



Rules and Tips for Team Training at Afterburn

Thank you for choosing Afterburn for your team training!

Here are some rules and tips to ensure a safe and effective training experience at Afterburn. If you have any issues or suggestions you may contact us via e-mail.

General Best Practices for Team Training at Afterburn

- **Remind your team that Afterburn is at the BACK of the industrial complex**
- Ensure your team comes no earlier than 15 minutes prior to the stated practice time and encourage minimal social time within the office area and encourage members to load the boat or head into the gym as soon as possible (this will help minimize crowding in the reception area)
- Encourage your team members to come changed and leave any personal belongings in cars if possible.
 - If bringing any personal belongings members may bring them into the pool area on the left hand side of the pool against the wall or in the gym along the rear garage doors.
 - Afterburn is not responsible for lost or stolen items
- All teams are allocated 10 minutes of transition time between sessions
- Report any injuries immediately to Afterburn Staff
- Report any broken equipment immediately to Afterburn Staff
- Fitness area usage
 - Team training usage is limited to the turf area (excluding the 2 power racks), and including the rig area
 - Teams are to refrain from using the Concept 2 rowing ERGs or KayakPro Paddling Ergs except without prior consent from Afterburn Staff
 - If additional space or equipment is required please ask Afterburn Staff prior to team booking

Our rules are in place to ensure that Afterburn remains a safe, clean and enjoyable environment for everyone. The rules below will be strictly enforced:

General:

- **All athletes must sign Afterburn team waiver prior to use**
- **Maximum of 26 athletes are allowed in either the pool or fitness area**

Pool:

1. Appropriate footwear (sandals, slippers, or equivalent) must be worn during pool practices for safety reasons.
2. Users must towel off prior to exiting the pool area and a second change of clothes and footwear must be worn prior to participating in fitness training.
3. Swimming or entering in the water in the pool is prohibited. Failure to adhere will result in the cancellation of all remaining practices and/or membership without refund. If an item is dropped let Afterburn staff know immediately.
4. Users are prohibited from walking on the seats.
5. On a best effort basis, users will limit the amount of excessive splashing and paddles hitting/ rubbing on the pool wall.

Fitness:

1. Indoor footwear must be worn to enter the pool, fitness or training area. Outdoor shoes are not permitted inside the training area, if they have touched pavement they are outdoor shoes
2. All weights and equipment must be put away after use.
3. All benches must be wiped down after use.
4. Skipping is not permitted on the turf