



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.

### 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 when using the gym equipment. No Student, Fellow or Member of Staff is permitted to use the gym unless they have completed the induction for new users. Children are not allowed in the gym.

### Induction for New Users

New users of the gym are required to watch an online induction video in full (which can be found on the College website: <https://www.sel.cam.ac.uk/porters-lodge/college-gym>) read the **Gym Use Policy** and accompanying **Gym Etiquette Guide** and sign a declaration to confirm they will abide by both procedures. Gym users will be able to refer to the instructional video when using the equipment should they need to.

### Before using the Gym

- The College advises that you have a thorough physical examination with a medical practitioner before participating in an exercise programme.
- Seek medical advice before using the equipment if you have a medical condition.
- Do not eat a large meal or drink alcohol for at least 2 hours before exercise.
- Ensure your clothing and footwear are suitable and properly fitting.
- Avoid training alone. Try to ensure there is someone else present.
- 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 programme following an injury, or as part of a training programme for an individual sport.

Bookings can be made via the College website: <https://www.sel.cam.ac.uk/current-members/room-bookings>. The gym is available for use between 6.30 am and 10.00 pm 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 completed the induction will be permitted to use the gym. The use of gym equipment outside the gym is prohibited.

The machines provided in the gym are regularly serviced by an external contractor. Please report any problems with the equipment via the online Maintenance Reporting System (MRS): <https://www.sel.cam.ac.uk/> Inform other gym users if machines are out of use by placing one of the 'Out of order' signs provided on any equipment that is out of action.

Smoking, eating and drinking (except water) is prohibited in the gym at all times.

Users are responsible for their own property. The College will accept no responsibility for the loss, theft or damage of belongings brought into the gym by users.

The use of personal towel is required in order to avoid possible contagions and the deterioration of the equipment.

### **Gym Etiquette**

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

### **Gym Safety**

To avoid the 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.
- Space in the gym is limited and is restricted to those using the equipment. People who are not making use of the gym should not accompany gym users.
- Children are not permitted in the gym.
- 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.
- For the safety of all users, please refrain from preventing or interfering others' use of the equipment.
- Do not tolerate horse-play around machinery and equipment.

### **Gym Users' Group**

The gym is managed by the Gym Users Group, comprising of resident Fellows, JCR and MCR representatives, staff representatives and the Operations Manager and meets every term. If you have any comments (good or bad) or suggestions for equipment or improvement please contact [gym@sel.cam.ac.uk](mailto:gym@sel.cam.ac.uk)

### **Policy Review**

This policy and the associated Gym Etiquette Guide are reviewed every three years.

Approved by College Council

2 May 2023

# Gym Etiquette

The following guidelines are intended to ensure that the gym can be used **SAFELY** and that users **ENJOY** the facility and are able to get the most out of each session.

- **SANITISE** your hands when you enter and leave the gym.
- **SANITISE** floor mats, benches and equipment **BEFORE** and **AFTER** use.
- Please leave the gym empty for 15 minutes between sessions to refresh the air quality.
- Always use a towel when using all equipment.
- Respect **SOCIAL DISTANCING**.
- We are all **EQUAL** in the gym, no matter how much you lift, or the type of training you do.
- Tops and appropriate footwear must be worn at all times.
- Be polite and **RESPECT** other gym users.
- **GIVE** and **CONSIDER** exercise space for others.
- Observe personal hygiene and dress appropriately.
- 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: <https://maintenance.sel.cam.ac.uk/>

## **DON'T BE A GYM-TIMIDATOR**

- Avoid shouting and don't behave in a threatening or intimidating manner.
- Dropping weights doesn't impress; it 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.