

Ranchview School GYM

2 Sundown Road, Cochrane (refer to Google maps)



Ranchview School is a new facility so please respect their guidelines for use

Location for Wednesday night Women's volleyball,

Late games 8:30 pm - 10:00 pm

- **Doors are open from 8:15 to 8:45**, the caretaker will lock doors at 8:45. Late arrivals must be let in by team mates.
- **Teams must be out of the school by 10:00 pm.** Allow time to take down the nets and poles and return them to the equipment room exactly as you found it. See below for equipment setup.
- **Note:** Once the doors are locked someone must let you in to the school. So be sure to take all your gear with you. The Custodian has other duties in the school and can't be disturbed.

USER RULES:

- Enter by northwest main entrance, walk forward to main gym.
- Under no circumstances can the door be propped open.
- Street shoes must be left at the front door away from the entrance.
- Washrooms are inside the gym. Water fountain outside the gym.
- Users are strictly forbidden from entering other parts of the school.

Equipment Setup/Takedown Instructions: Team effort, please share the setup duties!

- o *On the first day of play TOC staff will be there to supervise setup as we will not have a test run done until September 13th. Procedures may need updating after that.*

- **Volleyball equipment is stored** in the equipment room along the left wall.
- **Poles** are in the floor on the left side. The poles are **HEAVY** so take care to not bang the floor, use 2 people to be safe.
- **NETS are on the right side of the room.** Install the aerials.
- **Use Cochrane volleyball Score Boards**, labelled and inside the equipment room in a black bag.
 - o We only have one right now, so someone will have to use a score app until we get a 2nd.
- **Install the poles** by first removing the largest floor plug.
- **Insert the poles** in to the holes, taking care to not damage the floor
- **Attach the nets first**
- **Loosen** the large turning handle to extend the pole.
- **Extend** the poles to the women's height. The settings are etched into the pole.
- **Tighten** the handle securely.
- **Secure** the bottom of the net to the bottom bracket.
- **Crank** the top strap to raise the net

9:50 pm start Take-down.

- **Reverse setup instructions** and return the poles to the same spot in the equipment room.
- **Please be sure to adopt a zero impact/footprint when using this gym.**
- Please report any problems with the equipment or facilities immediately to volleyball@cochrane.ca
- In the event of an emergency please exit by the rear doors at the left back-corner of the gym.
- Emergency contact Angela Christ text (403) 703-8801.

