

TOWN OF BEAUMONT

BRAC II ARENA WALKING CIRCUIT



The walking circuit around the outside of the ice surface is made available to the general public free of charge in the interest of promoting active and healthy lifestyles. The circuit is available under the following circumstances.

- ◆ During the normal hours of operation of the BRAC II Arena.
- ◆ Use of the circuit must not interfere with the other activities in the facility.
- ◆ The circuit will be closed during hockey games where there are significant crowds, during figure skating test days and during arena special events.

Please Note: Change Rooms & Showers are not available for Walking Circuit users.

In the interest of safety, please follow the guidelines listed below:

- ◆ Follow light pattern – **RED** means STOP.
- ◆ Walk in a counterclockwise direction and in single file.
- ◆ Watch for pedestrian traffic in both directions and for people coming out of the dressing rooms, player's boxes and storage rooms.
- ◆ Use the stairs to the spectator area for an additional aerobic workout.
- ◆ Stay clear of the ice-surfacing machine when it is entering or exiting the ice.
- ◆ Floor coverings and conditions vary in different parts of the circuit, therefore use caution.
- ◆ Footwear should be suitable for the existing conditions.

Distance: 1 Lap = 175.8 meters
6 Laps = 1.05 Kilometers
9 Laps = 1 Mile

