TEAM TRAINING AT *AFTERBURN*

Welcome to team training at **Afterburn Performance Fitness Inc.**

Here's everything you need to know before your first training session with us. If you have any questions, please contact **dragonboat@afterburnfitness.ca**.

LOCATION

230 Nantucket Blvd., Unit 1, Scarborough, ON

Afterburn is accessible by car and TTC via the **43A or 43B bus**.

Free parking is available onsite and nearby. Please:

- Do **not** park in front of Units 2, 3, or 4.
- Do not block neighbouring unit entrances or garage doors.
- Allow extra time if you need to park farther along Nantucket Blvd.

PADDLER CHECKLIST

- **Register through Afterburn Mindbody** using your team's private registration link.
- **Waiver:** If you completed an Afterburn Mindbody waiver last season, you do **not** need to complete a new one this season. New athletes who do not already have a waiver on file must complete one before training.
- On your **first visit of the season**, check in at the front desk using your **first and last name**.
- Please arrive close to your scheduled session time. Arriving approximately **10 minutes early** is recommended for your first visit, but please do not arrive excessively early.
- **Do not use or loiter on the gym floor, pool area, or other training spaces before your scheduled booking time.**
- Outdoor shoes and personal belongings may be left in the changerooms or your vehicle.
- There are **no lockers onsite**.

- You may bring your belongings into your team's designated pool or gym training area.
- Wear comfortable athletic clothing and bring a change of clothes if needed.
- **Clean indoor athletic shoes are mandatory.** Outdoor shoes are not permitted past the lobby or into the gym/pool training areas.
- For pool training, flip-flops or clean shoes that you do not mind getting wet are recommended. **Bare feet are not permitted in the pool training area.**
- Bring a **water bottle**. Afterburn has two water dispensers onsite.
- Bring a **towel**, especially for pool sessions.

GYM TRAINING AREA

During team gym bookings:

- Teams may use the **front ¾ of the turf** and the designated strength-training area included in their booking.
- The **back ¼ of the turf is reserved for Afterburn members**.
- Please stay within your team's designated training area.
- Return all equipment to its proper location after use.
- Please finish on time and vacate the training area promptly for the next booking.

PADDLE & ROW ERGS

Paddle erg and rowing erg use must be **requested in advance** and is subject to availability.

- Paddle erg use may require an **additional rental fee**.
- Exclusive PERG Room use must be confirmed as part of your booking.
- Rowing ergs may be available for testing or workouts by request.

Please email **dragonboat@afterburnfitness.ca** in advance if your team would like to use any erg equipment.

POOL TRAINING

- Afterburn's indoor paddle pool accommodates up to **22 paddlers**.
- Paddles are provided.
- Butt pads are optional and may be brought from home.
- Please follow all coach and facility instructions when entering and leaving the pool area.

REMINDER

Please help us keep Afterburn clean, safe, and organized for all teams and members.

Respect your scheduled booking time, stay within your designated training area, wear clean indoor footwear, and return all equipment after use.

For any team training questions, contact:

dragonboat@afterburnfitness.ca

We look forward to having you train with us this season!

— Afterburn Performance Fitness Inc.