



Parc
Jean-Drapeau

Athlete's Quarters

2024 Regulations

Société du parc Jean-Drapeau
January, 2024

ATHLETE'S QUARTER

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 (maximum 20 people) + stretching room (maximum 25 people)
 - 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 and 10 seated places in canoe-kayak 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 at all times remain in the training rooms; exercises and stretching can only be conducted inside the reserved rooms.
5. For hygiene reasons, the equipment must be wiped at the end of each workout (cleaning substance and brown paper are provided in every room for this purpose).
6. Proper attire is required at all times for use of the workout rooms (shirts/jerseys, sandals and boots are prohibited; wearing a sweater and close-toed shoes is mandatory).
7. Writing on the mirrors is permitted only as long as 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 of 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 Parc Jean-Drapeau is required for any type of signage.
13. Pets must be kept in the offices of SPJD's partners or outside the Athletes' Quarters.