

## St Cuthbert's Society JCR Gym Code of Conduct

This Code of Conduct applies to the gyms at both Parson's Field and 8 South Bailey. It is intended to establish an environment in which authorised users can use the facilities safely. All users of the gyms must have signed this code of conduct and attended an induction session.



### GENERAL

- The gym is available only to members of St Cuthbert's Society JCR who have attended an induction and signed this code of conduct. Names of those who have done this will be recorded, kept and used to check gym attendees.
- The gym will be available from 10am - 6pm
- A maximum of 2 users will be in the facility at any one time.
- In the case of emergency ring 999. Contact the duty porter at Brooks House.
- Users must abide by all *University, College and fitness club health and safety requirements*. St Cuthbert's Society JCR does not take responsibility for members who decide to use the gym despite unsuitable health issues.
- The JCR exec, college staff and gym manager have the right to refuse entry to any members who we feel are in danger of causing themselves or others harm.
- St Cuthbert's Society JCR has the right to revoke the right to use the two gyms and impose penalties or fines dependent on the circumstances if a member is found to be misusing or damaging equipment or the facility.

### CONDITIONS OF USE

- A minimum of two people must always be present when the gym is being used.
- No smoking or eating is permitted, and drinking is restricted to bottled water in the gym.
- Users must not attempt to open, move, disconnect or in any way tamper with any of the facilities or equipment.
- Users must not remove or borrow equipment from the gym.
- Users are asked to leave the gym tidy, including returning weights to the racks provided.
- Users should report any damages or faults with the gym to the Facilities Manager ([facilities@cuths.com](mailto:facilities@cuths.com))
- Users must have watched both gym inductions available at [cuths.com](http://cuths.com) and signed this form in order to be able to use the Parson's or Bailey gyms.

## HEALTH

Taking part in physical activity is very safe for most people. However, some people should check with their doctor before they start increasing their activity levels. If any of the following apply, please talk to your doctor **before** you begin being more physically active:

- If you have a heart condition or you have been told that you should only do certain physical activities recommended by a doctor
- If you feel any pain in your chest when taking part in physical activity
- If you lose your balance because of dizziness
- If you ever lose consciousness
- If you have a joint problem that could be made worse by a change in your physical activity
- If your doctor currently prescribes drugs for blood pressure or a heart condition
- If you know of any other reason why you should not do physical activity

Important points to note:

- You should delay becoming more active if you are not feeling well due to a temporary illness such as a cold or fever; wait until you have fully recovered before you resume training.
- If you are or may be pregnant, talk to your doctor before becoming more active
- If your health changes so that you answer **yes** to any of the above questions, *tell your fitness instructor or health professional immediately* - you may have to change your physical activity plan.

## COVID-19

I agree that if I am suffering from COVID-19 symptoms including, but not limited to:

- A new continuous cough
- A high temperature
- A loss of, or change in, your normal sense of taste or smell (anosmia)

Or if I have been in contact with anyone who has tested positive for COVID-19 in the last seven days, then I will not use St Cuthbert's Society JCR's Gyms.

If I test positive for COVID-19 after having attended a St Cuthbert's Society JCR's Gym in the last seven days, then I will contact the Facilities Manager at [facilities@cuths.com](mailto:facilities@cuths.com) so that anyone using the gym at the same time can be informed, in line with government track and trace procedures.

I will always follow the specific COVID-19 guidelines within the gyms, as detailed in the induction videos, and acknowledge that failure to do so can result in my gym access being revoked.

I hereby confirm that I have read, understood and agree to what is outlined in the Code of Conduct and answered honestly to the questions outlined in the 'Health' section. I understand that I am participating in physical activities voluntarily in the gym which involves the risk of injury. I confirm that I am and will remain responsible for ensuring that any exercise I undertake is at a level suitable for my health and level of fitness. I also understand that I am responsible for obtaining appropriate medical advice before varying my level of physical activity. I consent to having my name stored for the purpose of verifying that I have been inducted for the duration of my membership with St Cuthbert's Society JCR.

Signed:

Date: