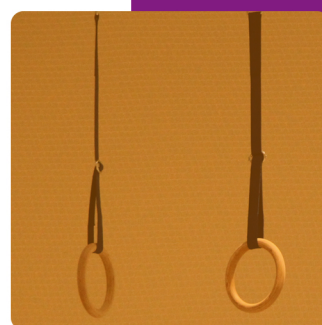
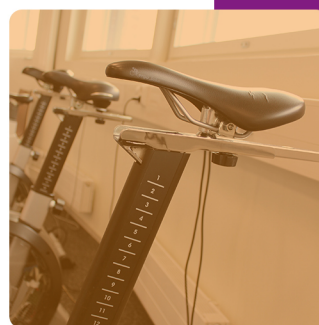


# Arcadahallen User Guide



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# General Info

## Contact information

The facilities at Arcadahallen are open on:  
weekdays 7.00 – 22.00 and on weekends 8.00 - 22.00.

-  Arcada Info: +358 (0)207 669 665 (8.00 - 22.00)  
Email: [info@arcadanova.fi](mailto:info@arcadanova.fi)
-  The Sports hall  
Contact & Bookings: [www.arcadahallen.fi/sporthall](http://www.arcadahallen.fi/sporthall)
-  The Gym  
Contact & Access: [www.arcadahallen.fi/gym](http://www.arcadahallen.fi/gym)
-  The Test Lab  
Contact & Products: [www.arcadahallen.fi/testlab](http://www.arcadahallen.fi/testlab)



-  Arcada Hallen
-  Kyläsaarencuja 6  
00530 HELSINKI
-  6th floor
-  7th floor
-  7th floor



# Arcadahallen

At Arcadahallen you will find a Sports Hall, a Gym and a Test Lab. The Sport Hall is perfect for a wide range of team sports as well as gymnastic activities. Admission to the Gym will provide you with access to state of the art equipment. Finally, at the Test Lab you have the possibility to take a wide variety of tests to measure effects of, for instance, oxygen uptake, body composition and other data to maximize training potential.

At our facilities, we do not have staff members present at all time, therefore it is very important that you report unsafe situations and know what to do in case of an emergency. On top of this user guide, we will provide you with an introduction that includes a tour of the facility, safety procedures and how to use the equipment present.

For further questions, you can call from 8.00 – 22.00 to Arcada Info on +358 (0)207 669 665 or via email at [info@arcadahallen.fi](mailto:info@arcadahallen.fi)

Welcome to Arcadahallen.



Jörgen Wiik  
Managing Director  
Arcadahallen



Mona Forsskähl  
Rector  
Arcada UAS



## #Feedbackmatters

Arcadahallen is dependent on the input of its users. Therefore, we place great importance on feedback. You can fill out a feedback report for a number of reasons: maintenance issues, safety issues as well as security issues, close calls and near misses. You will find the computer to fill out a report in the lobby on the 6th floor.

We truly appreciate every input we receive in order to be able to improve safety of our services. We treat all reports with utmost confidentiality. We will read all reports, we will react to all reports and, when needed, take appropriate action.

## Community

Arcadahallen is the latest addition to the Arcada community. The building does not only host to the various sports and leisure activities for our community but also provides housing for a large part of our student community.

# The Sportshall

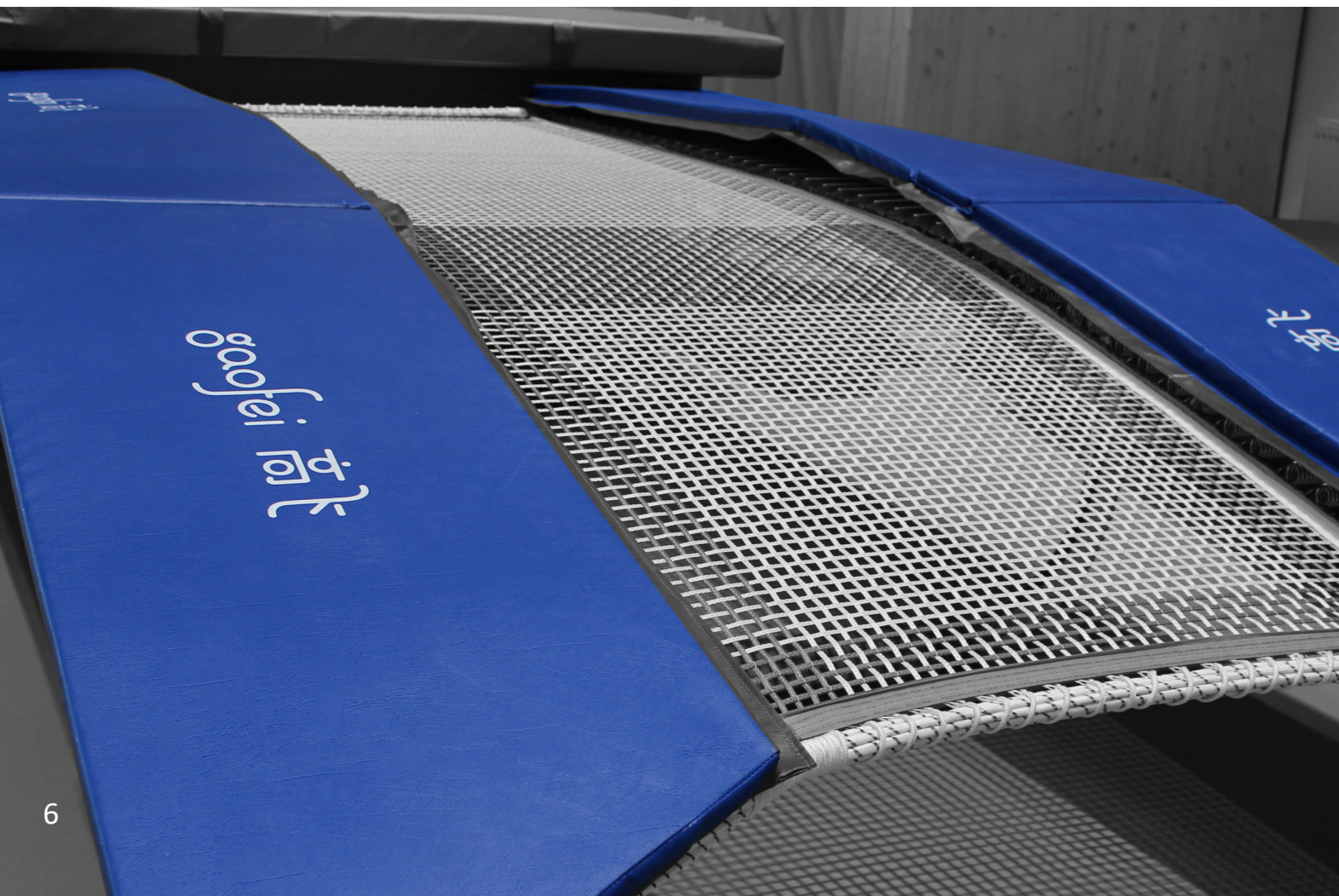
The sports hall is located on the sixth floor and offers the possibilities to perform various ball games, gymnastics and different group activities.

The hall is the size of a standard sized basketball court and has line markings for several activities, most noteworthy; basketball, handball, floorball, futsal, volleyball and badminton but the hall also very suited for dancing and aerobics. The hall also offers a wide variety of state of the art gymnastics equipment, even suitable for large groups.

Apart from equipment for the aforementioned physical activities, the hall offers different training tools and equipment for strength and conditioning. These range from weights and kettlebells to steppers for your aerobic routines, perfect to change up your training sessions.

At Arcadahallen you can enjoy your training knowing you have all the state of the art equipment at your disposal as well as the peace and comfort of a private hall.

For all info and bookings, please refer to [www.arcadahallen.fi/sportshall](http://www.arcadahallen.fi/sportshall)



## Things to consider:

- Book the sportshall beforehand.
- Wear proper indoor shoes and sports clothes.
- Clean up spilled liquids immediately to avoid injuries.
- Please stick to the activity that was agreed upon beforehand.
- Be mindful of the other users and let them enjoy an undisturbed training.
- Make sure you have returned all gear and equipment you used to their proper places before the next user's turn begins.
- Leave the hall as soon as possible, once your booked period is over.

## Did you know?

At Arcadahallen we have the possibility to analyse the performance of your team through our AV-system. Even better, our highly capable students can offer guidance with the development of your team's performance or strategy.

# The Gym

The gym is located on the seventh floor of the Arcadahallen building. Admission to the gym will provide you with access to state of the art equipment, which makes it possible to exercise different physical abilities.

The gym focuses on free and body weight training with different tools and solutions for innovative training on a high level. The variety in equipment allows you to freely train on an individual level. Alternatively, the space allows you to train according to your personalised training schedules, alone or in small groups.

The gym at Arcadahallen is suitable for users of different experience levels. You will find challenging equipment and workouts whether you are just getting started, been on a break from the gym, a seasoned gym veteran or are gaining back strength after an injury.

You can gain admittance to the gym separately, through purchase at the web shop, or in combination with access to the sports hall. Regardless of your contract, exercising at Arcadahallen gym will help you achieve your goal!

For contact and access refer to [www.arcadahallen.fi/gym](http://www.arcadahallen.fi/gym)



## Things to consider:

- Always use your key to enter the gym, show the key even if you walk in together with your friend. By doing so, we are able to follow up and optimize the usage of our facility.
- In order to avoid injury and damages, please only use equipment that you are familiar with.
- Pay special attention to our surroundings when using the weights. Be aware of your own physical limitations.
- Use the weights on the platform only with supervision or a spotter to minimise accidents.
- Keep the gym clean by picking up after yourself and cleaning the equipment from sweat after you are done using them.
- Always keep equipment on their assigned places when you are not using them.
- Give others the space to work out in peace
- Help other gym users if they are exposed to danger.

## Did you know?

At Arcadahallen we have students who can offer you guidance during your workout. What is more, these highly competent people can provide you with tailored and individual training programs to maximize your potential!

# Test Lab

The test lab is located on the sixth floor and hosts state of the art equipment to optimally service you.

The test lab provides a wide range of products for you, most noteworthy is the maximal oxygen uptake test (VO<sub>2</sub>max), which can be measured on treadmill, ergometer cycle or on rowing machine and gives information on e.g. fitness level and training thresholds.

Apart from this we provide body composition measurements (Inbody), speed and speed strength tests, field tests for strength endurance and mobility tests.

The test are provided and optimized for everything from beginners to athletes and can be performed to individuals or groups.

For all info and products, please refer to [www.arcadahallen.fi/testlab](http://www.arcadahallen.fi/testlab)



# Other Facilities



## Arcadahallen has many facilities

Apart from a brand new sports hall and state of the art gym, Arcadahallen is equipped with spacious dressing rooms.

The dressing rooms provide comfort for individuals as well as teams and come equipped with showers and a sauna that can be booked beforehand.

To store your valuables and clothes during your workout or training the dressing rooms offer lockers that can be set to a personal code.

## Good to consider:

- Keep the changing room, shower room and sauna clean and tidy.
- Please use the lockers only when you make use of the sportshall, test lab or the gym.
- Be mindful of other users space
- In case of fire, you should always try to evacuate towards the stairways. In case of heavy smoke is blocking your way out of the dressing room, you should head back in and keep the door closed. Emergency personnel can evacuate you from the balconies.



## Security Guards are available for you at all times!

By phoning the Securitas service number from any of the phones in the facility or with your mobile phone on number:

+358 (0)20 49 12 110

# In Case of Fire



1. From a safe place, call the general emergency number **112**



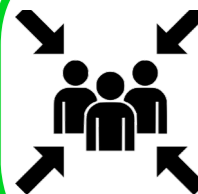
2. Tell your name and what has happened



3. Give the address:  
Kyläsaarenkuja 6 in Helsinki.  
Specify where in the building!



4. Do not hang up until you are given permission to do so

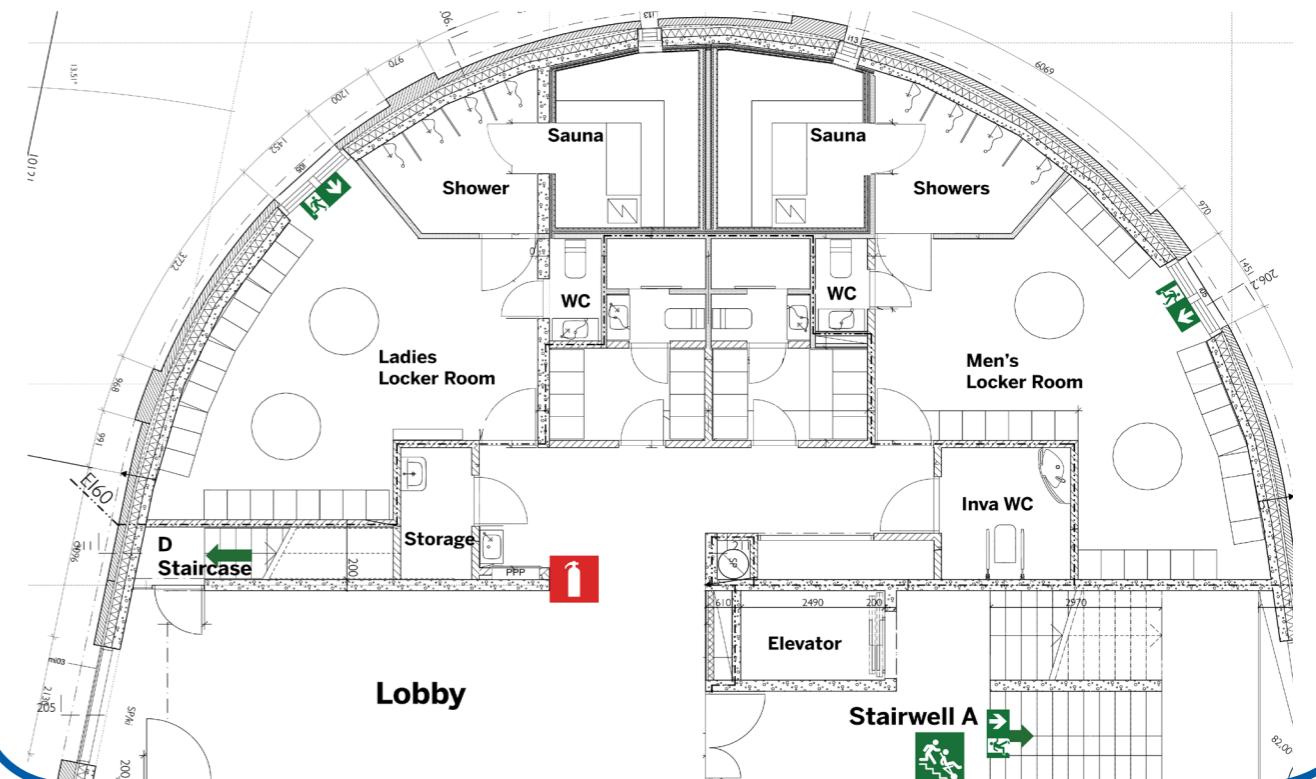


5. Go to the assembly point located outside the building at the park intersection.

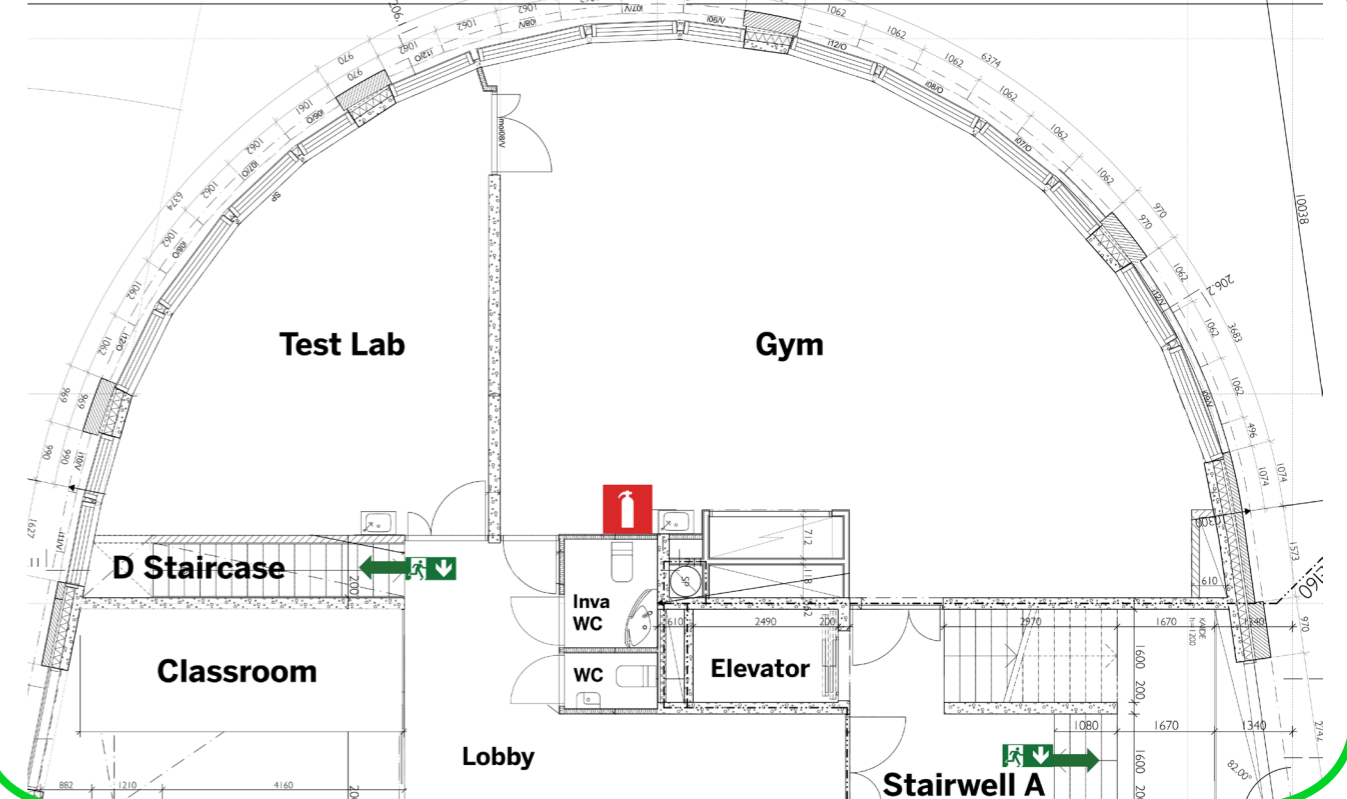


6. Once the situation is resolved, follow up by filling out a safety report.

6th floor



7th floor



# In Case of Injuries



1. Assess the situation, call **112** and follow the given instructions



2. Tell your **name** and **what** has happened



3. Give the address: **Kyläsaarenkuja 6** in **Helsinki**. Specify **where** in the building!



4. Do not hang up until you are given permission to do so



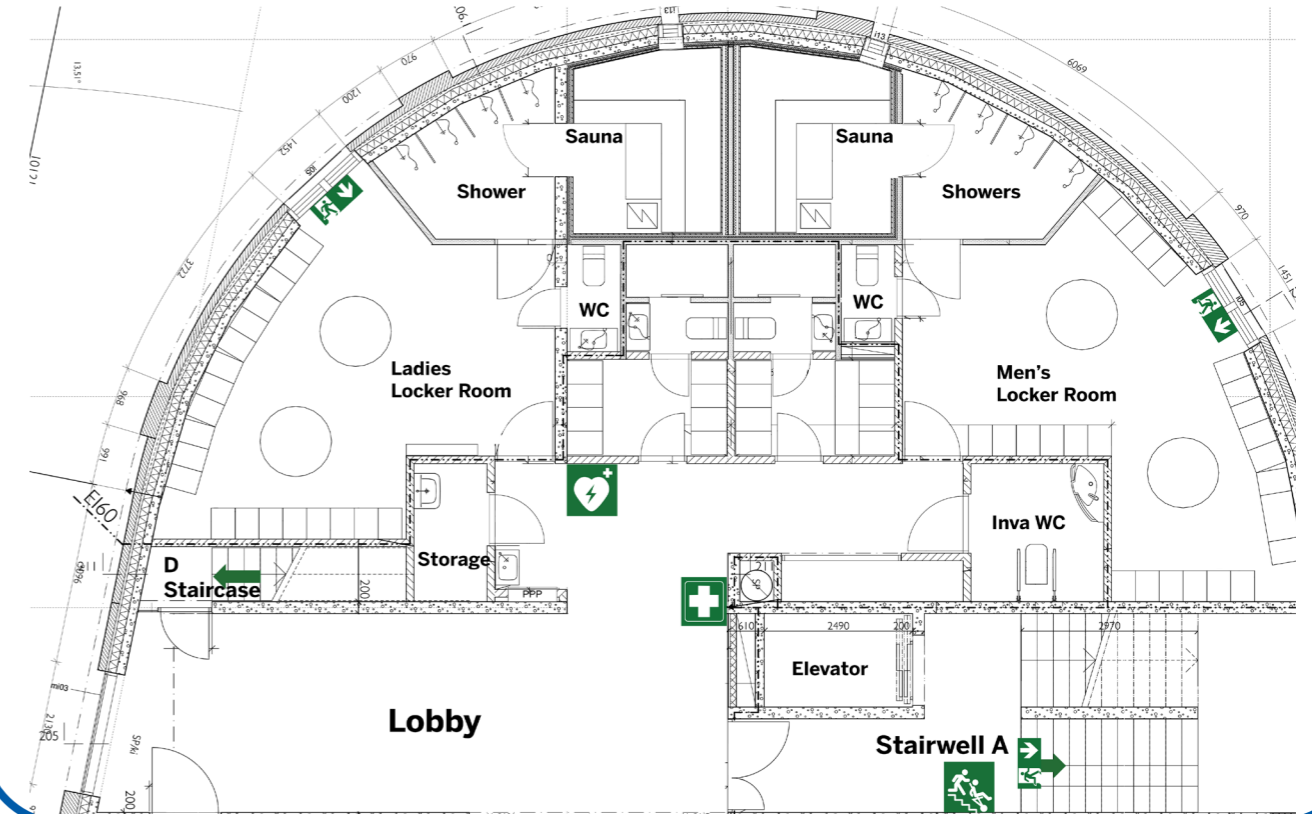
5. Once the situation is resolved, follow up by filling out a safety report.

Your report might help prevent future accidents!

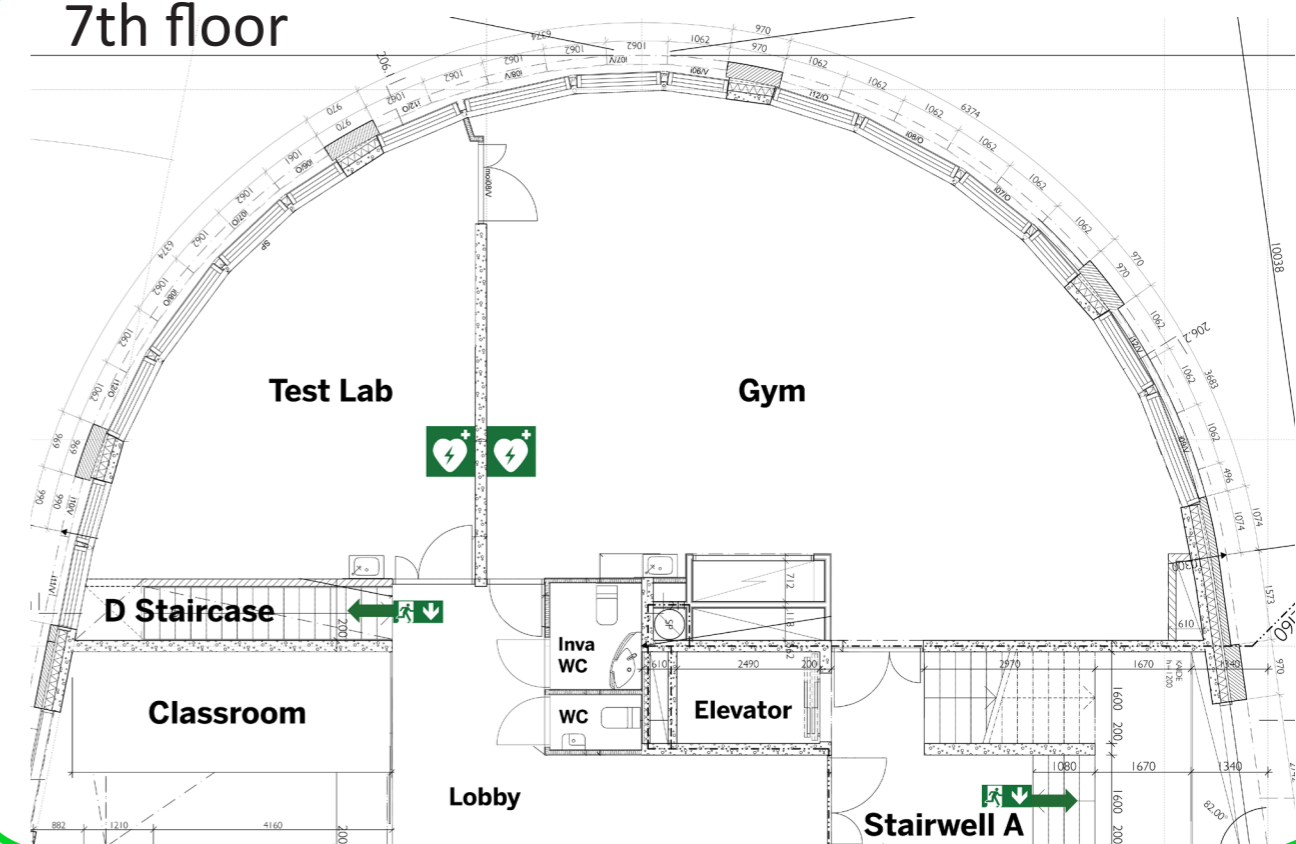


- Keep the head of a patient with back injuries firmly in place
- Turn an unconscious patient on the side, in a reclining position, slightly raise the legs and keep him/her warm.
- Stop the blood loss by firmly pressing on the source of bleeding. Lay the patient down and raise the bleeding extremities
- Assist respiration by raising the patient's chin and turning the forehead backwards
- Check if the patient is breathing, and, if needed, begin heart and lung resuscitation with a rhythm of 30 compressions and 2 breath infusions

6th floor



7th floor





# In Case of Nuisance



1. Assess the situation. Point out the observation of disturbing behaviour to other users in a calm but firm matter.



2. If necessary, call for a Security Guard on +358 (0)20 491 2110.



3. Tell your name and what has happened.



4. Give the address:  
Kyläsaarenkuja 6 in Helsinki.  
Specify where in the building!



5. Do not hang up until you are given permission to do so and wait for the guard to arrive.



6. Once the situation is resolved, follow up by filling out a safety report.