

Facility: **Beddington Heights (School)**

Last Updated: **Sept 20, 2023**  
Who: **JA**

Address: **95 Bermuda Road NW**

Contact/Caretaker:

Photo #1



Photo #2



## General Information

**Parking:** Players may **NOT** park in any reserved parking stall **AT ANY TIME**. Players can park in the lot on the south end of the school or on the street along Bermuda Road.

**Entrance:** Players should enter from the main entrance on the East side of the building. **Players should leave all outdoor footwear at the entrance.**

**Gym Location:** Inside the main entrance, the gym is just to the left.

**Change room/Washroom:** Players can change in the washrooms that are located inside the gym. Players should not wander the halls to find another washroom. If there are games being played – players should not be entering the gym and disrupting play to access the washrooms. Please ask any players who do this to wait until the end of the previous game.

**Floor:**

## Equipment

### Sport Specific Equipment Location and details:

**Volleyball Equipment:** Posts can be found in the gym equipment room, located inside the gym along the right-hand wall when entering the gym. Nets will be on the shelf along the back wall to the left of the room in beige bins.

**Posts:** 8 high school caliber posts with good cranks and rope. Use the 4 posts that have a single crank. 2 will crank high and 2 that crank low.

**Post Holes:** Use the post holes closest to the court lines. They are approximately 3 feet outside the court.

**Nets:** Stored in the equipment room in a beige box labeled "Property of Calgary Sport & Social Club \*\*Volleyball\*\*". 2 Volleyball nets owned by CSSC model TVN200 Each net has loops on all four corners.

**Court Lines:** Green all around.

**Badminton and Pickleball Equipment:** Posts and nets can be found in the gym equipment room,



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403-244-PLAY(7529)

located inside the gym along the right-hand wall when entering the gym.

**Posts:** They have 8 royal blue volleyball posts, each with numbers written on white hockey tape. Posts 1-4 are for the north courts and 5-8 are for the south courts. 1 and 4 have to be in the post holes for the outside portion of the courts. Posts 5 and 8 also have to be the 2 outside posts for the south courts.

**Post Holes:** Are 2 feet outside each badminton court

**Nets:** CSSC owns the nets. They are stored in the equipment room in a beige plastic bin labelled CSSC. Please keep this plastic bin next to the CSSC plastic Volleyball bin and keep the nets separate (in their appropriate bin). Bins are next to each other on back shelf in the far left of the equipment room.

**Court Lines:** There are 6 courts, the lines are green. The courts are regulation size (20' x 44').

## Gym Set-up

### Volleyball

**Step 1:** Use one post to crank the top of the net and the bottom of the net for each court.

**Step 2:** Adjust the top metal sleeve on the posts to the 2<sup>nd</sup> hole from the top and the bottom metal sleeve to the lowest hole. Slide the pins through the post to hold in place.

**Step 3:** Attach the top corner of one net to the s-hook on the post and the other top corner to the s-hook on the crank rope.

**Step 4:** Repeat for the bottom of the net, but the rope and crank will be on the opposite side.

**Step 5:** Tighten the net on the top and bottom using the crank wheel. Do NOT over-tighten.

### Badminton

**Step 1:** Place post 1 in the hole that is closest to your left when exiting the storage room. Posts 2 + 3 will go along the same strip of courts as the 2 inside posts. Post 4 will go on the far outside hole with the crank facing into the court.

**Step 2:** Repeat step 1 with posts 5-8 having posts 5 + 8 on the outside and posts 6 + 7 as the two inside posts.

**Step 3:** Loosen the cranks on each side of every pole to give you about 3-4 feet of slack rope. The pulleys should be set at the second hole from the bottom of each pole. Note that for poles 2, 3, 6 and 7 (the middle posts) you will have to pull the S-clip and slack through the D-ring welded opposite of the pulley set at the 2<sup>nd</sup> hole. This is done so that the net height is consistent and set for 5 feet tall.

NOTE: Do not adjust the height of the pulleys. At least 1 pulley on each pole will be set on the right height (2<sup>nd</sup> hole from the bottom).

**Step 4:** Take each net and hook the loop at the top of the net to the s-hook from each pole. Tighten the net equally from each side of the court so that the net is centered. Repeat this step for each court.

### Pickleball

\*Follow Badminton setup instructions. The only difference will be the nets. Pickleball nets are set at 3ft rather than 5ft. At this facility, you will have to use tape to attach the net strings onto the posts. Each EC was given a roll of tape at the beginning of the season. Please use only what is needed. At the end of the night, please remove the Pickleball tape from the posts (DO NOT REMOVE OTHER TAPE – Post #s).



## Important Notes

### Volleyball:

- If you have any questions please find the caretaker and they will try to help you out. Please contact the CSSC the following day if you have any problems.
- No food or drink in the gym. Please ring the bell 3 times if the outside door is locked.
- May 2014: The bathrooms in this school are located in the gym, please do not wander the halls.

### Note for Players

- Please be out of gym following the conclusion of games.
- Leave all outdoor footwear at the door. Do not walk into the gym with outdoor footwear.

