



### OLYMPIC BASIN

1. Access to the water is reserved for members of the Olympic Basin partners.
2. The Basin is accessible during daylight hours, until 30 minutes after the sun sets, after which every boat must be equipped with bright navigation lights as prescribed by the Coast Guard.
3. When the water temperature is below 8 degrees Celsius (46 degrees Fahrenheit) only supervised elite and competitive training groups are allowed to train on the water.
4. Users must always announce their presence to SPJD staff before going into the water area.
5. While they are on the water, members must be accompanied by a teammate or coach at all times.
6. Every member must have a personal flotation device (PFD) approved by the Canadian government and use it based on the Transport Canada Safe Boating Guide, as well as the related provincial and national federations (with the exception of those regarding kayaks and speed canoes).
7. Motor-boat operators must be at least 16 years of age and have an up-to-date water-craft operating card.
8. Users must always conduct themselves in a safe manner on the Basin's deck and in the boats.
9. Users must obey the signs and the spaces assigned to them on the site and on the water.
10. Any incident leading to material or physical damage must immediately be reported to SPJD staff, which will take charge of applying the appropriate measures.
11. When there is a breakage of equipment or material belonging to the SPJD, members are responsible for reporting it to the staff on duty.
12. The Olympic Basin is reserved solely for the use of rowing, Stand-Up Paddleboard (SUP) and dragon-boat training.
13. Swimming in the Olympic Basin is prohibited unless permission is granted by the SPJD.
14. Only vehicles authorized by the SPJD are allowed on the Olympic Basin deck.
15. Pets must be kept on a leash at all times on the site.
16. Throwing stones or any other projectile into the water is prohibited.
17. Prior authorization from the SPJD must be obtained to use barbecues on the site.
18. Propane tanks must be kept outside the facilities in the enclosures designated for this purpose.
19. Prior authorization from the SPJD must be obtained for any selling of derivative products or food on the deck of the Olympic Basin or inside the Athletes' Quarters.

### ATHLETES' QUARTERS

1. A minimum of two permanent on-site people, at least one of which has an up-to-date competency card (First Aid, NCCP...) is mandatory to use our workout rooms.
2. The capacity of each workout room is:
  - Weight room + stretching room: 20 + 20 people
  - Rowing ergometer room: 25 people
  - Dragon boat ergometer room: 25 people
  - Canoe-kayak ergometer room: 15 people
  - Dragon-boat, canoe-kayak rowing tank: 20 people
  - Row boat rowing tank: 15 people
3. The sports equipment must remain the training rooms, workouts can only be conducted inside the rooms.
4. For hygiene reasons, a towel is mandatory and the equipment must be wiped at the end of each workout (cleaning substance and brown paper are provided in every room for this purpose).
5. Proper attire is required at all times for use of the workout rooms (shirts/jerseys, sandals and boots are prohibited).
6. No padlocks may be permanently left on the changing room lockers; if a padlock is left it will be cut without prior notice.
7. The eating of food must be done outside the workout rooms.
8. Glass containers are prohibited in all of the workout rooms; plastic bottles are permitted.
9. No rolling stock (bicycle, skateboard, skates) is permitted inside the Athletes' Quarters.
10. Prior authorization from the SPJD is required for any type of signage.
11. Pets must be kept outside the Athletes' Quarters.

*Anyone who fails to comply with the rules will receive a warning.*

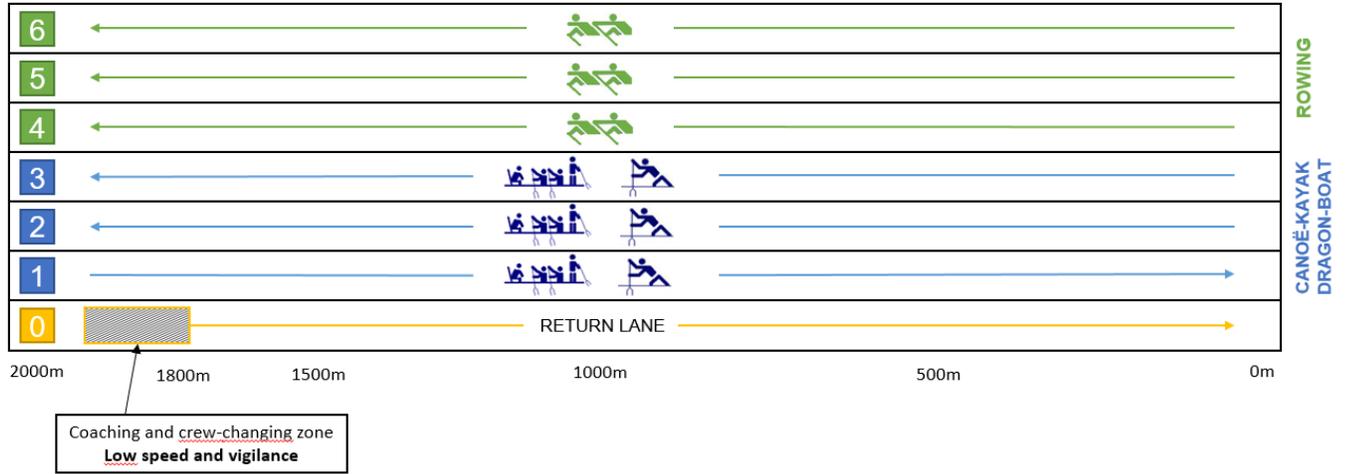
*The Société du parc Jean-Drapeau reserves the right to eject anyone who does not obey the directives or warnings.*

*The Société du parc Jean-Drapeau is not responsible for lost or stolen objects.*

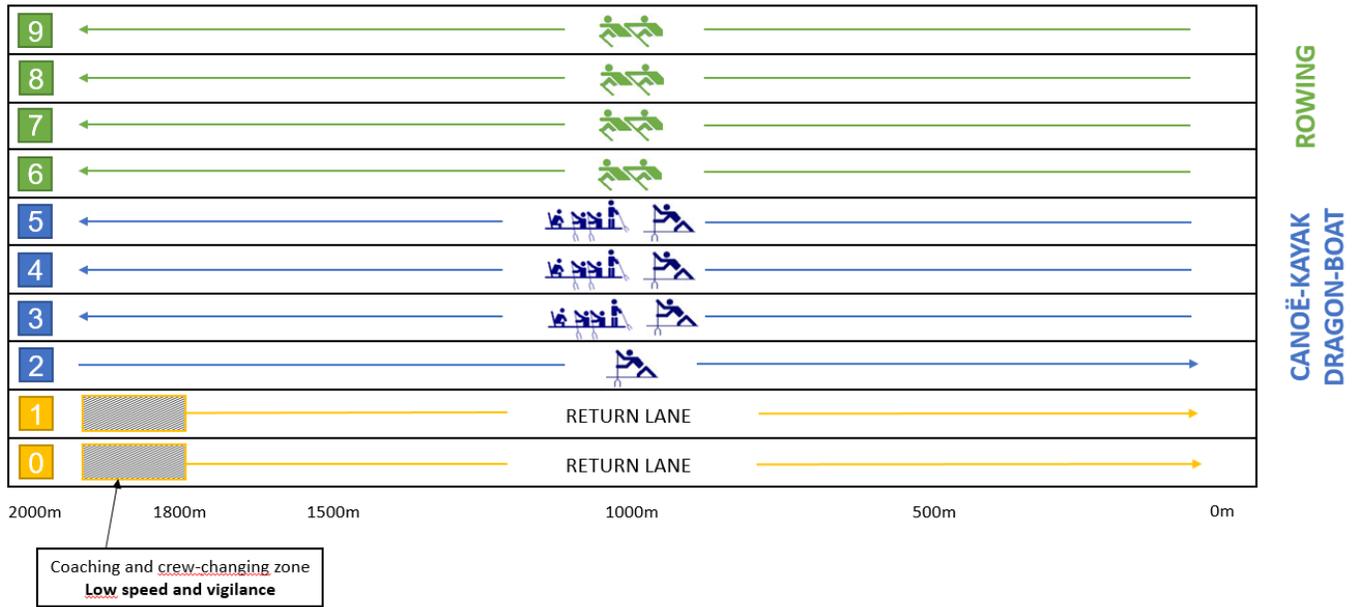


ANNEX A

**ROWING SET-UP : 7 LANES**



**CANOE-KAYAK SET-UP : 10 LANES**





ANNEX B

**RESPECTER TOUJOURS LES CONSIGNES SIGNALÉES PAR LES DRAPEAUX À L'ENTRÉE DU QUAI CENTRAL I**

<p><b>Drapeau vert</b></p>  <p><b>BASSIN OUVERT SUR 2000m</b></p> <p>Les conditions météorologiques sont bonnes et le bassin est ouvert.</p>	<p><b>Drapeau jaune</b></p>  <p><b>BASSIN OUVERT SUR 1000m</b></p> <p>Les prévisions météorologiques prévoient des risques d'orages et/ou une alerte météo est annoncée par Environnement Canada. Les usagers du Bassin ne peuvent dépasser la borne de 1000 mètres. Cette mesure de sécurité est nécessaire pour permettre une évacuation rapide et sécuritaire si l'orage se déclare. Les usagers doivent rester très vigilants.</p>	<p><b>Drapeau Rouge</b></p>  <p><b>BASSIN FERMÉ</b></p> <p>Les conditions météorologiques ne permettent pas l'accès au Bassin soit en raison de vents violents, de coup de tonnerre, d'orage et/ou d'éclairs. Aucun usager ne peut accéder au plan d'eau. Les usagers sur l'eau doivent évacuer le plan d'eau immédiatement. Le Bassin olympique reste fermé jusqu'à ce que personnel du parc Jean-Drapeau en autorise l'accès.</p> <p>NOTA : En cas de tonnerre, le Bassin olympique doit être évacué. La réouverture du Bassin ne sera autorisée qu'après une attente de 30 minutes suivant un coup de tonnerre.</p>
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ANNEX C

**SECURITY INTRUCTIONS – OLYMPIC BASIN**



**PFD  
( Personal Flotation Device)**

Choose a model which is adjustable and properly sized  
Favour bright colors  
Wear it at all times



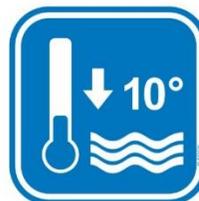
**LIGHTNING**

Pay attention to the weather before and after your activity  
Get off the water before the thunderstorm; arrives  
Stay under cover during the thunderstorm



**SUN**

Hat or baseball cap  
Sunglasses with neck strap  
Light pants, long sleeves and sunscreen  
Fastened and adjusted PFD  
Water and snack



**COLD WATER**

Hypothermia and cold shock can be deadly  
Always dress in accordance with water temperature  
You can easily cool off if you're too hot !