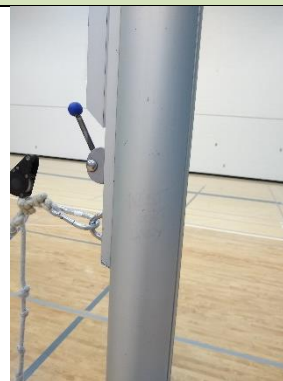


Facility: **Concordia University**

Last Updated: **Jan 16, 2018**
Who: **MB**

Address: **7128 Ada Blvd**
Contact/Caretaker: **Collette Storm**



Full Gym view

Post label East

Post label West

Taken from endline

General Information

Parking: Parking is available on the South of the Ralph King Athletic Centre. This is the first left turn when heading South on 73 St. Parking in the main lot does require players to pay \$3 for the evening. Alternative parking can be found on the North side of 112 Ave in Borden Park.

Entrance: Players should enter through the main doors on the South of the building on the North side of the parking lot. Please remove outdoor footwear at the entrance.

Gym Location: The gym is on your right when you enter the facility through the main doors.

Changeroom/Washroom: There are changerooms located outside the entrance to the gym on the left of the gym entrance.

Floor: The floor is a newer hardwood. If dusty, please ask the custodian to sweep with a micro-fibre broom. For volleyball use the light blue court lines.

Equipment

Sport Specific Equipment Location and details: The volleyball nets and posts are stored in the far storage room across the gym from the main entrance. The storage room may be locked, if so, contact the security number posted on the door and they will come unlock it for you.

Posts are labelled East, East Center, West Center and West. Nets are also labelled appropriately. Please place nets in correct holes i.e. West pole in far west hole (The main entrance of the gym is the West side).

Gym Set-up

Volleyball

Step 1: The posts are spring loaded. Pull out the pin and adjust the height to **M**.

Step 2: Clip the top of the net into the clips on each post.

Step 3: Hook the chain onto the bottom of the post with no crank. Make sure to hook it so that there is as little slack as possible.

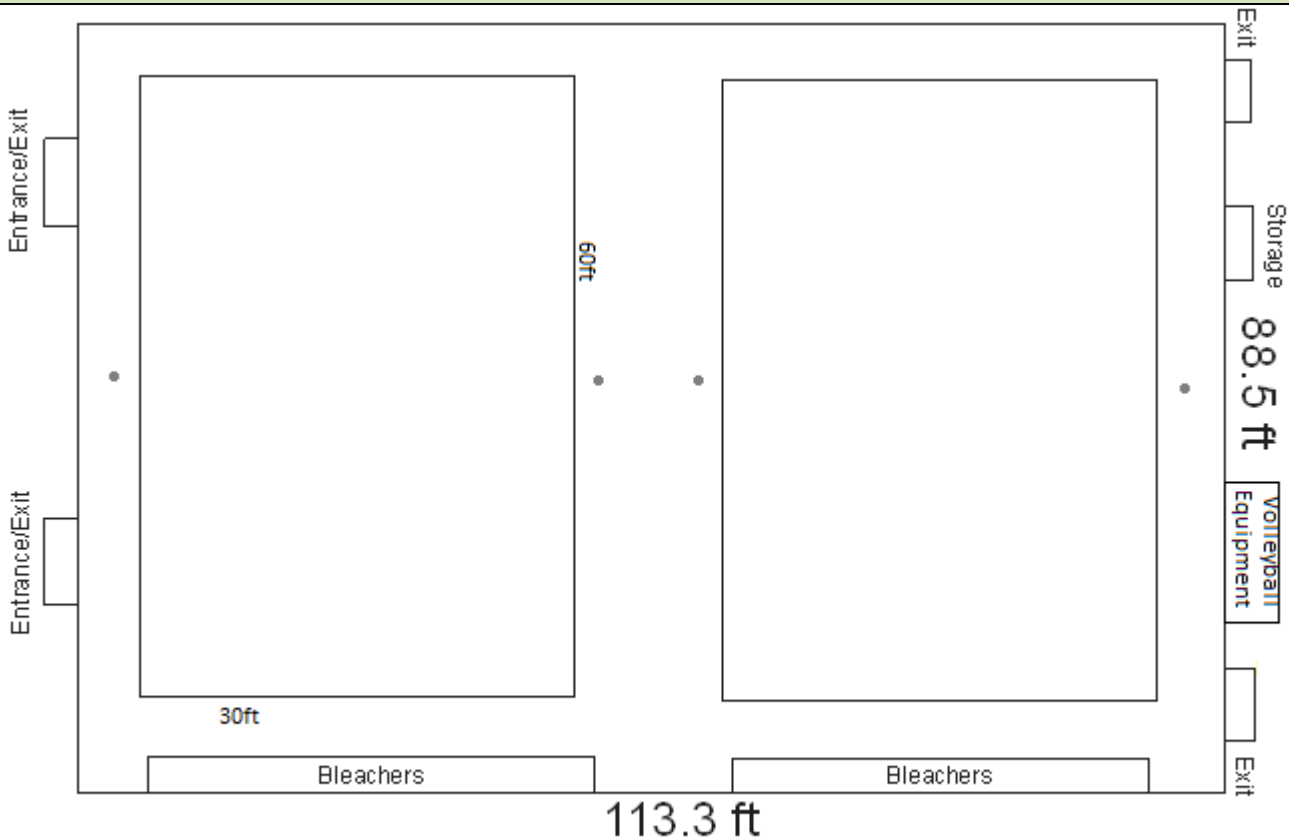
Step 4: Crank the net to tighten the top of the net. Do not over tighten or adjust the part that holds the bottom of the net.

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



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Set-up Diagram



Important Notes

This storage room now is a one big storage room (as opposed to two smaller ones in the past). Security should have unlocked this gym 15 minutes before the scheduled start time (Not earlier than 15 minutes). The phone number for the security (780-479-8761) can also be found on a yellow sticker on the light switch to the gym (right beside the entrance).

Please ensure the carabiners are threaded all the way through when setting up the net, so that it doesn't pull out once the net is tightened. In all of the volleyball post holes there have been pieces of metal inserted to help tighten up the holes. When removing the poles, ensure you are pulling them straight up and out. If they are twisted when pulling them out, they will jam on the shims on the side of the hole. Please contact Campus Security if there are any issues with the equipment