



Parc
Jean-Drapeau

Athletes' Quarters 2023 regulations

Société du
parc Jean-Drapeau

January 2023

Athletes' Quarters

1. A minimum of two permanent on-site people, at least one of which has up-to-date First-Aid cards, is mandatory to use our workout rooms.
2. The capacity of each workout room is:
 - Weight room + stretching room: maximum of 10 people per room
 - Rowing ergometer room: 32 people (20 ergometers)
 - Dragon-boat ergometer room: 30 people (20 ergometers)
 - Canoe-kayak ergometer room: 15 people (7 kayak ergometers and 3 canoe ergometers)
 - Dragon-boat, canoe-kayak rowing tank: 25 people (15 seated places in dragon-boat mode)
 - Row-boat rowing tank: 20 people (8 seated places)
3. The renter is responsible for arranging the training room for its specific needs and properly restoring it before the end of the rental reservation time.
4. The sports equipment must remain in the workout rooms at all times; exercising and stretching may only be done inside the reserved rooms.
5. For hygiene reasons, the equipment must be wiped at the end of each workout session (cleaning substance and brown paper wipes are provided for this purpose).
6. Proper attire is required at all times for use of the workout rooms (bathing suits, sandals and boots are prohibited; wearing a sweater and closed-toe shoes is mandatory)
7. Writing on the mirrors is permitted, provided the mirrors are wiped clean before the end of the rental reservation time.
8. No padlocks may be permanently left on the changing-room lockers; if a padlock is left, it will be cut without prior notice.
9. The eating of food must be done outside the workout rooms.
10. Glass containers are prohibited in all the workout rooms. Plastic bottles are permitted.
11. No rolling stock (bicycle, skateboard, inline skates) is permitted inside the Athletes' Quarters.
12. Prior authorization from the Société du parc Jean-Drapeau (SPJD) is required for any type of signage.
13. Pets must be kept in the offices of SPJD's partners or outside the Athletes' Quarters.