



RULES FOR USE

- If you break something, complete a damage report and submit (whether you are there for a class or for a team practice) and turn it in before you leave.
- Property of Stand Lacrosse stays at Stand. We don't provide equipment to take home, intentionally or unintentionally.
- Respect those around you in the ways that you park, your language, volume, cleaning up after yourself, keeping your gear in your bag and returning borrowed equipment. We share a building with other places of business and living. Properly represent yourself and your club.
- Music makes training better. Please use pre selected/approved playlists.
- Please keep wallball to the plywood reinforced areas in The Tunnel.
- Please make sure that goals are only used in front of the backstop net.
- If an injury occurs, please complete an injury form. First Aid kit available in the equipment locker. If you need something, see a staff member or your team's coach. Phone is upstairs for emergencies.
- Use of Stand Lacrosse is reserved for individual athletes registered through the Stand Lacrosse website(must have a USA Lacrosse number) OR as part of a club that is reserving the space to be used for practices (NWSS or NWA). No registrations can be taken onsite, online only.
- Be an example to those around you. This is a place for community building.
- Stand Lacrosse exists to be a training resource to the local athlete and a resource to the local clubs. Train hard, have fun, celebrate wins together.
- Wifi: StandGuest, password: wheelswheels1!
- Bathrooms are in the hallway. Please close the Stand door when you return to help keep noise to a minimum.
- No food or drink on turf. Please keep liquids to water and off the turf.
- Athletes may supply their own regulation lacrosse balls. No weighted training balls permitted. Swax Lax, Pinkies, no bounce, tennis balls and game regulations balls only.

