

GOLD COAST PEFORMANCE CENTRE

GUEST INFORMATION

GOLD COAST
PERFORMANCE
CENTRE

EMERGENCY CONTACT INFORMATION

Gold Coast PC DUTY MANAGER (someone is on duty 24/7) 0416 009 985

In the Lodge using centre phone under the stairs - Dial 2 for Emergency

Ambulance/ Fire/ Police	000 (or '112' from most Mobile phones)
Gold Coast Hospital	1300 744 284 1 Hospital Blvd, Southport QLD 4215
1. National Home Doctor Service	13 SICK (13 7485) (After Hours)
2. Southport Medical Centre	55 328 666 Corner of Nerang & Cougal Street's Southport.
3. Queensland Health 24 Hour Hotline	13 45 25 85
4. GP: Runaway Bay Medical Practice	55 373 311 Lae Drive next to the Day & Night Pharmacy.
5. Runaway Bay Day & Night Pharmacy	55 373 900
6. GP: Runaway Bay Medical Centre	55 291 966 Shop 44A Runaway Bay Shopping Centre.
7. GP: Runaway Bay General Practice	55 289 111 Located 78 Bayview Street.

8. Terry White Chemist RB Shopping Centre 55 372 707

9. South Coast Radiology	5537 6566 390 Oxley Drive, Runaway Bay
10. Runaway Bay Dental Care	5537 3377 Shop F/5A Lae Dr

WELCOME

Dear Guest,

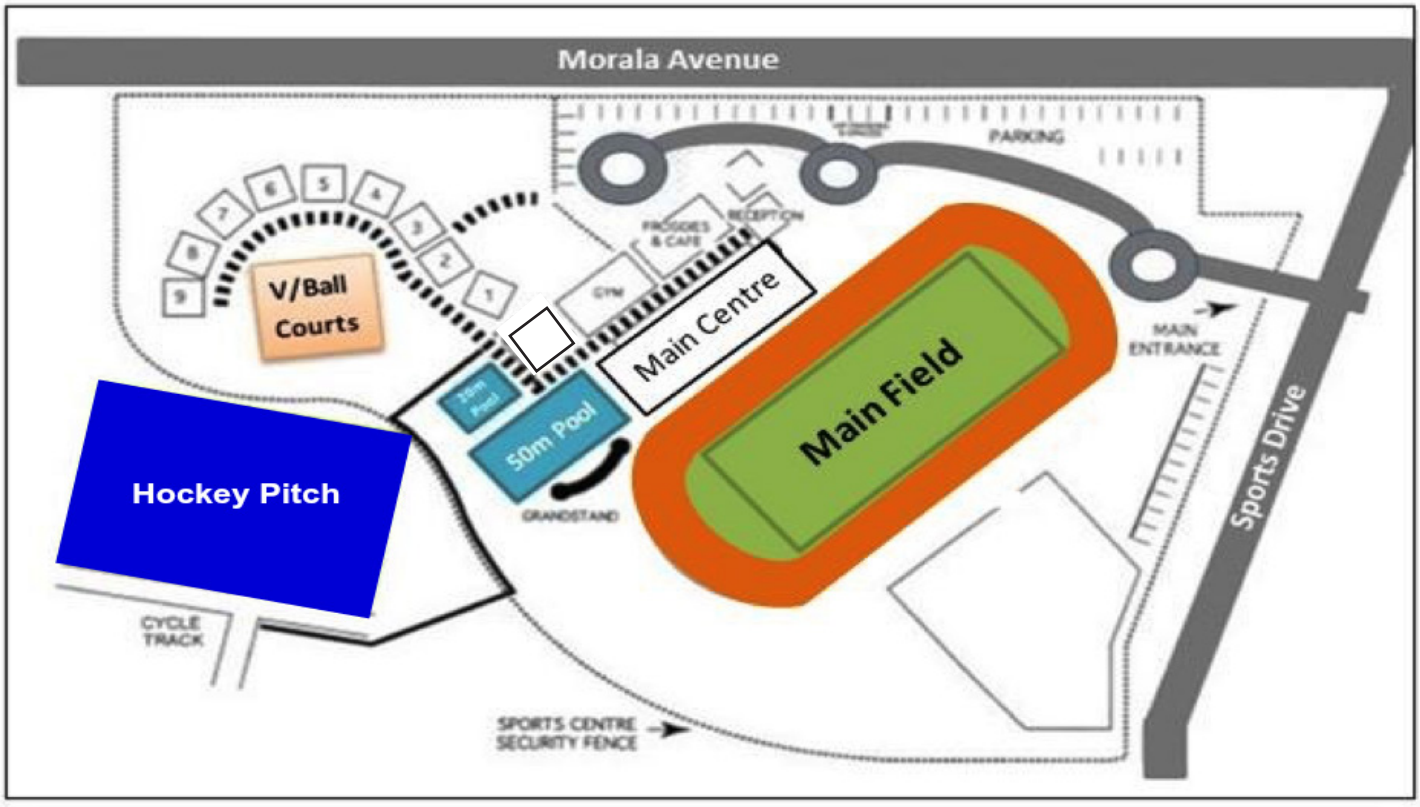
We wish you a very warm welcome to the Gold Coast Performance Centre, and the beautiful Gold Coast. It is our pleasure to have you as our guest. Whether you are here for sport, leadership or leisure, our aim is to provide you with a comfortable base to enable your group to achieve the goals set for your stay.

This compendium has been put together to give you easy access to information relevant to your stay. Please take some time to familiarise yourself with the services and facilities.

We wish you an enjoyable stay.

Lisa Adamson,
Venue Manager - Gold Coast Performance Centre

EVACUATION PROCEDURES



DURING & AFTER OFFICE HOURS
On discovery of fire/emergency situation, please advise the exact location to GCPC by contacting 0416 009 985 immediately or dialing 2 from your lodge phone.

EVACUATION ALARM
If safe to do so and information is accessible, all GCPC guests are to bring camp information (rooming list, event brief, camp information) to emergency assembly point and confirm all students present – advise Gold Coast PC staff on arrival.

All GCPC guests are to check their lodge and escort students to the Volleyball Courts via safest possible route.

LOCKDOWN
- The alarm will be raised over the Centre's PA system and/or bullhorn.
- Guests need to remain or move to the nearest lockable area (lodge rooms / meeting rooms)
- Any open windows or doors need to be closed
- Doors will be locked remotely
- Gold Coast Performance Centre staff will contact groups via PA when all is clear

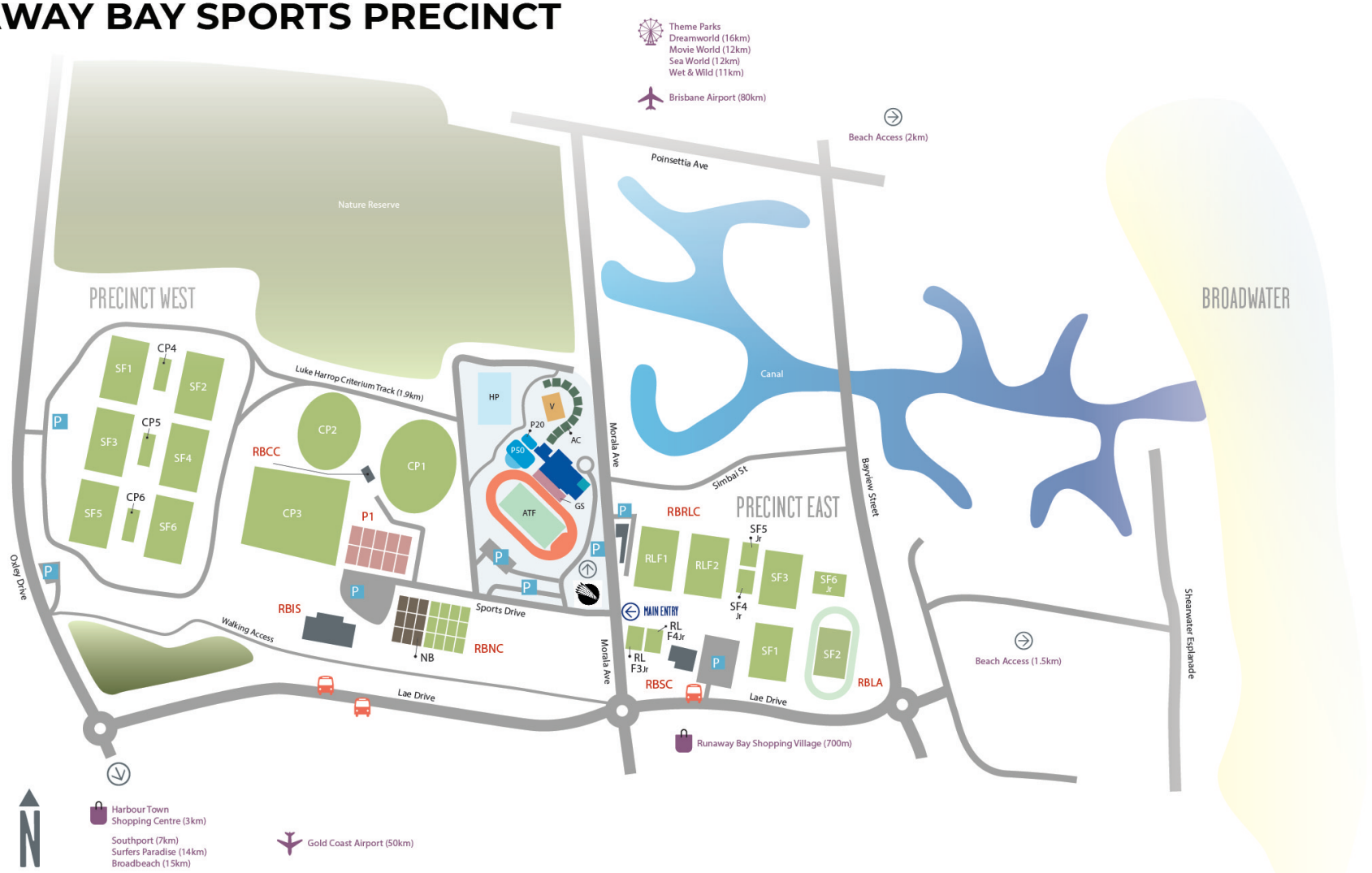


ABOUT US

The Gold Coast Performance Centre was built as a training base for athletes from all over the world competing in the 2000 Sydney Olympics. The centre's facilities are now used by the local community and travelling teams and groups from all over the world. We have more than 2,500 local members and host more than 20,000 athletes and others visiting in groups every year. Our facilities and services include:

- Open-air Gym
- Spin Room
- Heated 50m Pool (27 degrees)
- 20m Indoor Pool (32 degrees)
- Ice Bath + Spa Recovery
- IAAF Track and Field
- Grass Infield
- Hockey Pitch
- Beach Volleyball Courts
- Allied Health Clinic
- Group Lodgings
- Sport Training Camps
- Educational Camps
- Leadership Camps
- Conference Facilities
- Wheelchair Accessible Accommodation and Facilities
- Team Building Activities

RUNAWAY BAY SPORTS PRECINCT



KEY

AC	Group Accommodation	P20	20m Heated Pool	RBSC	Runaway Bay Soccer Club
ATF	IAAF Athletics Track & Field	P50	50m Heated Pool	RBLA	Runaway Bay Little Athletics
CP	Cricket Pitch (Synthetic)	RBCC	Runaway Bay Cricket Club	RLF	Rugby League Field
GS	Grandstand	RBNC	Runaway Bay Netball Club (9x Bitumen, 12x Grass)	SF	Soccer Field
HP	Hockey Pitch	RBIS	Runaway Bay Indoor Stadium (4x Multi-purpose Courts)	V	Beach Volleyball (2x Courts)
P1	Pro-One Tennis Academy (9x Courts)	RBRLC	Runaway Bay Rugby League Club		

GOLD COAST PERFORMANCE CENTRE

HOUSE RULES

1. The Gold Coast Performance Centre is an alcohol and smoke-free complex.
2. There is a noise curfew at 21:00 – 06:00. We ask all guests to keep noise levels down during this time.
3. No food or drink in the bedrooms. Please consume and store in the common areas only.
4. Out-of-Bound Areas are the
   - Member's Change Rooms (near reception) and parking near reception
   - Behind and inside other group's lodges
   - Pools, Hockey Pitch, Track & Field, Conference Rooms unless booked in advance
   - Pools (casual visits to the pool for Coaches and Teachers may be purchased from Reception – must be during lifeguarded hours only)
   - Gym (casual visits to the gym for Coaches and Teachers may be purchased for $5.70pp from Reception – must be during Centre opening hours only, bring a towel. No bags in gym)
5. All furniture must not be moved from its location in lodge.
6. Please keep path in front of lodges clear at all times. All group belongings should be kept inside the lodge common area.
7. For meal bookings please make sure to arrive on time, clean up after yourself, empty plates into designated areas, and push chairs back into place when finished.
8. Please ensure any damaged equipment, whether your own fault or not, is reported to an Accommodation staff member immediately.
9. Please ensure air conditioners are turned off when rooms are unoccupied. Also, please help us to save the environment and keep the air conditioner temperature to 24 degrees.
10. After hour's access. Once reception is closed. Please use gate via the walkway between lodges 2 & 3 for entry & exit. Swipe room key on panel to enter. All boundary Gates are locked at 10pm each night. Please call security to let you in & out after hours.
11. Wash or sanitise your hands when moving between facilities.
12. If you have any flu like symptoms, please speak with your team manager immediately.

Your cooperation on these points will ensure all our guests', members and visitors enjoy their time at the Gold Coast Performance Centre.

IMPORTANT INFO

EMERGENCY & SECURITY

- We have staff on site 24/7. Dial 2 on the phones under the stairs to reach a staff member.
- You can call the Security/Accommodation Duty Manager directly if needed: 0416 009 985
- Lodge and room doors lock automatically and will only open with your Access Card – keep it with you!

Activities:
What should I bring and wear to scheduled activities?

- Wear comfortable clothing, preferably training top and bottoms
- Water bottle
- Enclosed shoes
- Hat and sunscreen
- Towel if using the gym or performing active training sessions

Please refer to your itinerary for your activity schedule and where to meet your Activity Leader.

Attractions
Nearby to the Gold Coast Performance Centre we have a number of attractions including Broadwater swimming and Parklands, Aquasplash, Harbour Town, Surfer's Paradise, Theme Parks, Sailing Club and Game Over Go-Carting.

Bank / ATM
There are multiple banks and ATMs located at the Runaway Bay Shopping Village a 5 minute walk. In addition, there are currency converters located in Flight Centre at the Shopping Village.

BBQ Facilities
We do not have BBQ facilities onsite however there are public BBQ's at the beautiful Broadwater 5 minute drive / 15 minute walk.

Checkout Procedure
The check out time is at 10:00am.
Could the Group Leader please ensure the following takes place on morning of departure:

1. All rubbish is picked up and put in the bins outside lodges.
2. All rooms and common areas are swept.
3. Please strip ALL LINEN off the beds and place into the bags provided. This includes sheets, pillowcases, and towels. Please leave Mattress Protector & Doona's on bed.
4. Departure checkout is organised with Accommodation Staff.
5. Alternative luggage storage is arranged for late check outs.
6. All room keys and centre equipment is returned to Accommodation Office.
7. All accounts and charges are settled on checkout.

Damages
Any damage or rubbish found in the conference rooms, Trackside Bistro, lodges, gym and pool area which is caused by your group will incur an additional charge.

Extra Charges
To avoid a charge on your account: leave all borrowed towels and linen in your lodge rooms and return keys and any borrowed sports equipment to accommodation office. Charges will apply for items taken home:

- Linen/Towel $20
- Keys $50
- AC remote $50
- TV Remote $50

First Aid
We have a first aid room located in lodge 1. Should you need treatment, please contact the Duty Manager.

Free Time Area
Groups can utilise the southern beach volleyball courts and basketball courts. The group supervisor has to sign balls out from the accommodation office.

Meeting Rooms
The Gold Coast Performance centre has a number of meeting rooms including a conference centre (17.7m x 12.2m) which can be split into 3 rooms and a lecture room (11.3m x 5.8m). Please see our accommodation team for bookings.

Lodges
We have two configurations of lodges; quad and twin share. If you have not booked the entire lodge, the un-booked rooms will be locked. Every room and common area have smoke alarms and external cooking equipment is not permitted in the lodges.

Towels are only provided in the ensuite rooms and for International guests. If you require a towel they can be hired for $5.

Safety deposit boxes are located in the ensuite rooms of each lodge. Please do not leave any valuables unattended in your room. The Centre assumes no liability for lost items.

Parking
Parking is available onsite near the front gate. Please turn left immediately as you enter the gates.

Restaurant / Cafe
All group meals will be served at the Trackside Bistro and meals must be pre-booked through your Accommodation Co-ordinator. Please refer to your itinerary for your bookings.

WIFI
We have wifi available for groups staying onsite, please see the accommodation team for information on access and passwords.

SPORTING FACILITIES

50m Heated Pool:
The 50m outdoor pool's opening hours change seasonally. All exclusive pool lane use must be pre-booked. Please see accommodation to check availability and book. The 50m pool is 2 metres deep the entire length and averages between 27-28 degrees.

The Centre has a Pool Lifeguard and qualified Duty Managers on-site during operating hours, however you must have an adult supervisor at all times with Pool Lifeguard or equivalent qualifications.

20m Indoor Pool:
Groups can access the 20m pool during open hours. The 20m pool ranges from 0.8 to 1.2 metres deep and is 32 degrees. Please see accommodation for bookings.

Beach Volleyball Courts
For exclusive use of the beach volleyball courts, bookings must be made through the accommodation team. Groups can use the courts free of charge as a shared space with other groups onsite.

Council Fields / Criterion Track
The City of Gold Coast own the surrounding fields and courts. To access the Oxley Drive fields, please call the Duty Manager to unlock the back gate.

Gymnasium:
Our in-house guest can access gym for a per person per session charge (capped at 8 pax per session) during off peak times. See the accommodation team to book access.
Off peak times include:

Weekdays:	10am – 3pm and 7pm – 9pm.
Weekends:	10am onwards.

Groups requiring access outside of these hours requires prior approval from Senior Management.

All groups utilising the gym require supervision by an adult for those under 18 years. Minimum age to use the gym is 13 years and over. Guests must have their own towel at all times when using the gym and patrons must have enclosed footwear and training top and bottoms on at all times.

Hockey Pitch
Access to the hockey pitch must be pre-booked. Please do not wear spikes on the pitch, flat running wear only. Please call the duty Manager to start the watering.

Ice Baths
We have temperature controlled ice baths next to the 50m pool.

Track and Field
Please advise the duty manager should you wish to use the track and field outside your pre-booked hours.



THE LODGES

With so many facilities onsite, we're a "one-stop shop" for training camps, travelling sports teams, school groups and any group looking for Gold Coast accommodation. The Gold Coast Performance Centre's accommodation lodges host more than 20,000 athletes and other visitors every year. Our nine lodges can accommodate groups of up to 292 people, with up to 36 people per lodge.

- Each lodge has 10 bedrooms
- Twin, quad and wheelchair rooms available
- Coach / teacher / manager ensuite rooms
- Common room with TV and DVD
- Kitchenette for basic food preparation
- Laundry with washer and dryer
- Full dining and catering facilities
- Air-conditioned rooms
- Wi-fi

LAUNDRY FACILITIES

Group laundry facilities are located in lodges 3, 6 and 8. These facilities are shared amongst multiple groups so please be considerate of others. Please bring your own laundry powder.
Laundries are open 8am - 8pm. If you require assistance with the laundry, please call our Duty Manager.

EDUCATION





Runaway Bay Sport and Leadership Excellence Centre is developing tomorrow's leaders, scholars and athletes. Give your students a head start today:

- One-day programs and multi-night camps
- Tailored programs to meet individual school's needs
- Promote learning through action
- Encourage life-long learning, self awareness, self care and personal growth
- Develop effective communication skills and problem solving techniques

Ask at Reception to speak to one of our Education Department staff or email rbslec_admin@runawaybaysportlec.eq.edu.au for more information.



LOCAL SHOPPING & FOOD

Looking for a bite to eat?
Need to buy something urgently?
Want to buy a souvenir to take home?

The Runaway Bay Shopping Village is just 100m walk from the Gold Coast Performance Centre.

The centre has more than 120 specialty shops, as well as Woolworths, Coles, ALDI, Big W, Target and Best & Less.

For more information visit their website at www.runawaybayshopping.com.au




FOLLOW,
SHARE
& TAG!
@gcperformancecentre
@gcperformancecentre
youtube.com/c/gcpc_aus

PLANNING ON RE-BOOKING?





Don’t miss out in make the most of your experience at the Gold Coast Performance Centre. Our specialised staff can facilitate a variety of activities for you.
Including: Laser Skirmish, Team Building, Spin, Yoga/Pilates, Sport Specific Coaching and many more!

ASK ANY OF OUR STAFF, CALL 07 5500 9988 OR EMAIL
GCPC.BOOKINGS@SPORT.QLD.GOV.AU
TO BOOK!

THANK YOU FOR YOUR VISIT!

REVIEW US ON



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