

Track Rules:

- Track rules and direction from facility staff must be adhered to at all times. Failure to comply may result in loss of privileges at this facility.
- Parents and/or coaches are reminded that they are responsible for the supervision of their children/players while in the facility. All children must be in the care of an adult at all times.
- Proper footwear must be worn while using the track. Acceptable footwear: indoor running shoes only. Boots, high heels, cleats, wet or dirty running shoes, flip flops, bare feet, socks or any other footwear in not permitted.
- Please be aware of patrons crossing the track in designated areas.
- Warm up/cool down/stretching must take place in designated areas only.
- Persons pushing a stroller may not push more than two (2) single strollers side by side. (Please remember to wipe the wheels on the stroller if they are wet)
- Do not jog more than two (2) side by side.
- Always pass on the outside lane.
- Do not stand within the lane markings on track.
- Glass, food, gum or drinks (exception: water in a plastic container) are not permitted on the track.
- No spitting or spouting water.
- No pets are permitted (service animals are exempt).
- No games such as ball hockey, rollerblading, skate-boarding, playing catch, tag, mini-sticks, roller shoes/heelys, etc., are permitted on the track.
- Please refrain from wearing any perfumes/colognes and other highly scented products.
- This track is intended for non-instructional use only. Please contact customer service to schedule instructional time.

Direction of Track:

- Monday, Wednesday, Friday and Sunday – Clockwise
- Tuesday, Thursday and Saturday – Counterclockwise

Lap Distances : 7 laps = 1km / 12 laps = 1 mile

Welcome to the Wilmot Recreation Complex! Organized warm-up drills are only permitted in designated areas and must be supervised by a coach or team manager at all times. Please ensure your team adheres to the following;

- Please respect all arena users. Warm-up and Dryland is not permitted in the stands, main lobby and main lobby stairway or around the ice surface if the hockey/skating association you play for does not have the ice surface booked at that time. Warm-up around the ice surface should be completed in a way that does not interfere or distract users on the ice surface. Please ensure exits, entrances and elevators are not blocked. Music is not permitted in public areas.

Warm-up & Dryland must **not** take place around the following ice pad on;

Mondays : Optimist Pad 4:30pm-9:30pm

Wednesday : Schout Pad 4:30pm-9:00pm

Saturdays : Optimist Pad 7:00am-12:30pm

- The Track at the Wilmot Recreation Complex is available to the Public during building hours. Please direct your team outside if the weather permits or if possible have your team do any **warm-up** such as stretching etc. in your Dressing Room. Teams utilizing the track **MUST** be supervised by a coach or team manager, adhere to the guidelines for use and respect other users while using the track. Please run single-file, on one lane. No balls or other equipment are allowed on the track.
- Please note that Dressing rooms may not be available until 30 minutes prior to game time. Our staff endeavor to clean rooms between games and we would ask your assistance by having your team change and vacate as quickly as possible after your game to assist us with turn around.
- In order to ensure that game times are running to schedule we ask your assistance with the flooding of the ice. When you hear the buzzer please ensure that your players leave the ice **immediately** as our staff must ensure that everyone is off the ice and doors are secured until the flood is finished. The safety of your players and our staff is of the utmost importance and we are asking for your assistance in making sure that all floods happen quickly and safely.
- Tires are not permitted in the facility for training purposes. All training equipment must be returned to the designated storage area after each ice time.

Please Note:

Yellow highlighted areas indicate where team training may take place, during approved times as indicated above.

