- Current Afterburn members who already have a waiver on file do **not** need to complete a separate team waiver.
- On your **first visit of the season**, please provide your **first and last name** at the front desk for check-in.
- Waiver/check-in verification only needs to occur on your first visit unless otherwise requested.
- **No athlete may train without a signed waiver on file.**

Team captains and managers are encouraged to confirm that new athletes have completed their registration before their first session.

3. Location & Transit

Afterburn Performance Fitness Inc.
230 Nantucket Blvd., Unit 1
Scarborough, ON

TTC

The nearest TTC routes are the **43A and 43B**. The walk from the Munham Gate stop to Afterburn is approximately **5 minutes**.

GO Transit

The nearest GO station is **Kennedy GO Station**. From Kennedy, transfer to the **43A or 43B bus** to the Munham Gate stop.

4. Parking

Please refer to the Afterburn parking map for available parking areas:

https://cd434fb3-7b00-462b-b56e-3bc409fac35a.usrfiles.com/ugd/cd434f_f52c532959b541f097c72082717b3431.pdf

- **Do not park in front of Units 2, 3, or 4.** These areas are reserved for neighbouring businesses.
- Do not block neighbouring unit entrances or garage doors.
- Please allow an additional **5 minutes** if you need to park farther along Nantucket Blvd.
- Follow all posted parking signs and staff directions.

5. Facility Information

View our facility information and map here:

https://www.afterburnfitness.ca/faq-1

Gym Tour:
https://youtu.be/d08qpEyPogY?si=frm1rDMl5hCGETET

The facility includes:

- 3 washrooms
- 4 changerooms
- 2 water dispensers

- Microwave and fridge in the reception area

Personal Belongings

There are **no lockers on site**.

Athletes may:

- Leave belongings in the changerooms
- Leave belongings in their vehicles
- Bring bags into the designated pool or gym training area

We recommend arriving **already changed whenever possible**, as changeroom space is limited.

6. Team Training Areas

Teams may only use the areas included in their confirmed booking.

For teams with a gym booking:

- The **front ¾ of the turf** is available for team use.
- The **back ¼ of the turf is reserved for Afterburn members**.
- Teams may also use the designated strength-training area up to the pool wall, based on their booking and facility availability.

Please be mindful that Afterburn members may continue using designated member areas while team sessions are taking place.

7. Paddle Ergs & Rowing Ergs

Paddle Ergs

Paddle ergs are available **by request and subject to availability**.

Additional rental fees may apply depending on the number of ergs required and whether the team is requesting exclusive use of the PERG Room.

Rowing Ergs

Rowing ergs may be available for team testing or workouts by request.

Please email **dragonboat@afterburnfitness.ca** in advance if your team would like to use paddle or rowing ergs during its booking.

Do not assume erg equipment is included unless it has been confirmed as part of your booking.

8. Session Start & Transition Times

Please arrive and begin training only during your **confirmed booking time**.

Transition time between team sessions is:

- **Weekdays:** approximately 5 minutes
- **Weekends:** approximately 10 minutes

Teams must finish training on time and begin clearing the booked area immediately so the next group can enter.

Please ensure athletes, bags, equipment, and team materials are fully cleared from the training area promptly.

9. Indoor Shoes Policy

Clean **indoor athletic shoes are mandatory** in all gym and pool training areas.

- Outdoor shoes are not permitted past the lobby.
- Shoes worn outside — even briefly from the parking lot to the facility — are considered outdoor shoes.
- Change into clean indoor footwear before entering the gym floor.
- Flip-flops or shower shoes are recommended for the pool deck.
- **Bare feet are not permitted in the pool training area.**

If you need to use the washroom before changing shoes, please ask staff about available indoor footwear options.

10. Early Arrival & Facility Access

For safety, liability, and fairness to other facility users, athletes and teams **may not use the gym floor, pool, or other training areas before their scheduled booking time unless approved by Afterburn**.

Teams arriving early may wait in the designated lobby/waiting area.

Please avoid arriving excessively early unless your team has arranged additional space with Afterburn.

If your team would like to hold a briefing, team meeting, testing session, or other activity before or after its scheduled training time, please contact us in advance so we can confirm whether space is available.

Athletes wishing to complete an individual workout outside their team's scheduled session may purchase a regular Afterburn drop-in, subject to facility availability.

11. Paddle Pool Use

Afterburn's indoor paddle pool accommodates up to **22 paddlers**.

- Paddles are provided.
- Athletes do not need to bring their own paddles unless otherwise arranged.
- Butt pads may be brought if preferred.
- Please follow all coach and facility instructions when entering, using, and exiting the pool.
- Clean pool-appropriate footwear is required.

12. Gym Use & Equipment

Please treat Afterburn's equipment as you would in any shared training facility.

- Return all weights and equipment to their proper locations after use.
- Do not leave plates, dumbbells, benches, bands, or other equipment on the turf or training floor.
- Wipe down equipment after use when appropriate.
- Report damaged or unsafe equipment immediately.
- Do not move specialized equipment between rooms without permission.

For safety and facility flow, fitness training sessions are generally capped at **26 participants**, unless otherwise approved by Afterburn.

13. Facility Etiquette

All athletes and coaches are expected to help maintain a safe and respectful training environment.

- Keep the facility clean.
- Respect other teams, members, coaches, and staff.
- Stay within your team's designated booked area.
- Do not enter another team's training space while their session is underway.
- Turn off lights or fans if instructed when your group is the last to leave an area.
- Report spills, damage, maintenance concerns, or safety issues to staff immediately.
- Follow all posted facility rules and staff instructions.

14. Facility Rental Payment

For facility rentals and team bookings, payments should be submitted by:

EMT / E-transfer:
info@afterburnfitness.ca

Cheque payable to:
Afterburn Performance Fitness Inc.

Payment must be received by the **balance due date indicated on your invoice**, unless another arrangement has been confirmed with Afterburn.

15. Facility Rental Payment, Refund & Cancellation Policy

- A deposit of **$200 or greater**, as indicated on the team's invoice, is required upon booking.
- The remaining balance is due no later than **one week prior to the first session**, unless otherwise agreed with Afterburn.
- All fees are non-refundable except where specifically stated under the booking-change policy.
- If weather or other unforeseen circumstances affect facility use, a credit may be issued at Afterburn's discretion. Credits must be used within the same calendar year.
- Teams are responsible for damage caused to Afterburn property during their rental. Replacement or repair costs must be paid prior to departure where possible, or within one week of receiving an appraisal and/or invoice.

Changes to Bookings

- Booking changes must be requested at least **3 weeks in advance** to be eligible for a credit within the same season.
- For changes requested more than 3 weeks in advance, a refund may be considered only when the session is **not part of a block booking**.
- A **block booking** is defined as **10 or more sessions booked together**.

16. Returning Team Priority / Incumbent Status

Returning teams are provided with a priority booking period before remaining availability is opened to new teams.

- Returning teams receive priority for the **same day and time slots they held during the previous indoor season**, provided they respond within Afterburn's designated returning-team priority period.
- Priority requests must be submitted by email.
- Afterburn may prioritize **larger and more continuous bookings** when scheduling teams to support efficient facility utilization.
- Once the returning-team priority period closes, remaining available times may be offered to new teams.

17. Interested in an Afterburn Membership?

Afterburn members receive access to the training facility from approximately **5:30 AM–11:59 PM daily**, subject to facility bookings, membership terms, and designated training areas.

Membership options may include monthly, quarterly, and annual plans.

For membership or drop-in inquiries, email:

info@afterburnfitness.ca

Please include your:

- First and last name
- Phone number
- Preferred membership option
- Preferred start date

18. Questions & Feedback

We are always happy to answer questions and welcome feedback that helps improve the training experience at Afterburn.

Team & Dragon Boat Inquiries:
dragonboat@afterburnfitness.ca

Membership & General Inquiries:
info@afterburnfitness.ca

Thank you for helping us keep Afterburn safe, organized, and enjoyable for all teams and members.

We look forward to another great indoor training season!

— Afterburn Performance Fitness Inc.