



The Gym

Gym Application and Membership

1. The College Gym is located on the top floor of the Dorothy Garrod Building, accessed from X staircase and lift (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: 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
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 who will arrange an induction session with one of the staff trainers.

Opening Hours

- ✓ The Gym is open from 05:00 – 23.00, seven days a week.
- ✓ The opening hours and who can have access is shown below:
 - 05.00 to 07.00 inducted Newnham students only**
 - 07.00 to 09.00 open to all inducted Newnham members**
 - 09.00 to 09.30 closed for cleaning (the Gym remains open on weekends)*
 - 09.30 to 19.00 open to all inducted Newnham members**
 - 19.00 to 23.00 inducted Newnham students only**
- ✓ 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

- ✓ Members can attend a one-hour session in the gym, with up to 15 members per session. Members may attend a maximum of two sessions per day.
- ✓ If you arrive at the gym and find 15 people inside you will have to wait until another member leaves.

Newnham Clubs or Societies Private Group Sessions

The Gym may be booked for private group sessions. There are several rules to be followed for these private sessions:

1. A private session may be booked between 10am and 11.30am Monday to Friday only. **No private sessions are to be held over the weekends.**
2. Each private session must be no longer than 90 minutes.
3. A maximum of 15 members to attend (including the person leading the session).
4. There will be a maximum of one booking per fortnight per society, on a first come first served basis.
5. Individuals or Newnham Societies wishing to book a private session must email the JCR Sports Officer who will confirm the booking: jcr.sports@newn.cam.ac.uk
6. **All those attending these sessions must be inducted Newnham students ONLY (i.e. Newnham students that have completed their gym induction).**
7. Each private session must be publicised at least five working days prior to the session, by the organiser of the session leaving a poster on the door to the Gym, so that all inducted Newnham gym members are aware in advance of this private booking.
8. Individuals or groups organising a private session can co-ordinate to go together without having to exclusively book the space, but there must be no more than 15 people in the gym at the same time.
9. If an External Trainer is taking a session they must provide a copy of their professional qualifications and their professional insurance to the Domestic Bursar in advance of the session: domestic.bursar@newn.cam.ac.uk & complete a College Risk Assessment in advance. They are also NOT allowed to charge those attending these sessions.

Rules

1. **The Gym is only open to Newnham members.** It is forbidden to allow access to the Gym to any other person, whether member or non-member. Every member must use their own Newnham University ID card to access the Gym. **Guests of members are not permitted.**
2. The maximum user time is one-hour (unless during a private session as noted above). 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. Please ensure you do not remain in the Gym beyond your one-hour session.

Newnham Gym Induction, Membership and Rules

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.**
5. All users of the Gym must abide by the following precautions to ensure the space remains a safe place to train:
 - ✓ Do not use the Gym if you are feeling unwell, even if not related to COVID-19.
 - ✓ Please wash your hands before entering the Gym (hot water and soap found in the toilet/shower room in this area).
 - ✓ Only minimal personal possessions should be brought into the gym (no large bags and/or multiple bags). Leave these in the changing room provided. Please be considerate of other users..
 - ✓ Face coverings if required in College 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 sink tap 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. Gym equipment should not be used for activities that are not what it was meant/designed for. For example do NOT use the weight bench instead of a plyometrics jump box, as this was not its intended use.
13. **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.**

14. Any damage or faults with the equipment must be reported by email to the Domestic Bursar: domestic.bursar@newn.cam.ac.uk
15. **Failure to abide by the rules above will result in the cancellation of your membership.**

Safe Use of Gym Equipment:

1. Gym users should visually inspect the gym equipment before starting to use it. For example, check the machine is flat on the floor, not wet or damaged by a previous user.
2. Check the surroundings to ensure that no items have been moved that might endanger the person using the equipment, or those close by.
3. Gym equipment must not be used for activities that are not what it was meant or designed for, for example jumping onto or off a weight bench.
4. Gym users should follow the guidance provided at their induction (and also available via the QR codes on many of the machines) about the correct use of each item of gym equipment.
5. Individual personal factors need to be considered when using the equipment and at what level to use the equipment (for example, weight or speed). These personal factors include:
 - Age
 - Body weight / body strength and general level of body conditioning
 - Experience
 - Previous injury / General Health (ie do not exercise if you have a heavy cold!)
6. Other factors affecting the safe use of equipment include:
 - **Warm-up** – ensure you do a full warm up before using a machine or piece of equipment – this includes stretching and dynamic exercises.
 - **Progression** – ensure you pace yourself, for example do not set the running machine on speed 10 without first having spent time building up your strength & stamina to cope with higher speeds.
 - **Recovery time** – ensure you allow adequate recovery time between sessions.
 - **Frequency** – consider the frequency of your training.
7. Gym users should not use any equipment that they do not feel confident in using – if required they should ask for refresher training.
8. **With regard to plyometric training (using a plyometric jump box), only those with additional specific plyometric training should use this form of training, as it requires an adequate base of speed and strength to use safely.** The box should only be used on a floor mat and not on the Gym floor, to ensure that should a person fall they have a softer surface to land on.

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