



Clare Hall 2021/22 Gym and Pool Membership Rules (v3.0 October 2022)

General Information. In lieu of a physical induction, Clare Hall requests all members read and understand this document including linked files and videos prior to using these facilities for the first time.

Location and Access. The Clare Hall gym is located at the far end of West Court, behind Robert Honeycomb Building. Users of *whatthreewords* may type *view.tests.rivers* to locate the main entrance. Entry is controlled via keycard, with **only registered and paid members allowed access.**

Facilities. The complex contains two gendered changing rooms, each with a toilet and showers, a unisex “easy-access” toilet, and a swimming pool alongside the gym. The gym itself is at the far entrance of the hallway, accessible via a single door. Two other doors open to the outside rear patio.

Gym Etiquette and Covid-19. All users are reminded to **book a user slot [here](#)** prior to use, to ensure access to desired equipment. At the time of writing only four users are permitted at one time (including two on the rowing machines). Users are to wear appropriate clothing and footwear throughout training; exercising topless is not permitted.

Authorised Use & Opening Hours. Use of the pool is restricted to College members and staff, with their partners and families (if included in membership). **Guests are not permitted in the pool or the gym.** The pool is open daily from 09.00am to 10.00pm. Variations to opening hours will be notified to users with at least 24 hours where possible. The pool is closed over holiday periods when staff are not available to monitor the chemical content of the water or to carry out cleaning. These closures will be notified to users.

Safety. A minimum of two adults (18+) **must** be physically present at all times during pool use, regardless of whether or not they are swimming. **Solo swimming is forbidden. Pool users that swim alone and disregard this safety rule will have their sports facilities membership restricted or cancelled.** Emergency services can be contacted by dialling 999 via the phone in the hallway entrance to the sports facility. There is also an automatic external defibrillator in the hallway. Sports facilities users are required to complete a PAR-Q (physical activity readiness questionnaire, see later in this document). A PAR-Q must be completed for all users, including children. Pool users must familiarise themselves with the posters and the signs in the pool area, detailing safety arrangements. There are no lifeguards on duty at the pool. At its deepest, the pool is 2 meters. No electrical devices are permitted in the pool itself (phones/phone chargers, mains powered equipment of any kind). The only consumable which may be brought poolside is water. Alcohol and drugs are not permitted in or around the pool and gym.

Security. Personal items should be stored in the lockers provided, which are only for use while using the pool and gym. Lockers must not be used for general storage of clothing or equipment; items found to be left long-term in these lockers will be removed and held at the Porters’ Lodge for collection. Access to the pool and gym 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 pool and gym access withdrawn.** Please do not allow other people who are outside the gym and pool into the building when you enter. All members have their own access cards and letting others in can increase risks of incidents, accidents or security breaches.

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

Children. There **must** always be a minimum of two adults (aged 18+) present in the pool during use. Children under the age of 18 may use the pool only when accompanied by their parents or another adult authorised by their parents, who must be a competent swimmer. School friends and play mates of children on site are NOT permitted in the pool.

Non-Swimmers. Non-swimmers may use the pool only when accompanied by a competent adult swimmer.



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Courtesy and Cleanliness. Pool users must use the showers before entering the pool, and are expected to be careful and considerate of other swimmers. In particular users must not run on the pool surrounds. No diving is permitted. With the exception of lidded water bottles (e.g.: sports bottles) **containing water only**, no drink, food, glassware or crockery is to be brought into the pool enclosure.

Use of the gym. This guidance is designed to promote protect and regulate the use of the College gym. Risk assessments are available on request from the Domestic Bursar.

Gym Equipment. The gym consists of the following equipment: (Note: exact equipment may vary)

- Life Fitness – Club Series Treadmill
- Life Fitness – 9500HR Elliptical
- Concept Rower (2 units)
- Cybex – seated leg press
- Dumbbells – up to 30kg maximum
- Incline benches (2 benches)
- Flat bench (1 bench)
- Olympic weights and 2 bars – largest plate 20kg
- Squat rack and chin station combo
- 4 gym balls
- Crossover multi-station, bench and platform by Omni
- Kettle bells 4kg to 24kg

Who can use the Gym? The gym is available solely for use by Clare Hall members and their families who are **over 18 years of age**. Students from other Colleges may **not** use the gym. Any individual who uses the gym does so voluntarily and at their own risk. Clare Hall will not be liable for any injury sustained by any person as a result of using the gym equipment. All users of the gym and pool must read this induction documentation and ask for assistance using equipment with which they are not familiar. There are no formal induction sessions but users are encouraged to review the instructional videos [here](#) prior to first use, and to ask advice from the College if uncertain how to operate or use any item within the gym.

- 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. 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 afterwards.
- 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 recreation, for keeping fit, rehabilitation from injury, or as part of a training programme for an individual sport. In limited circumstances equipment may be used directly outside the rear of the gym (i.e.: rowing machines, under the awning, to make space for more users allowing a safer experience with regards Covid-19). A first aid kit, defibrillator and a telephone to call emergency services, and three panic buttons to attract the Duty Porter's attention are provided.



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Gym Etiquette. The gym should be kept clean and tidy at all times. Suitable trainers must be worn; outdoor, 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, especially at busy times. Please bring a towel to place over seats or benches and wipe down the upholstery after use. With especial regard to Covid-19, users are required to clean all equipment before and 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:

- 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 332 360).
- Space in the gym 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.
- Do not tolerate horse-play around machinery and equipment.

Clare Hall – Summary of Gym and Pool Rules

- Pool not to be used unless two adults (18+) are physically present throughout
- No running
- No diving
- No unsupervised or uncontrolled jumping in
- No wrestling
- No acrobatics or gymnastics
- No ducking
- No bombing
- No pushing in from poolside
- No inflatable toys, boats or ball games
- No children under the age of 18 may use the pool unless accompanied by a responsible adult
- Children aged 4 or younger are requested to wear a buoyancy aid before entering the pool and at all times while in the pool (arm bands, inflatable ring, or costumes with floatation aids) and supervised in the water by a competent adult swimmer at all times
- Children are not permitted in the pool in nappies
- The pool is for use by members and their families only
- Gym use with appropriate clothing and footwear
- No topless or shirtless exercising in the gym
- No children (i.e.: anyone under 18 years of age) are permitted in the gym at any time
- No guests are permitted in either pool or gym