



# Robinson College Exercise Spaces

## Membership Rules & Advice

**1** These rules are designed to promote protect and regulate the use of the exercise spaces.

**2** Induction is carried out via the induction video. Once induction and the PAR-Q form has been completed and signed, membership will be confirmed and access to the exercise spaces will be permitted. Members are required to present their card to the Porters so that it can be enabled for door access

**3** The exercise spaces are for members only and not members of the public (i.e.: guests of members). The College has carried out risk assessments and developed safe operating procedures to ensure that the areas are maintained and used safely. Copies of the Risk Assessment are available on request from the Domestic Bursar.

**4** Guests are not permitted. Members should refrain from bringing friends or individuals who are not members into the exercise spaces at any time. Access to the exercise spaces is via electronic keycard (i.e.: Uni ID). Sharing this card with others, even other members of College, is strictly forbidden, and persons found doing so may have their membership suspended. Please do not allow other people who are outside the spaces into the rooms when you enter. All members have their own access cards and letting others in can increase risks of incidents or accidents.

**5** Ideally individuals should not exercise alone in the exercise spaces – please always bring a training partner where possible.

**6** Members are required to respect the designated opening and closing times for the exercise spaces (7.00am – 9.00pm, Mon – Sun). Access outside of these times is not permitted. Please also note that Housekeeping staff clean these areas 9.15am – 9.45am when access is also precluded.

**7** There are no changing, washing or toilet facilities in the exercises spaces. Members are expected to arrive changed and ready to exercise.

### Etiquette

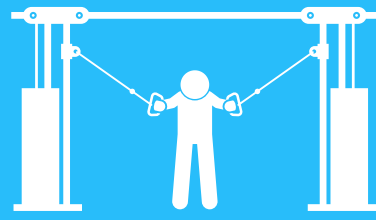
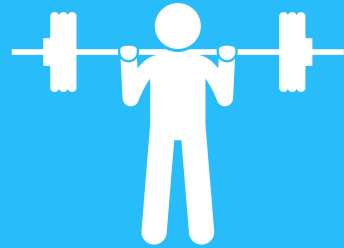
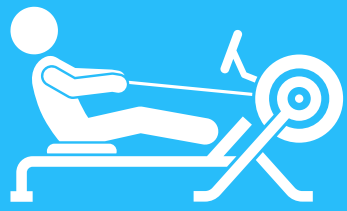
- 8**
- The exercise areas gym should be kept clean and tidy at all times.
  - Suitable trainers must be worn; rugby and football boots and muddy footwear are not allowed. Users are not allowed to train without suitable footwear as this is a safety hazard when working with weights.
  - All litter or drinking bottles and cartons should be placed in the waste bin provided.
  - Be considerate of other users
  - Be conscious about use of space – minimise space for your individual work to be kind enough to accommodate others.
  - Please bring a towel to place over seats or benches Please observe the instructions for cleaning down equipment after use.
  - Always return weights after use.
  - Do not bring food or drink in the gym, except water in appropriate plastic water bottles.
  - Always leave the gym how you would like to find it

### Gym Safety Rules

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

- 9**
- 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 to the Duty Porter (Tel: 01223 339100).
  - Space in the rooms is limited. To avoid trip hazards, do not leave any personal belongings on the floor.
  - 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.





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Any individual who uses the gym does so voluntarily and at their own risk. By using the Robinson Exercise Spaces, you accept full responsibility for any and all injuries, losses and damages that incur while attending, exercising or participating in sessions.

- You are recommended to complete the Physical Activity Readiness Questionnaire (PAR-Q) - see below - before commencing regular exercise.
- The College also advises that before participating in an exercise programme you should have a thorough physical examination from a medical practitioner. If you have a history of heart disease, hypertension, diabetes or any degenerative joint or muscular disease, you should first obtain advice/permission from your 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. For your own safety, you are strongly advised to ensure there is someone else present when you train and exercise in the gym.
- Always warm up and stretch prior to exercise, particularly before weight training, and cool down and stretch afterwards.

