

Facility: **Cedarbrae School**

Last Updated: Sept 9
2022
Who: JB

Address: 10631 Oakfield Dr. SW

Contact/Caretaker:



Photo #1



Photo #2

General Information

Parking: Players can park either on the street or in the staff parking lot.

Entrance: Use the main entrance of the school.

Gym Location: After entering through the main entrance, the gym will be down the hallway to the left.

Change room/Washroom: Washrooms are located near the main entrance, just after the hallway that takes you to the gym. Please do not wander the halls beyond the bathrooms.

Floor: Wood floor

Equipment

Sport Specific Equipment Location and details:

Volleyball:

Posts: The posts are kept along the wall in the gym storage room. There are 8 total. Use the 4 Blue posts that have cranks and ropes on them. Two of the posts crank high, two crank low. Ensure you have 1 of each post together for each court.

Postholes: Use the postholes that are ~2 feet outside of the court lines.

Court Lines: Yellow lines all around. Use the inside green line as the attack line for both courts.

Nets: The CSSC owns the nets. They are good caliber with cable on the top and bottom. The nets are model TVN200 and say "CSSC" on them. They are stored in a box labeled "CSSC Volleyball" on the top shelf right behind the equipment room door. School staff sometimes move our boxes, so please keep an eye out in other areas of the equipment room. Our nets should always be stored in the Plastic CSSC bins, and **should be put back in the bin, and on the shelf where they were found at the end of the night.**



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Badminton:

Posts: The posts are in the main equipment room and are also used for volleyball. They are green. They have 8 posts (4 blue and 4 green) that are all numbered with white hockey tape. The green posts go together and the blue posts go together.

Postholes: Use the postholes that are located ~2 feet outside of each court line.

Court Lines: 6 Badminton courts. The lines are green all around. Courts are all regulation size (20' x 44').

Nets: We are not allowed to use the school's nets so we use our own. The CSSC nets are stored in a CSSC box located in the gym storage room on the top shelf behind the equipment room door. In a bin labeled CSSC Badminton, should be next to volleyball net bin. **Always put nets back into the bin, and onto the shelf from which they were found.**

Gym Set-up

Volleyball

Step 1: Each net has a cable loop on all 4 corners. Attach the top of one corner of the net to the S-hook on the top of the post and the other top corner to the S-hook on the rope going down to the crank.

Step 2: Attach the bottom corner of the net to the s-hook on the rope going to the crank on the other post.

Step 3: Tighten the net on the top and bottom using the crank wheels. **DO NOT OVERTIGHTEN.**

Step 4: Repeat these steps for the second court.

Badminton

Step 1 (Green Posts): Place post 1 and 4 on the outside strip of 3 courts with the cranks facing into the court. Place posts 2 and 3 in between post 1 and 4 with base triangle running parallel with the badminton court lines. Place posts 5 and 8 for the outside strip of the remaining 3 courts. Place post 6 and 7 in the middle two post holes with the triangle base running parallel with the badminton court lines.

Step 2 (Green Posts): Take net (1,2) and attach top rope from net 1 side through the D-ring right above the cranking winch; then pull the rope down to the crank and attach it by looping through the side holes and tying a knot.

Step 3 (Green Posts): Crank the net so that there is approximately 2 feet of rope between the D-ring and the net. Loop net end 2 over the badminton hook on post 2, then loop net (2,3) onto post 3. Take net (3,4) and use the net 4 end to run it through the D- ring and attach the rope to the crank. Crank the net until all nets are tight.

Step 4 (Blue Posts): For each post, adjust the height of the sleeves to the badminton height (~5 feet or 2nd hole from the bottom). For the double crank posts, the post sleeves will stack on top of each other.

Step 5 (Blue Posts): Place post 5 and 8 on the outside strip of 3 courts with the cranks facing into the court. Place posts 6 and 7 in between post 5 and 8.

Step 6 (Blue Posts): Loosen all the cranks so that there is slack in the rope.

Step 7 (Blue Posts): Attach the loop of one end of the net (5,6) to the s-hook from one of the posts ropes. Attach the other end of the net to the opposite posts s-hook. Tighten both cranks and repeat for all other courts

Important Notes

- Do NOT leave the net bin on the ground as it can potentially block the door from being opened. We have received an official complaint about this so need to ensure it is put back on the top shelf.
- Always take the time to put the posts back properly, had reports they have fallen over in the past.





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