



QuickNotes: Bulletin #1 - Indoor Space

Managers: You are responsible to ensure your visiting team is aware and obeys these rules. If you have any issues or concerns, please address them to your Division Coordinator. Thank you for your cooperation and understanding.

Indoor Track: The Indoor Track at PSLC is not to be used for dryland training, new signage has been posted in the corners of the Track with the following rules:

- a. Primary use is walking and light jogging
- b. Travel in counter-clockwise direction
- c. Groups of 5 people maximum
- d. No outside equipment is to be brought onto the track
- e. Dryland training is prohibited on the track
- f. Absolutely no shooting of pucks & balls
- g. Track is closed during ticketed events

Teams looking to run dryland/off-ice activities they must book a space through bookings@coquitlam.ca (The Track is not a bookable space)