

Facility: Commonwealth – Gym

Last Updated: Oct 30, 2020
Who: SR

Address: 11000 Stadium Rd
Contact/Caretaker: City of Edmonton



Gym view from entrance

Correct post storage

Volleyball setup

Badminton setup

General Information

Parking: There are two parking lots, the main one is located on the SE of the building off Stadium Rd. The second lot is off 112 Ave on the NW of the building. Players can park in either.

Entrance: Players can enter from either the SE entrance or the NW entrance, however, both require you to access the gym from the main front desk.

Gym Location: Through both entrances they will lead you to the cashier desk which is in the NE side of the building. Once inside, tell the front desk that you are with ESSC for your sport and they will let you through the gates. The gym is then through the gates and down the stairs on your left.

Changeroom/Washroom: Players can change in the washrooms that are located beside the front gates just at the entrance of the facility. Or there are washrooms and water fountains down the stairs and at the end of the hall beside the gym.

Floor: There is a micro-fibre broom in the equipment room that can be used to clear dust and debris from the floor. This gym has a lot of lines. Use white for badminton, blue for volleyball, and black for the main basketball court and red for the side basketball courts.

Equipment

Sport Specific Equipment Location and details: The badminton, volleyball, and soccer equipment is stored in the gym storage in the NW corner. The soccer nets will be in ESSC red bags on the floor in the far corner of the gym. Use the code 4-2-9 to unlock the bags and setup the nets.

Gym Set-up

Volleyball

Step 1: This gym can be set up for 2 or 3 courts. Please use double court setup and only use poles with one crank on the outside courts beside the walls. The courts are labelled A and B with the nets labelled and sized for A and B.

Step 2: Select one post with a crank and one with two cranks. Insert each into a post hole outside the court. Slide the adjustment on the post to the highest setting.

Step 3: Clip the top of the net into the clips on each post

Step 4: Hook the chain onto the bottom of the post with no crank. Make sure to hook it so that there is as less slack as possible. Crank the net to tighten the top of the net. Do not over tighten.

Step 5: Hook the rope pulley on to the bottom of the post with the crank and pull the rope to tighten the net.

Step 6: Repeat for the opposite court.



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780.429.GAME(4263)

Badminton

Step 1: This is a 6 court setup using 12 posts.

Step 2: Insert the posts into each court and place a net at each court.

Step 3: Thread the string on the top of the net through the hole on the top of the pole, then wrap the string onto the hook on the middle of the pole.

Step 4: Thread the string on the bottom of the net through the hole on the center of the pole, then wrap the string around the pole and tie the string onto the hook slightly above this hole.

Step 5: Turn the poles to tighten the nets.

Basketball

Court Lines: Black court lines for main court. Red lines for side courts.

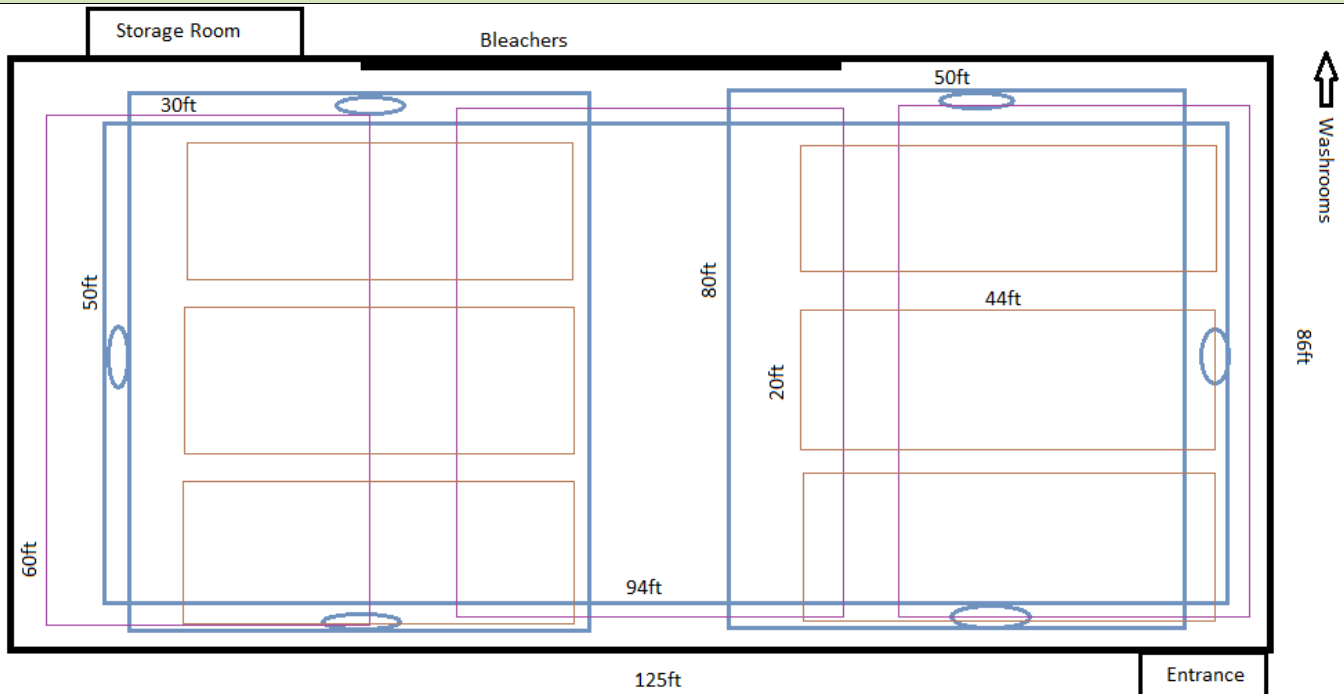
Player Benches: Players can sit on the bleachers along the side of the wall. Please put these back in when done. There is a 3-point line on all courts. The backboards are regulation glass with break-away rims.

Soccer

Goals: Setup the Quik Goals from the storage room. These can be placed at the end of the gym along the red court lines. There is a crease on the floor.

Corner Boards / Player Benches: Players should stand along the bleachers out of play.

Set-up Diagram



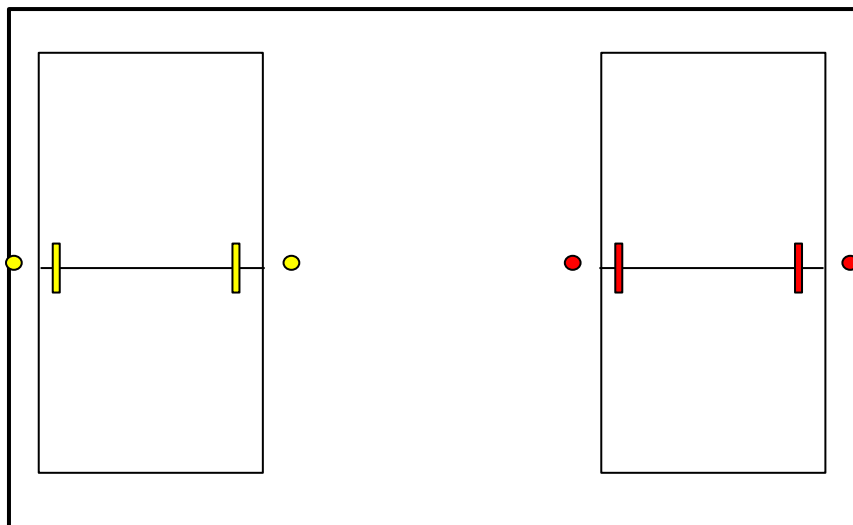
Important Notes

Players must wait until the beginning of our permit time to enter the facility and access the gym.



COMMONWEALTH VOLLEYBALL NETS

2 Court Set Up



You will need:

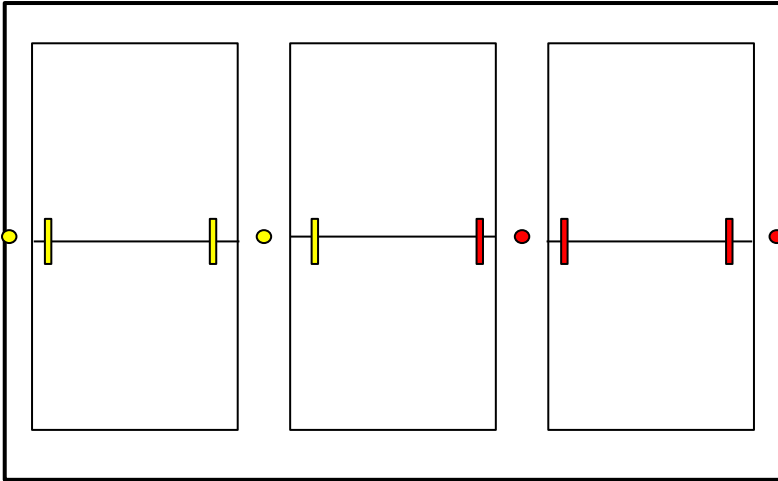
- 2 black poles with **yellow** tape & 1 net with **yellow** tape on both ends
- 2 black poles with **red** tape & 1 net with **red** tape on both ends

1. Put both black poles with **yellow** tape into the floor sockets (these poles will be used on the same court)
2. Clip the net with **yellow** tape on both ends onto the black poles with **yellow** tape
3. Using the crank on the pole, tighten the net starting by tightening the top of the net first, and then the bottom
4. Repeat steps 1-3 with the 2 black poles with **red** tape and 1 net with **red** tape on both ends

**** To release/loosen the net,
pull the trigger under the crank backwards
and use the crank to loosen ****



3 Court Set Up



You will need:

- 1 black pole with **yellow** tape (**bottom crank**) & 1 net with **yellow** tape on both ends
- 1 black pole with **red** tape (**top crank**) & 1 net with **red** tape on both ends
- 2 middle poles (**red** tape and **yellow** tape) & 1 middle net with **red** tape on one end and **yellow** tape on the other end

1. - Put one black pole with **yellow** tape into the floor socket (this pole will only have one net attached to it) - End Post
- Put one black pole with **red** tape into the floor socket (this pole will only have one net attached to it) - End Post
- Put the middle pole into the socket closest to its color corresponding end post (these posts will have two nets attached to it) - Middle Posts (i.e. **yellow** end post with **yellow** middle post & **red** end post with **red** middle post)
2. - Clip the net with **yellow** tape on both ends onto the black pole with **yellow** tape & onto the middle pole with **yellow** tape (**NOTE - make sure that each court has a top crank and a bottom crank for each net, the middle posts might have to be spun in the socket to make this happen!)
- Clip the net with the **red** tape on both ends onto the black pole with **red** tape & onto the the middle pole with **red** tape
- Clip the net with the **red** tape on one end onto the middle pole with **red** tape & clip the other end of the net with **yellow** tape to the middle pole with **yellow** tape
3. - Once all poles are in place and nets are clipped up, use the crank on the poles to tighten the net starting by tightening the top of the net first, and then the bottom

