

## **Player Handbook Info – Vancouver Lawn Tennis & Badminton Club**

### **Cell Phones**

No talking on phones inside the Club, texting permitted.

### **Parking**

One lot on Fir Street at 15<sup>th</sup> Avenue plus one lot on 16<sup>th</sup> Avenue. Please register your car at Member Services. Street parking available with restrictions.

### **Purchases**

No cash. Debit or credit only.

### **Court Attire & Shoes**

Each article of visible clothing including warmups and accessories like socks, hats, headbands, wristbands, or visors, must be predominantly white with no more than 10% colour. This rule applies while on courts warming up, playing, and cleaning the courts. Coloured shoes and athletic braces are permitted. Shoes worn on the Clay Courts are not permitted anywhere else in the Clubhouse. Please change your shoes before leaving the courts.

### **Locker Rooms & Lockers**

Shower facilities plus day lockers available. Locks provided.

### **Towels**

Provided in locker rooms and by the courts.

### **Practice Courts**

1 hard court and 1 clay court between 7am-1:30pm on Sat. Aug 20<sup>th</sup>; 2 hard courts and 2 clay courts between 7-8am Monday to Saturday. 30-minute court times available. Please book through Member Services. No courts available outside tournament play and practice times.

### **Water**

Water machines and fountains available. Bottled water available for sale. Only closed containers on the court.

### **Food & Beverage**

Outside food and beverage are not permitted. Players' Lounge open 8am-4pm daily. Pub open 4pm-11pm daily (*Note: Food service available until 10:00pm & drink service available until 10:30pm.*)

### **Wellness**

Registered Massage Therapy and Kinesiology available. Fees apply. Book through Member Services.

### **Sport Shop**

Stringing available with overnight turnaround. Pay in advance. Club merchandise and white athletic apparel available for purchase.

### **Fitness Centre**

Players may warm up in the Fitness Annex. No access to Fitness Centre.

### **Pool & Whirlpool**

No access