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# The Gym

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## Gym Application 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.

## Gym Induction Students

1. 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: 1<sup>st</sup> October to 31<sup>st</sup> December
  - ✓ Quarter 2: 1<sup>st</sup> January to 31<sup>st</sup> March
  - ✓ Quarter 3: 1 April to 30<sup>th</sup> June
  - ✓ Quarter 4: 1<sup>st</sup> July until 30<sup>th</sup> September
2. Individuals complete the induction session, and the trainer confirms the induction is complete on the database above.
3. 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.

## Gym Induction Staff and Fellows

Staff and Fellows can enroll on a Gym induction session by contacting the Domestic Bursar [domestic.bursar@newn.cam.ac.uk](mailto:domestic.bursar@newn.cam.ac.uk) who will arrange an induction session with one of the staff trainers.

## Opening Hours

- ✓ The Gym is open from 05:30 – 22.30, seven days a week\*
- ✓ **Between 09.30 and 11.00 the gym will be closed** – this is to allow a 30-minute air change and then 1 hour for cleaning to take place.
- ✓ **Due to COVID there are restrictions on the number of people and the amount of time each member can access the gym.**
- ✓ **Members can attend a one-hour session in the gym, with up to ten members per session.** Members may attend a maximum of 2 sessions a day.

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

# Newnham Gym Induction, Membership and Rules

- ✓ The one-hour sessions are shown below:

**05.30 to 6.30 (students only)**

07.00 to 08.00 open to all members

**08.30 to 09.30 (students only)**

*Then closed until 11.00 for an air change & cleaning*

**11.00 to 12.00 (students only)**

12.30 to 13.30 open to all members

**14.00 to 15.00 (students only)**

**15.30 to 16.30 (students only)**

17.00 to 18.00 open to all members

18.30 to 19.30 open to all members

**20.00 to 21.00 (students only)**

**21.30 to 22.30 (students only)**

## 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. Therefore the gym needs to be empty to allow a complete air-change to take place (as there are no windows in the gym for continual natural ventilation, instead we have to rely on a mechanical ventilation system which is set to 100% fresh air). **Please ensure you do not remain in the gym beyond your one-hour session.**
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.
  - ✓ **Sanitise the equipment before and after use, using the cleaning spray and paper towels provided.**

# Newnham Gym Induction, Membership and Rules

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 ten people in the Gym at any time.
  - ✓ **Maintain 1m+ social distancing at ALL times.**
  - ✓ Face coverings can be removed when exercising.
  
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](mailto:domestic.bursar@newn.cam.ac.uk)
  
14. **Failure to abide by the rules above may result in the cancellation of membership.**