



St Edmund's College

**Gym Awareness / Users Guide
October 2011**

In order to use the gym you must firstly download (from the CR website) and return a signed gym access form to the Bursars Assistants office. Once returned, your card will be programmed to allow you access into the gym.

Only members of St Edmund's College that are authorised to do so can to use the gym.

The Gym opening times are Monday –Sunday 7.00am -10.00pm

Gym Rules

Do not give anyone else access to use the gym without them being authorised. Everyone who is authorised has their own student card to gain access.

No more than 6 people are authorised access to use the gym at any time.

New users to the gym should book to see a member of the sports team to discuss any issues they have with the use of equipment and the facilities.

All user of the gym **MUST** wear appropriate clothing for exercise. Footwear must be worn at all time as must T-shirts or other suitable tops.

You are advised not to drink alcohol or eat a heavy meal for up to two hours before training.

The gym door should be closed when training and the air conditioning should be switched on.

Dumbbells should be returned to the rack in the slots where they belong. Always remove your weights from the machines unless the next person specifically asks you to leave them on.

DO NOT drop weights. Dropping weights on the floor can cause injury to yourself or others and can also damage the equipment/ flooring. Always set them down as gently as you can.

Any damage must be reported immediately to Reception

Always wipe benches/ equipment down after use and make sure that you clean up any spilt liquids.

No food is allowed in the gym.

When in the gym take care at all times if you are uncertain how to use the equipment, **DO NOT USE IT** and seek the advice of the sports team.

If you think that you have hurt yourself, **STOP** immediately. Report any injuries to reception. First aid assistance can be requested and all injuries **MUST** be detailed in the accident book.

Any misuse of the gym/the corridor leading to the gym may result in your access being removed.

A CCTV camera is installed in the gym for your safety and security.

Please be aware of other gym users, particularly those exercising next to you when they are using a piece of equipment.

DO NOT move the exercise mats unless required. If you need to use in another location please return them to their original location.

Ensure that you keep hydrated during times of exercise. **ALL** drinks bottles/containers **MUST** have a lid secured on them.

Please keep the area around the entrance to the gym, including the corridor outside, clear at all times. No stretching exercises are to be carried out in this area.

I have read and agreed to the terms and conditions of the above document.

Date.....

Sign.....

Print.....

Email.....@cam.ac.uk