

# EIRC RULES AND PRACTICES

**The Erin Indoor Recreational Centre (EIRC) is pleased to welcome you to our facility.**

ALL PARTICIPANTS, including spectators are asked to follow these rules:

## TURF RULES:

- For insurance purposes, ONLY REGISTERED PARTICIPANTS and/or REGISTERED GROUP/TEAM MEMBERS are allowed to participate in activities on the turf.
- ONLY WATER is allowed on the turf area. NO COFFEE, TEA, SPORTS DRINKS, JUICE etc. This helps to maintain the condition & longevity of our sport field.
- FOOD OR GUM is prohibited on the turf.
- SALT is damaging to the turf. Change footwear before proceeding on the turf area.
- STEEL CLEATS are not permitted. Only plastic or rubber cleats please!

## SAFETY:

- Staff on site is trained in Basic First Aid and can assist if any emergency occurs.
- An AED (automated external defibrillator) is on site near the front entrance.
- Any group or individual(s) under the age of 18 must be supervised by an individual over the age of 18.

## CONDUCT:

- Respect the facility. Do not litter or damage equipment. Stop or report others who do.
- Show great sportsmanship.
- Respect each other: Cooperate with your peers, coaches, referees, trainers and supervisors.

## SCHEDULES:

- Contact your coach/club/coordinator for all schedule inquiries, including possible cancellations due to inclement weather.

## SPECTATORS:

- Spectators viewing area is located at the far end of the field. Entry onto the turf is from the rear doorway.
- Spectators please do not walk on the turf. Wipe outdoor shoes or boots thoroughly
- Chairs and tables are provided.
- Monitor children playing in this area.
- Please be aware that the sport field area is cool in the winter months. Dress in layers and/or bring a lap blanket.