

The Kinder Foundation gym is a hardwood multi-purpose court space, measuring 20 meters by 12 meters and can be used for; basketball, volleyball, badminton, ball hockey, pilates, yoga, boccia and many other activities.

The fully accessible gym is located on level 0, west wing via the main elevators near Tim Horton's. There are male and female change rooms in the gym that include lockers, shower facilities, and a hydraulic change table. The change rooms are wheelchair accessible, including the water fountains located at each gym entrance.

Basic gym equipment can be made available to your group including; basketballs, plastic hockey sticks, floor mats, badminton & tennis racquets, bowling pins, hula hoops, and more.

1. Hours of Operations

- The gym is open 7 days a week from 8:30 a.m. - 10:30 p.m.
- During the academic school year, the gym is typically occupied Monday through Friday from 8:30 a.m. until 3:30 p.m.

2. Booking Availability and Costs

The gym has a seasonal schedule that is constantly changing throughout the year. External or community groups can check availability or make reservations by contacting:

Arnold Lopez
Therapeutic recreation specialist
416-425-6220 ext 3541
alopez@hollandbloorview.ca.

Rental rates are \$40.00 per hour for non-profit organizations and \$80.00 per hour for the general public (H.S.T. is not included). Payments are due once sessions are completed. Payments must be made through our Finance Department and invoices are available upon request.

All community programs must have 2 million dollar insurance liability. Proof of insurance must be submitted to Holland Bloorview Kids Rehabilitation Hospital prior to first rental session.

3. Parking

Parking is available at Holland Bloorview's main parking lot. The cost is \$9.00 per day and \$6.00 evenings and weekends. Street parking is also available on Kilgour Road – please check the Green P parking sign for daily and hourly meter rates.

4. Use of Change Rooms and Lockers

There are male and female change rooms in the gym that include lockers, shower facilities, washroom and a hydraulic change table. Both change rooms have lockers available for 50 cent per day.

In order to ensure the privacy of all, the use of cameras, camera phones, and personal digital equipment is strictly prohibited in the change rooms.

5. Usage of Equipment

A variety of gym equipment is available for general use, such as badminton & tennis racquets, basketballs, gym mats, bocchia set, go carts, plastic hockey sticks bowling pins and more.

- Only staff and coaches are allowed in equipment storage room 0W301 (no clients allowed) and volunteers must be supervised when accessing the equipment room.
- Equipment may not be borrowed or removed without authorization. All equipment must be returned to storage at the end of sessions.
- Broken equipment must be reported to **Arnold Lopez** or any recreation staff as soon as possible. For the safety of everyone, any broken equipment cannot be used.

Damages may be charged to your organization if there is evidence of neglect or misuse.

6. General Gym Guidelines

- All staff, gym supervisors, coaches, and coordinators must attend an orientation before their 1st day of program. Participation in orientation sessions is mandatory
- All client's (kids, teens, and adults) must be supervised at all times.
- Street shoes are not permitted on the gym floor. Only non-marking athletic footwear is allowed. Open-toe shoes are not permitted.
- No food is allowed in the gym at any time.
- There is no public access to the gym office 0W290. Access to the gym office to control the lighting is arranged through security at main reception on Level 1.
- Do not enter the gym before your scheduled time. Waiting areas are available on Level 1 or outside of the gym doors.
- All gym users are in limited in facility access to only the Level 1 cafeteria and main reception lounge area and Level O west wing where the gym is located.

7. Gym Procedures

- The supervisor of the group must arrive 15 minutes prior to booking to check that the gym lights are on and main doors and storage rooms are unlocked.
- The supervisor of the group should meet all participants in the Level 1 main entrance or outside the gym.
- Set up and clean up should be part of your gym time; please ensure the gym is vacated on time to respect the next groups' timeslot.
- Lights cannot be turned off due to an electrical timer (once you turn off the lights it will take approximately 15 minutes to turn back on).
- Participants must be supervised at all times.
- Coaches, supervisors, and coordinators (person in charge) should be the last to leave the gym to ensure that all participants have vacated, storage room is tidy, and the gym floor is clean.
- Coaches, supervisors and coordinators (person in-charge) must contact security at extension 6101 to lock the storage room and the main doors for the gym when the session has ended.
- For clean up of spills, or other housekeeping issues, contact reception at extension 3400.

8. Safety

- Safety must be the first priority at all times.
- Holland Bloorview encourages all gym renters who work directly with clients to have an up to date police check.
- Renters should report damaged or defective equipment immediately to gym staff. Do not use broken equipment.

9. Infection Control

Excellence in infection prevention and control is critical for patient safety. Do not come to Holland Bloorview if you, your clients or participants are sick.

- All gym equipment and gym mats must be disinfected after your session. Disinfectant wipes (Cavi wipes) are provided. There are Cavi wipes, disposable gloves and disposable mask in gym storage (0W301).
- Hand washing is required before and after working with clients.
- During an outbreak of infection at the hospital, Holland Bloorview may have to cancel gym bookings. Rental groups will be given as much notice as possible.

At Holland Bloorview Kids Rehabilitation Hospital, we are committed to the best care possible to our clients and families. We believe that it is the responsibility of each person who works here will work in partnership with clients and families. As part of our on going commitment, Holland Bloorview publicly reports our hospital acquired infection rates on our website.

10. Emergencies and Incidents

Gym users must comply with Holland Bloorview's emergency procedures. Incidents and injuries should be reported to a staff member immediately. An incident report form must be completed immediately. **In the event of emergency, call ext. 5555.**

Hospital extensions

Emergency: ext. 5555
Reception: ext. 3400 (non emergencies)
Security: ext. 6101

Emergency codes

Code Red	Fire
Code Blue	Medical Emergency
Code White	Violent/Aggressive behavior
Code Yellow	Missing Client
Code Green	Prepare to evacuate
Code Green Stat	Evacuation
Code Purple	Hostage/Internal Threat