

Afterburn Team Training Protocols

Team captains/managers will be provided with this information in advance of their team's first session with us. We encourage captains/managers to stay on top of waiver completions to minimize delays on your first training day.

Location

Afterburn is located at [230 Nantucket Blvd. Unit 1, Scarborough ON](#), and is accessible by car and TTC.

- The nearest TTC bus route is the 43 A or B. The walk from the nearest bus stop to our facility is approximately 5 minutes.
- The nearest GO station is Kennedy GO Station at which point you may take the 43A or B bus to the Munham Gate Stop.

Parking

Please refer to our parking map for available slots around the facility.

- Do not park in the last 4 parking spaces on the north end of our front parking lot. They are reserved for our neighbours.
- Do allocate 5 minutes if you end up parking further along our street.
- Please ensure you are not blocking our neighbouring units' front doors when finding a spot.

Waivers

Everyone that trains at Afterburn is required to fill out our team waiver (even if you have signed the waiver in a previous season) before using the facility. New season, new waiver signatures!

- Waivers can be found online at the link [here](#).
- **Individuals must check in at the front desk with their first and last name during their first visit to Afterburn.**
- Waiver checks will only occur once, at the time of your first visit. You will not need to check in every week after.

Individuals that are currently Afterburn members do not need to sign the Afterburn Team Waiver.

Facility Map

Please refer to our facility map. We have three washrooms, four change rooms, and two water dispensers. There is also a microwave and mini fridge in the reception area.

- There are no lockers on site - athletes can leave their belongings in our changeroom or in their cars.

- Athletes are welcome to bring their bags with them into the pool area, or to the gym area (next to the garage door).
- We recommend coming to your session changed, as we have a limited number of changerooms. This allows you to bypass the line to the changerooms, entering the facility to the right of the front desk.

Teams that have a gym session will be able to use the front $\frac{3}{4}$ of the turf, and everything up to the pool wall.

- The back $\frac{1}{4}$ of turf is used by our members to stretch and do other mobility work.
- Paddle ergs can be used by teams for testing ONLY and by request (additional fees required).
- Rowing ergs can be used by teams for testing and workouts by request.
- On weekdays, the gap between team sessions is 5 minutes. On weekends, the gap is 10-minutes. Teams should leave their area on-time and be fully vacated within 5 minutes

Email dragonboat@afterburnfitness.ca in advance for permission to use erg machines during your booking time.

Outdoor Shoes Rule

It is mandatory to bring clean indoor athletic shoes (that have not been worn outdoors) as you are not permitted into the gym/pool area with outdoor shoes!

- Change your shoes in the changeroom or before walking on the gym floor.
- For pool training, you may also want to bring flip flops (or shoes that you don't mind getting wet) but you are not allowed into the pool area with bare feet.

Here are some unacceptable excuses for wearing outdoor shoes into the facility:

- ***"I just changed at my car"*** Dirt will still be brought from between your car and our door and no one ever changes their shoes at the car!!
- ***"They are clean"*** Not good enough for us.
- ***"I just need to go to the washroom"*** GREAT, we have in-house slippers that you can borrow!

Not a Playground & Early Teams

For both liability reasons and out of courtesy to users of the facility, individuals or teams cannot use the gym floor before their scheduled session.

- Teams can wait in the lobby or the erg room (if not being used) before entering the gym floor. You should not be arriving more than 30 minutes ahead of your scheduled session.
- If you want to do a briefing or longer chat let our staff know in advance and we can advise if possible and how.

- If paddlers would like to workout in advance they may do so by purchasing a drop-in pass for \$15 by emailing info@afterburnfitness.ca

Paddle Pool Use

Paddles are provided, no need to bring your own! Feel free to bring butt pads as necessary. Our pool accommodates up to 22 paddlers at once.

Gym Use

Like with any other gym, if your team is using any equipment, please make sure that all equipment is put back after you have finished using them. This will keep our facility nice and clean, and keeps everything organized for the team after you!

For safety and efficiency reasons, the number of participants for any fitness training session is capped to 26.

Like What You See?

Looking to become a member at Afterburn? Members receive on demand access to our entire training facility, including the paddle pool and ergs, from 5:30am to 12am everyday. Availability of the pool and team training area is indicated in a member-only facility booking schedule.

- We offer monthly, quarterly, and annual membership plans to meet your scheduling needs.
- To get started, send an email to info@afterburnfitness.ca with your name, address, phone number, membership type, and preferred start date.
- Our staff will set up a mandatory facility tour and access card pick up appointment- this can be conducted before or on your membership start date.

Suggestions/Feedback

As always, we're very receptive to any feedback or suggestions you may have. If you have any feedback during your time with us, feel free to send us an email or let us know at the front desk during your booking.