



Selwyn College Cambridge

GYM USAGE POLICY

Introduction

This policy is designed to promote, protect and regulate the use of the College gym and its facilities.

Gym Equipment

The gym consists of the following equipment: (**Note:** Exact equipment may vary)

Assorted power bands	1 set dumbbells x 20 (5 – 30 kg)
1 elliptical trainer	1 set kettlebells x 11
2 incline benches (+ leg extension attachments)	Set of weights: 4 bumpers
2 indoor cycles	2 x 20 kg
1 multi press rack	2 x 10 kg
2 rowing machines	Metal weights:
1 treadmill	2 x 20 kg
2 gym balls	6 x 10 kg
1 set medicine balls (x 4)	8 x 5 kg
3 x barbells with collars	4 x 2.5 kg
	4 x 1.25 kg

Who can use the Gym?

The gym is available solely for use by Selwyn Students, Fellows and Staff. Students from other Colleges may not use the gym. Any individual who uses the gym does so voluntarily and at the individuals' own risk. Selwyn College will not be liable for any injury sustained by any person as a result of using the gym equipment. No Student, Fellow or Member of Staff is permitted to use the gym unless they have attended a safety induction and the instructor has verified that you may use the equipment.

Induction for new users

New users of the gym must receive an induction session from a qualified instructor. Applications for induction are managed by the Deputy Head Porter. Please apply through the link on the College web site. Depending on the time of year and the number of pending applications a waiting list of persons requesting an induction is managed by the Deputy Head Porter. He will notify you of dates for inductions by email.

Before using the Gym Facility

- The College advises that before participating in an exercise programme all users should have a thorough physical examination from a medical practitioner.
- Any person with a history of heart disease, hypertension, diabetes or any degenerative joint or muscular disease should first obtain permission from their doctor.

- Do not eat a large meal or drink alcohol for at least 2 hours before exercise.
- Seek medical advice before using the equipment if you have a medical problem.
- Always ensure that your clothing and footwear are suitable and properly fitting.
- Avoid training alone. Try to ensure there is someone else present.
- Always warm up prior to exercise and cool down afterwards.
- Always warm up and stretch before exercise particularly before weight training. Gentle cardio work with a bike and stretching is excellent before starting on a weight training session or heavy lifting.

Use of the Gym

The gym is provided for the enjoyment of all who use it, irrespective of whether it is recreational for keeping fit, part of rehabilitation from an injury programme, or as part of a training programme for an individual sport. The gym is available for use at any time of the day and can be accessed via a 'late key'. Once your workout has been completed the gym must be locked to prevent unauthorised access. Only users of the gym who have had an induction session will be permitted to use the gym. Use of any gym equipment outside the gym is prohibited.

Gym Etiquette

The attached notice has been agreed by the Gym Management Group and is displayed in the Gym.

Gym Safety

There is a risk of injury when using (or misusing) weight training equipment. The following points should be observed:

- Inspect equipment before each use for loose, worn or frayed parts.
- Check that wire ropes are not frayed or kinked and that pulleys rotate freely.
- Report any problems with the equipment via the online Maintenance reporting system.
- Inform other gym users by placing one of the 'Out of order' signs provided on any equipment that is out of action.
- Space in the gym is limited. To avoid trip hazards, do not leave any personal belongings on the floor. Please use the coat hooks provided.
- Always lift and lower weights under control. Serious injury could result from lack of control, balance and form. Do not drop weights on the floor.
- Work with weight you can manage/handle.
- Do not continue training if you feel dizzy or unwell. Remember to breathe properly during exercise particularly when lifting weights.
- Do not tolerate horse-play around machinery and equipment.

Approved by College Council, • March 2017



GYM ETIQUETTE

We are all **EQUAL** in the gym no matter how much you lift, or the type of training you do.

The following guidelines are intended to ensure that all gym users **ENJOY** the facility and get the most out of each session.

- Be polite and **RESPECT** other gym users.
- Give and **CONSIDER** exercise space for others.
- Observe personal hygiene and dress appropriately.
- Tops and appropriate footwear must be worn **at all times**.
- Wipe down floor mats, benches and equipment after use.
- Put all equipment back, regardless of where you found it

If you lift it, please return it!

- Put all your rubbish in the bin.
- Report any damaged or broken equipment via the Maintenance online reporting system.

DON'T BE A GYM-TIMIDATOR.

- Avoid shouting and don't behave in a threatening or intimidating manner.
- Dropping weights doesn't impress, distracts others, shows a lack of control and can damage the equipment and floor.
- Focus on yourself and your workout – not on others and theirs.
- Don't monopolise equipment – allow for someone to 'work in' between sets.
- Phones disturb others – step outside if you need to.