



Atlantic Division Racing Centre (ADRC)

Terms of Use

All users must complete and have on file, current ADRC User Agreement and Waiver forms.

Treat the equipment with respect. Improper use of equipment may lead to serious injury. Use the equipment only as designed, or as directed by your supervising coach, or Atlantic Division CanoeKayak Canada (ADCKC) authorized personnel.

After using the equipment, each user must clean the equipment with the cleaner and towels provided in the gym.

Outdoor footwear is not permitted on the gym floor.

Report and breakage or damage immediately. You will not be penalized for reporting damage. Un-reported damage attributed to any athlete or coach may result in suspension of training centre privileges.

Changing in the common room is not permitted.

Clothes/gear must be stored neatly (kit bag) in the coat check area or in the lockers. Jackets, footwear etc. are NOT to be kept in the common areas.

Proper training attire must be worn while training (athletic shoes, shorts, shirts, sport bras etc.). No bare chests permitted in the training room. No speedo type swim suits, or bikini style swim suit tops.

Users are not permitted to bring guests. All persons using the facility must be authorized, and MUST complete the User Agreement and Waiver forms.

Do not leave the doors in the building open or unlocked when not in the building.

Leave the area CLEAN. Use of the centre, including the washroom area is a privilege not to be abused. Please dispose of trash properly, ensure toilets are flushed, and the counters dry and free of clutter.

No eating in the gym area. Please clean counters after using the microwave, toaster or other food and drink preparation.

Storage is for session use only. Any personal items left in the building will be placed in the Lost and Found. After one month in the lost and found the items will be disposed of.

No pets or animals are permitted in the training center. When on the grounds, dogs must be kept on a leash (City of Dartmouth Ordinance).

Parking in the lower area is for staff only. Training centre users must park in the upper lot.

No bikes are permitted inside the centre.

Athlete Initial's

Coach Initial's

Date