



**POLICY FOR GYM**  
**CLARE COLLEGE SPORTSGROUND, BENTLEY ROAD**

Before you are able to use the Gym ALL users must read this policy and attend an induction.

To arrange an induction please contact the UCS Sports and Societies representative, Olivia Halderthay (oh285), or the Head of Sports, Rob Nightingale (rjn37, or 07921 451955, or contact on site).

**PLEASE NOTE THAT THE GYM AND ITS EQUIPMENT ARE OWNED AND MAINTAINED BY CAMBRIDGE UNITED, DO LOOK AFTER THEM.**

**USEFUL INFORMATION**

**Location:** Clare College Sportsground, Bentley Road, Cambridge, CB2 8AW

**Opening Times:** Normally 3.00pm – 8.00pm on Mondays, Tuesdays, Wednesdays, and Fridays; 4.30pm – 8.00pm on Thursdays); and 1.00pm – 8.00pm on Saturdays and Sundays.  
(UNLESS Cambridge United are using it.)

**Access:** Access to the Gym is on a first-come-first-served basis by key held at the Colony and Memorial Court Porters' Lodges, to be signed out and back in again. Please note that you will need to show the following to the Duty Porter: a valid NHS COVID Pass, confirmation of a negative Lateral Flow Test that day, confirmation of recent participation in the University's Asymptomatic Testing Programme, or confirmation of medical exemption for the previous options.

**Cost:** FREE to members of Clare, and accompanied guests.

**Parking:** Available on site for both motor vehicles and bicycles (please note that students may not have a motor vehicle in Cambridge without obtaining a motor licence from the University of Cambridge:

<https://www.proctors.cam.ac.uk/motor-control>)

**Equipment:** Two spin bikes and weights.

**Toilets & Showers:** These are available in the Pavilion, when it is open.

**Other uses:** **Do not use the gym for anything other than exercising** (without the prior written permission of the Assistant Bursar).

**Rubbish:** Take it away with you, or bin it.

**Issues/damage:** Please leave the Gym in the same condition you it, and do report any issues and/or damage to Rob Nightingale, Head of Sports, by e-mail immediately (rjn37).

**Liability:** Members and accompanying guests use the Gym their own risk, and also leave property or belongings there at their own risk. Cambridge United and the College do not bear any liability with respect to you, your property or belongings.

**Code of Conduct:**

- (i) The Gym is not staffed and so members are expected to:
- Wear appropriate sports clothing and footwear for all sessions.
  - Wear clean footwear.
  - Behave in a responsible manner, using the equipment in the proper manner.
  - Sports drinks and bottled water are permitted but no food is to be consumed in the Gym.
  - Wear headphones when playing music or watching content on personal devices eg iPod, phone, tablet etc.
  - Items provided by Cambridge United for use in the Gym and all of the equipment therein are not to be removed from the Gym.
  - Do not move equipment around the Gym and return all hand weights to the appropriate rack.
  - Leave the gym in a clean and tidy state.

- Any damage or faults with the equipment must be reported by email to the Head of Sports, Rob Nightingale (rjn37).
- **Stop exercising immediately if you have health worries. In an emergency please call the Porters' Lodge on 01223 333200 (Old Court); or 01223 333261 (Memorial Court).**

(ii) All users of the Gym must abide by the following precautions to ensure the space remains COVID-19 secure:

- **Do not use the Gym if you are feeling unwell, even if not related to COVID-19.**
- Sanitise hands immediately after entering and before leaving the Gym.
- Open the windows for ventilation.
- **Sanitise the equipment before and after use, using the cleaning spray and paper towels provided. Dispose of the paper towels in the bins provided.**
- 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.

**FAILURE TO COMPLY WITH THIS POLICY MAY RESULT IN PERMISSION TO USE THE GYM BEING REMOVED.**

**Privacy Notice:** *Clare College takes your privacy seriously. Clare College processes and stores personal information in accordance with data protection legislation and in accordance with the Clare College [Data Protection Policy](#).*

**Emma Easterbrook**  
**Assistant Bursar**  
**September 2021**