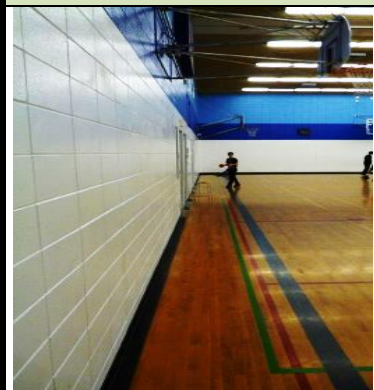


Facility: **L.Y. Cairns S.H.**

Last Updated: **Jan 24, 2018**
Who: **PA**

Address: **10510 45 Ave**
Contact/Caretaker: **Rob Camerson**



Taken from sideline



Volleyball net setup



Badminton posts



Volleyball posts

General Information

Parking: Parking is on the South side of the school on 45 ave. To access the lot please use 106 st.

Entrance: Players should enter from the main doors on the South side beside the parking lot. Please leave all outdoor footwear at the entrance.

Gym Location: Once inside, the gym is down the hallway on your left

Changeroom/Washroom: Changerooms are located on the South wall at the far side of the gym. The first door is for females, the second door is for males.

Floor: Good hardwood floor with a coating on top. The court is a little slippery. If dusty, please ask the custodian for a micro-fibre broom to sweep the floor.

Equipment

Sport Specific Equipment Location and details: Volleyball/badminton nets and posts are located in the storage room. There are 2 sets of posts in the storage room. The Volleyball nets are hung just to the right of the posts in the storage room. Volleyball court lines are solid green – broken by other court lines but center lines for both courts. Badminton nets can be found tucked away hanging in the corner of the storage.

Gym Set-up

Volleyball

Step 1: This is a four post setup. Each post is labelled with a number from 1-4. Posts 1 and 2 make up one court, while posts 3 and 4 make up another court. Each court should have a post with a crank for the top of the net, and a post with a crank for the bottom of the net.

Step 2: The net height is adjustable on each post with a pin – **use the highest hole on each of the posts**

Step 3: There are two nets to use. Each net is labelled as to which posts they connect to. One net is labelled for posts 1 and 2, while the other net is labelled for posts 3 and 4.

Step 4: Attach the top and bottom of each net to their respective posts.

Step 5: Tighten the top of each net using the cranks, then they bottoms. Please do not over tighten the net.

Badminton

Step 1: Remove post hole covers and insert the poles into the post holes. 4 Post set-up.

Step 2: 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 3: 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 4: Use the winch to tighten the top of the volleyball nets. Once tight, use the straps to tighten the bottom of the net.

Step 5: Turn the poles to tighten the nets.

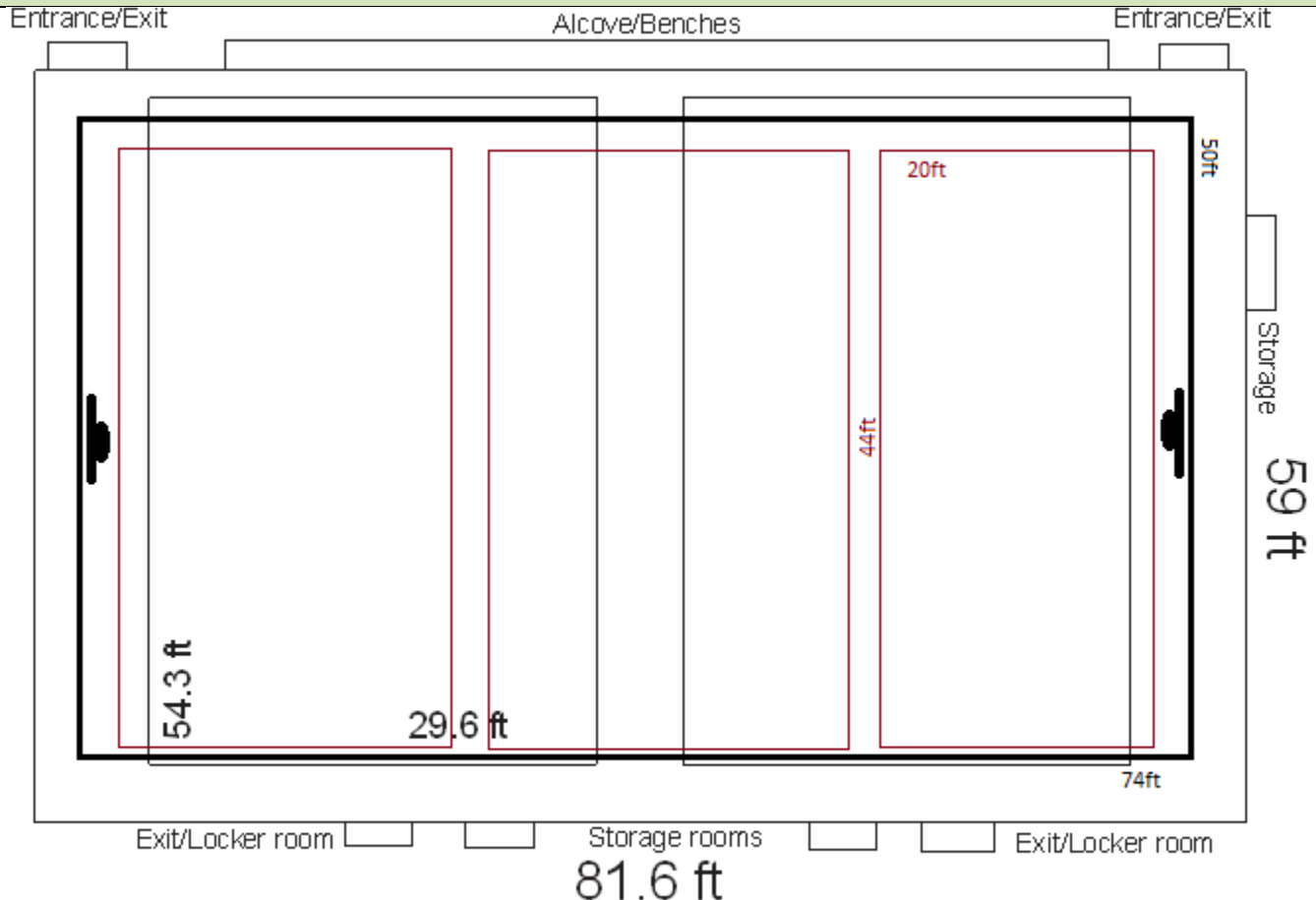
Basketball

The basketball hoops should be down when you arrive. The backboards are regulation glass with break-away rims. This gym does have a 3-pt line.

Court Lines: The basketball lines are thick blue all the way around.

Player Benches: There are permanent benches in the alcove along the wall. Please use these during games.

Set-up Diagram



Important Notes



Please sign the login sheet upon arrival. There is a diagram in the storage room to reference when putting equipment/benches back to their proper places before you leave for the night.

