



Welcome!

On behalf of University of Manitoba and the Faculty of Kinesiology and Recreation Management, we would like to take this opportunity to thank you for choosing Recreation Services for your Rec Club experience. We are excited that you've given us the opportunity to help you reach your fitness, health and recreational goals!

To get you started and to help you get the most of your Rec Club experience, we've provided you with some information that will answer some frequently asked questions, such as where to park, what to bring and where to go. Should you have any questions that are not answered here or if you require any additional information, please visit [www.uofmactiveliving.ca](http://www.uofmactiveliving.ca) or contact our Customer Service Team seven days a week at 204.474.6100.

We wish you all the best in your Rec Club!

Sincerely,

Rec Clubs Team  
Recreation Services

## **VOLLEYBALL CLUB**

**Contact:** Emily Elash, *President* – [elashe@myumanitoba.ca](mailto:elashe@myumanitoba.ca)

This Club is a voluntarily run student group at the University of Manitoba. The purpose of the Club is to provide fitness, fun, and friendship to students, staff and the community through recreational volleyball, and to promote volleyball as a lifelong sport. The club does not include instructors or lessons for participants.

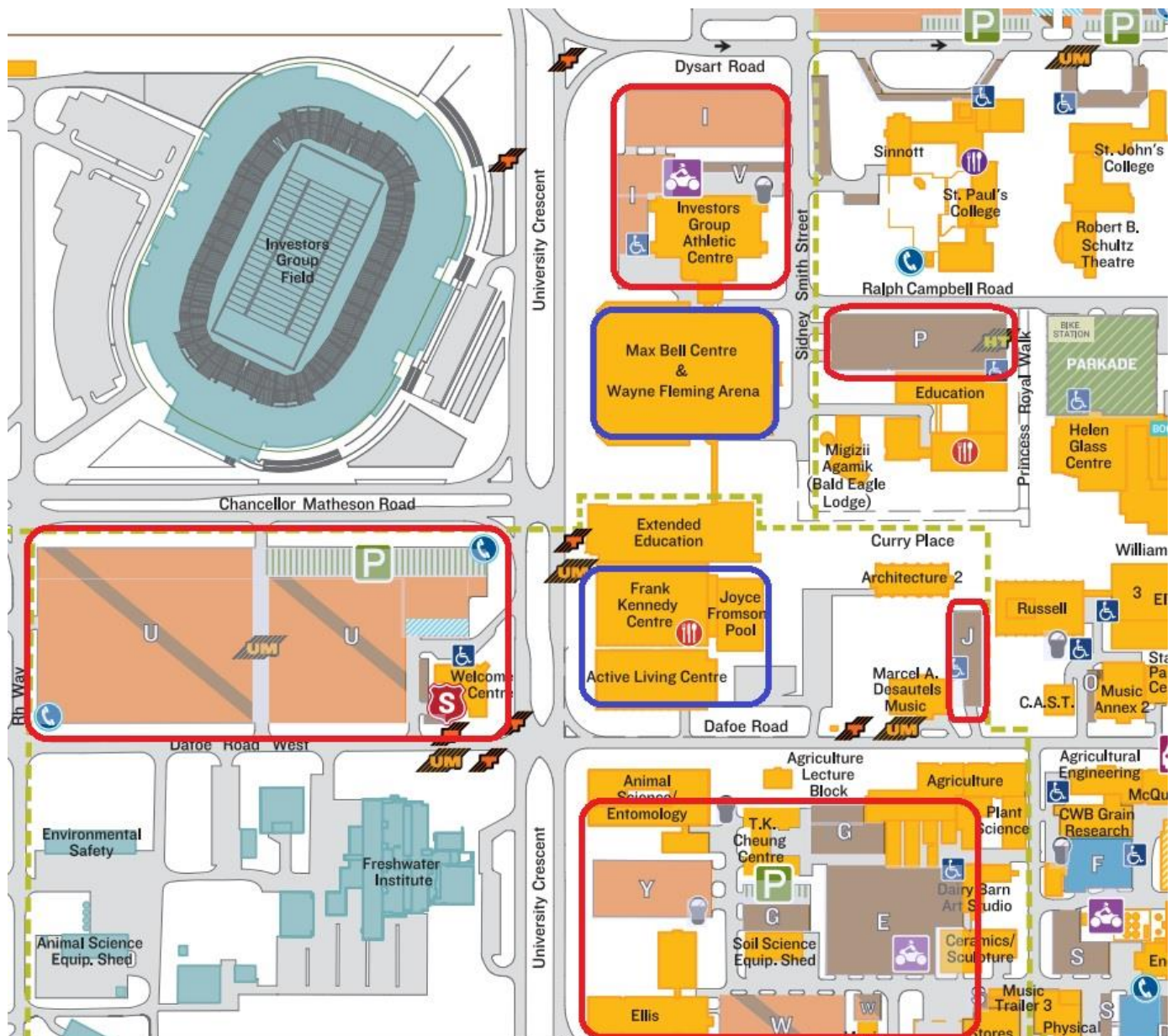
*<http://umanitoba.ca/faculties/kinrec/recreationservices/recclubs/volleyball.html>*



## Where to Park

### FORT GARRY CAMPUS

With the exception of the University parkade, there is no-charge for parking after 4:30 p.m. (and all day on weekends or statutory holidays). Please be aware that this does not include 24-hour reserved parking spots (please read the signs). For your convenience, we recommend “U” lot (see map) just across from Frank Kennedy Centre, “I” surrounding the Investors Group Athletic Centre, or “P” lot just across from the Max Bell Centre. Parking lots that are within the vicinity of Frank Kennedy Centre are outlined in red boxes below.



For general information about parking visit [www.umanitoba.ca/parking](http://www.umanitoba.ca/parking).



### **Locker Rooms**

One of the exciting changes and improvements you will see as a part of the Active Living Centre project is our new men's and women's locker rooms in the Frank Kennedy Centre. Both rooms have been fitted with new high-grade composite lockers, rest and shower facilities and improved amenities including increased counter space and bench seating.

When using our daily use lockers, we recommend you bring your own lock or you can rent one from the Customer Service Desk for \$1.

### **What to Bring**

Each Club is unique in that each one requires different equipment for you to enjoy the sport or activity to the fullest. In general, we recommend bringing a **water bottle, wear comfortable clothes, clean indoor shoes** and **maybe a towel** to your Rec Club (towel rentals are available for \$1 at the customer service desk). For most Clubs it is necessary to bring your own equipment, however noted Clubs do have equipment for you to try out. Please see this list of which Clubs recommend what equipment:

- **Volleyball**
  - o Athletic shoes (*Club volleyballs are provided*)

### **Facility Access**

To enter the secured areas of the Frank Kennedy or Max Bell Centres, Rec Club members will be asked to identify themselves as Club members in addition to providing valid photo ID (e.g. driver's license, student card, passport) at the Customer Service Desk. Entry for Club times is available 30 minutes before the start of your session. If you already have a Recreation Services Membership, please enter as usual through the turnstiles. **NOTE:** Access to facilities should be for the designated Club ONLY and is NOT TO BE USED to for any other personal activity. Abuse of our Rec Club access policy may result in removal from the Rec Club program without refund.

- **NOTE:** *Access to the Frank Kennedy Centre gymnasiums is now through our new Active Living Centre. Please follow the same procedures as above with the only change being that the Customer Service Desk is now in the new building.*

### **Campus Access on Bomber Game Days and Special Events**

It's a very exciting time at the University of Manitoba. The new Investors Group Field – home to both the U of M Bison Football Team and the Winnipeg Blue Bombers – will bring many visitors and fans to campus, and we're thrilled to welcome them here.

Working in partnership, the U of M, City of Winnipeg and Winnipeg Blue Bombers have developed an Event Day Plan to help direct our customers to campus and alleviate some of the traffic congestion that is expected on event days.

Access to the Fort Garry Campus will be limited to 1.5 hours prior to large scale events (such as Bomber games and concerts). Only vehicles with a valid U of M or Winnipeg Blue Bombers season ticket parking pass will have access to the campus at these times. All other visitors will have to enter the campus using public transportation (Winnipeg Transit) or active transportation (walk, run, bike, roller-blade). We anticipate these changes will only affect a small number of days throughout the summer and fall.



For complete information on the campus access plan on game days and special events, please visit [www.investorsgroupfield.ca](http://www.investorsgroupfield.ca) or contact our customer service desk at 204.474.6100. **\*Please note that all Rec Clubs affected by the Event Day Plan will be identified at the point of registration.**

The University of Manitoba and Active Living are committed to quality service and are looking forward to supporting their newest member on campus, the Winnipeg Blue Bombers. Thank you in advance for your cooperation and patience.

### **Customer Service Desk**

Our customer service desks are staffed during all operating hours ensuring you have access to help when you need it. If you have any questions, comments or concerns please talk to one of our staff members.

### **Lost and Found**

If you have lost or found an item, please contact us at 204.474.6100 or visit our customer service desk.

### **Automated External Defibrillators**

For your safety and peace of mind, all our facilities are equipped with automated external defibrillators or AEDs. The Frank Kennedy AED is located across from the customer service desk and the Max Bell Centre AED is located in front of the customer service desk. If possible, please alert a staff member to activate emergency medical services before you activate an AED.

### **Security Services**

In the event of an emergency, our staff are informed and trained in emergency procedures. If you are in need of assistance, please alert one of our staff members. Campus Security Services is also available 24 hours a day, 7 days a week by dialing #555 from any MTS or Rogers Cell phone, 555 from any university line or by dialing 204.474.9341. For all non-urgent calls, please contact 204.474.9312.

The campus **Safewalk Program** is available to escort an individual from one campus location to another 24 hours a day, 7 days a week. To reach the Safewalk office, contact 204.474.9312. Emergency telephone stations (Code Blue Poles) are situated in various key locations across both campus locations. The stations provide instant communication to Campus Security in the event of an emergency.

### **Club Scheduling and Facility Closures**

Club Schedules have been put together with the help of the Club Presidents and are distributed to the Club members through them. Facility Closures that may impact the regular schedule have been accounted for and alternative dates are sought after with the Club President being notified of these changes. It is the responsibility of the Club President to pass along the schedule and any changes that are made, to the members.

Schedules can be found online on the University of Manitoba Recreation Services webpage. In the event of any unexpected or last minute Club times being cancelled, we will do our best to notify the Club President and to update our webpage. **Where possible, every effort will be made to notify you of the closure.**

### **Contact Information and Your Privacy**

To ensure we can provide you with the highest level of customer service, we kindly ask that you provide us with your most up-to-date phone number and email address. There may be instances where we need to contact you.



Please let us know if you change your mailing address, emergency contact information, phone number or email address. Also, if you experience a change in your health status, we require you to complete a new PARQ form.

Finally, we would also like to contact you, from time to time, regarding new Clubs and new Club sessions, to get your feedback on your Rec Clubs experience in addition to providing you updates on the new Active Living Centre project. Of course we respect your privacy and if you do not want to hear from us, please contact our customer service desk at 204.474.6100 or reply to any email you receive from Recreation Services asking to be removed from our mailing list.

*Please note that your personal information is being collected under the authority of The University of Manitoba Act. It will be used for the registration & admission of the applicant in the University of Manitoba programs. It will not be used or disclosed for other purposes, unless permitted by The Freedom of Information and Protection of Privacy Act. Your personal information is protected by the Protection of Privacy provisions of The Freedom of Information and Protection of Privacy Act. If you have any questions about the collection of your personal information, contact the Access & Privacy Coordinator's Office (tel. 204-474-9462 or 204-474-8757), 233 Elizabeth Dafoe Library, University of Manitoba, Winnipeg MB, R3T 2N2.*

For more information please call 204.474.6100 or visit [www.uofmactiveliving.ca](http://www.uofmactiveliving.ca)

**ACTIVE LIVING for LIFE!**