

**Facility:** Ranchlands (School)

Last Updated: May 6 2026  
Who: JB

**Address:** 610 Ranchlands Boulevard NW

**Contact/Caretaker:**

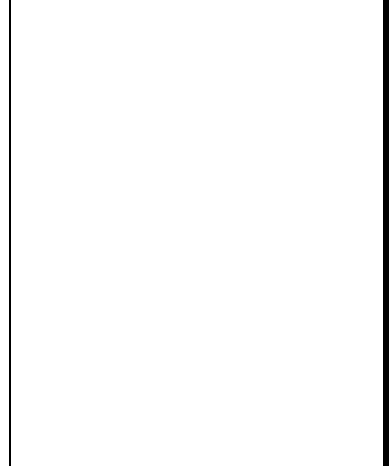


Photo #1

Photo #2

Photo #3

Photo #4

## General Information

**Parking:** Players may **NOT** park in any reserved parking stall **AT ANY TIME**. Players can park in the main lot on the north end of the building.

**Entrance:** Players should enter from the main entrance on the east side of the building. Players should leave outdoor footwear at the entrance.

**Gym Location:** Inside the main entrance, the gym is on the main floor just to the right of the main foyer. This is the main gym and is High School sized.

**Change room/Washroom:**

**Floor:**

## Equipment

**Sport Specific Equipment Location and details:**

### Volleyball

**Postholes:** Use the postholes that are closest to the court lines.

**Court Lines:** Yellow all the way around.

**Posts:** All 8 blue posts are high school caliber and are stored in the equipment room. Posts are labelled on white tape with a number, pull out posts 1, 4, 5 & 8. Each post has a crank wheel (or two) with a rope to tighten the net. Each post has one S-hook on the post and one S-hook on the rope to attach the net. The pins on the posts slide to adjust the height of the nets.

**Nets:** The CSSC owns the nets. They are kept in a CSSC labelled bin, and should be located in the equipment room, with the volleyball posts. The nets have cables across the top and bottom and have been custom fit for this gym. They are labeled "SCORE VN8080-32" and "Property of CSSC". Each net has a chain on one top corner and a chain on the opposite bottom corner.

## Gym Set-up



www.CalgarySportsClub.com  
Unit 180 - 4411 6th Street SE, Calgary, AB, T2G 4E8  
403-244-PLAY(7529)

## Volleyball

**Step 1:** Pair up posts #1 (tightens the top of the net) and #8 (bottom) together and #4 (bottom) and #5 (top) together. Turn the posts with 2 crank wheels (4 & 8) so that they crank the net on the opposite corner from the other post (one top and one bottom for each net)

**Step 2:** Adjust the height of the upper metal sleeve and pin to the 2<sup>nd</sup> hole from the top.

**Step 3:** Attach the chain on the cable to the S-hook on the top of the post and then on the other side, attach the cable to the S-hook on the rope and then crank to tighten the net.

**Step 4:** Repeat for the bottom of the net, but the rope and crank will be on the opposite side.

**Step 5:** Do not over tighten the bottom of the net – this will pull down the height so that it is too low.

## Badminton

**Step 1:** There are 8 Badminton posts in the divider closet. All 8 are blue in colour. There are 4 end posts (have D rings on one side) and 4 middle posts (have D rings on both sides).

**The following steps are to set up one side (3 courts) of the gym, repeat for the other side!**

**Step 2:** Place end posts into the two end post holes, and place middle posts into the two middle post holes.

**Step 3:** Get Badminton nets from the closet. The nets are not specific to what courts they should be placed on. Attach nets to posts by looping the rope through the top ring of each post, and then tie a simple knot to secure.

**Step 4:** To achieve desired tension, twist the end posts to tighten the nets separately.

## Important Notes

- If you cannot get in to the gym 15 minutes early due to other groups in the gym, PLEASE do your announcements in the hallway as to maximize playing time.
- **Past Complaint:** Be sure to WAIT until the earlier group has left the gym before going in. Do NOT stay past our permit time. Be respectful of the other bookings and our permits. Further complaints will result in us losing this gym.
- Do NOT try to get in to the equipment room until the caretaker unlocks it for you.
- Please put the posts back in the correct order – the posts and holes are both labelled with numbers, please ensure the correct numbers line up.
- Please adjust the upper metal sleeve / pin back to the elementary kids height as marked with white tape (4<sup>th</sup> from the top)

