



The Gym

Gym Application, Induction and Membership

1. The College gym is located on the top floor of the Dorothy Garrod Building, accessed from X staircase (near the Cynthia Beerbower Room).
2. Access to the Gym is via your University ID card.
3. Prior to use of the Gym, all individuals must complete a medical declaration, and undergo an induction session in the Gym.
4. Only when an individual has completed the induction process will a member of College have their University card updated to access the Gym.
5. Newnham students can enroll on a Gym induction session, which are held at the start of each quarter of the academic year with one of the trainers by registering here (you will need your Raven Password) <https://apps.newn.cam.ac.uk/v1/gym/>
 - ✓ Quarter 1: 1st October to 31st December
 - ✓ Quarter 2: 1st January to 31st March
 - ✓ Quarter 3: 1 April to 30th June
 - ✓ Quarter 4: 1st July until 30th September
6. Individuals complete the induction session, and the trainer confirms the induction is complete on the database above.
7. An individual will then be required to attend the Porters' Lodge to update their University card. On presentation of the card the Porter will check that they have been approved for access to be added via the database.
8. Staff and Senior Members can enroll on a Gym induction session by contacting the Domestic Bursar: domestic.bursar@newn.cam.ac.uk who will arrange an induction session.

Opening Hours

- ✓ The Gym is open from 09:00 – 22:00, seven days a week*
- ✓ Due to COVID there are restrictions on the number of people and the amount of time each member can access the gym. Members can book a one-hour session in the gym, with up to six members per session.
09:00-10:00 / 10:30-11:30 / 12:00-13:00 / 13:30-14:30 / 15:00-16:00 / 16:30-17:30
18:00-19:00 19:30-20:30 / 21:00-22:00

During term time the Gym is open to Newnham students only from:

- ✓ 09:00 - 10:00, seven days a week
- ✓ 12:00 - 14:30, seven days a week
- ✓ 16:30 - 17:30, seven days a week
- ✓ 19:30 - 22:00, seven days a week

* Members should be aware that access and opening times may be subject to reasonable change where necessary for operational reasons.

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Booking in

Due to COVID restrictions members must pre-book sessions using the online booking system in order to access the Gym. The link to this online booking system will be emailed to Gym members via the JCR Sports Officer.

The instructions for how to book are as follows:

- I. Look at the spreadsheet above and find a slot that has spaces available.
- II. Click on the link at the top of that weeks' sheet. That will take you to a google form that will allow you to book for that week.
- III. Once you have completed the booking, you should receive an email containing the details of which times you have booked.

Rules

1. It is forbidden to allow access to the Gym to any other person, whether member or non-member. Every member must use their own University card to access the Gym. Guests of members are not permitted.
2. The maximum user time is one-hour. At busy times, a maximum usage period of 20 minutes applies to all machines. If you are waiting for a particular piece of equipment, you should let the current user know that you are waiting, and you should make it clear to others that you are waiting.
3. Due to COVID the College is ensuring a 30-minute air change between each one-hour booking.
4. The Gym is not staffed and so members are expected to:
 - ✓ Wear appropriate sports clothing and footwear for all sessions. Footwear must be clean.
 - ✓ Behave in a responsible manner, using the equipment in the proper manner, as described on the wall charts, or by downloading the user guides from the QR codes (two-dimensional barcodes) shown on the machines.
 - ✓ Not move the equipment and to leave it in a clean and tidy state.
 - ✓ Clean the equipment before and after use, using the cleaning spray and paper towels provided.
5. All users of the Gym must abide by the following precautions to ensure the space remains COVID secure:
 - ✓ **Do not use the Gym if you are feeling unwell, even if not related to COVID-19.**
 - ✓ Sanitise hands before entering the Gym (it is better to wash them with hot water and soap found in the toilets in this area but there is hand sanitiser provided).
 - ✓ No personal items to be brought into the gym (except a water bottle) i.e. no gym bags or sweat towels.
 - ✓ Sign in and out on the sheet provided (for track and trace purposes).
 - ✓ No more than six people in the Gym at any time.
 - ✓ Maintain 1m+ social distancing at ALL times.
 - ✓ Face coverings can be removed when exercising.

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6. **The College accepts no responsibility for accident, damage, injury, death, illness or misadventure caused to or suffered by members in the Gym, howsoever caused. The College will only be liable to the extent caused by the willful default or negligence of the College, or its' agents.**
7. Items of a personal nature left in the Gym will be removed, and the College will not accept responsibility for items left in the Gym.
8. Items provided by the College for use in the Gym and all of the equipment therein are not to be removed from the Gym.
9. Sports drinks and bottled water are permitted but no food is to be consumed in the Gym. Empty water bottles may be filled from the shower room next to the Gym.
10. Members are asked to wear headphones when playing music or watching content on their personal devices (iPod, phone, tablet etc.). Noise audible from outside the Gym is unacceptable.
11. Do not move equipment around the Gym and return all hand weights to the appropriate rack.
12. **Stop exercising immediately if you have health worries. In an emergency please call the Porters' Lodge on 35700 from the University network phone located near the door into the Gym, or 01223 335 700 from a mobile.**
13. Any damage or faults with the equipment must be reported by email to the Domestic Bursar: domestic.bursar@newn.cam.ac.uk
14. Failure to abide by the rules above may result in the cancellation of membership.