



Players must pack up gear after each session

Players must respect the property of others and the facility.

Leave the dressing rooms clean, use the garbage cans provided in the rooms and arena

Please do not leave valuables in the dressing room.

Lack of respect for fellow players and or the facility and staff will not be tolerated.

Any Injuries must be reported immediately to Andrew Wautier (250-466-9192).

HYDRATE – FUEL - REST