

Gym and Swimming Pool Membership Rules - 2023/24

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 and swimming pool are 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 “easyaccess” 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: All users are reminded to book a user-slot [here](#), prior to use. To ensure that users have a positive experience, only **six** users are permitted in the gym at one time (including two on the rowing machines). Users are to wear appropriate clothing and footwear throughout training; exercising topless is not permitted. **Please wipe down the equipment after use;**

Authorised Use & Opening Hours: Use of the swimming pool is restricted to College members and staff, with their partners and families (if included in membership). **Guests are not permitted in the swimming pool or the gym.** The swimming 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, portable speakers/radios, mains powered equipment of any kind etc.). 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 the use of those present in the pool and gym, and should be taken away at the end of the session.

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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. **Please note**; the College accepts no responsibility for personal items lost, damaged, or stolen whilst they are in the sports facilities (including the lockers).

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 may be outside the gym and pool complex, into the building when you enter. All genuine members have their own access cards. Letting others in can increase the risks of incidents, accidents and/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 these 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, but **only** when accompanied by their parents or another adult authorised by their parents, and 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;

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, and Jumping and Diving are NOT 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 contains 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

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- 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. Guests, including 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 advised 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;
- Seek medical advice before using the equipment if you have any medical issue;
- Do not eat a large meal or drink alcohol for at least 2 hours before exercise;
- 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 for recreation, keeping fit, rehabilitation from injury, or as part of a training programme for an individual sport. In strictly limited circumstances, equipment may be used directly outside the rear of the gym (i.e.: rowing machines, under the awning). A First Aid kit, Defibrillator, a Telephone to call the Emergency Services, and three Panic Buttons (to attract the Duty Porter's attention) are provided.

Gym Etiquette: The gym should be kept clean and tidy at all times. Suitable trainers must be worn; outdoor, rugby/football boots and muddy footwear are not allowed.

Users are not allowed to train without suitable footwear, as this is a safety hazard, particularly when working with weights. Always return weights after use.

Be considerate of other users, especially at busy times.

Please bring a towel to place over seats or benches and wipe down the upholstery and equipment after use.

Do not bring food or drink in the gym, except water in appropriate plastic water bottles. All litter or drinking bottles should be placed in the waste bins provided.

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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 a 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 participate in, or tolerate, horse-play around machinery and equipment.

Clare Hall – Summary of Gym and Pool Rules

Pool:

- Pool **not** to be used **unless** two adults (18+) are physically present throughout;
- No bombing, diving, ducking, jumping, running, or wrestling;
- No unsupervised or uncontrolled jumping in;
- No acrobatics or gymnastics;
- 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 (arm bands, inflatable ring, or costumes with floatation aids) before entering the pool, and at all times whilst in the pool, and **must** be supervised in the water by a competent adult swimmer at all times;
- Children are **not** permitted in the pool in nappies (with the exception of proper 'Swim Nappies'). Pool users that disregard this hygiene rule may have their sports facilities membership restricted or cancelled;
- The pool is for use by members and their families only. Guests are not permitted.

Gym:

- 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;
- The gym is for use by members and their families only. Guests are not permitted.