

# **GONVILLE & CAIUS COLLEGE**

## **GYM**

### ***How to become a Gym Member:***

**LOCATION:** The Gym is located on the **Ground Floor of Harvey Court.**

**OPENING HOURS:** The Gym is open from **6am – 11pm daily** except between 9am – 10am Mon – Fri when it will be closed for cleaning and essential maintenance.

**To use the gym you must first become a member.**

To do this, you must complete **all** the following stages:

#### **UNDERGRADUATES/GRADUATES:**

- a. **Membership Form:** Read the 'Gonville & Caius Membership Form' carefully and fill in all the questions on this form to the best of your knowledge and belief.  
→ Only sign one of the declarations at 5A or 5B (depending on whether you would like to attend a free Gym Induction.)
- b. **Gym Terms and Conditions:** Read, understand and agree to abide by the Gym Terms and Conditions.  
→ Sign the declaration on the sheet to affirm this (5C).
- c. **Post the signed forms** (Membership Form and Gym Terms and Conditions) in the "Gym boxes" located in either Porters' Lodge. Retain the Terms and Conditions for your future reference.
- d. **Annual Membership Period:** The Annual Membership period is 1 October – 30 September.
- e. **Membership Fees:** There is an membership fee which assists in maintaining and replacing the gym equipment. On initial application, the indicated fee below will be added to your next College Bill. For those wishing to sign up for the 3 or 4 years they are at College, special rates are available, but the whole sum of money will be taken on receipt of the application. No refunds will be available.

The cost of Gym membership is as follows:

- Annual membership - £10 per year
- 3 years membership - £25
- 4 years membership - £35

f. **Renewal of Membership:** If you choose the annual membership option, it will automatically renew with the £10 membership fee charged to your College Account unless it is cancelled in writing to the Gym Administrative Officer, who is the Senior Porter at Harvey Court, prior to the commencement of the new membership period (1 October).

g. **Membership Card:** You will be contacted when your membership card is ready for collection from the Harvey Court Porters' Lodge and your University Card will be activated for entry into the Gym.

h. **Induction:** If you have indicated on your form that you would like a free Gym induction then contact the Gym Administrative Officer to make an appointment.

## STAFF:

- a. **Membership Form:** Read the 'Gonville & Caius Membership Form' carefully and fill in all the questions on this form to the best of your knowledge and belief.  
→ Only sign one of the declarations at 5A or 5B (depending on whether you would like to attend a free Gym Induction.)
- b. **Gym Terms and Conditions:** Read, understand and agree to abide by the Gym Terms and Conditions.  
→ Sign the declaration on the sheet to affirm this (5C).
- c. **Post the signed forms** (Membership Form and Gym Terms and Conditions) in the "Gym boxes" located in either Porters' Lodge. Retain the Terms and Conditions for your future reference.
- d. **Annual Membership Period:** The Annual Membership period is 1 October – 30 September.
- e. **Membership Fee:** There is a £15 annual membership fee which assists in maintaining and replacing the gym equipment. On initial application, a cheque or cash should be attached to the application form and posted in the Gym membership boxes in either Porters lodge or handed in person to the Gym Administrative Officer who is the Senior Porter at Harvey Court. No refunds will be available.
- f. **Renewal of Membership:** During August /September, all current members will be contacted to enquire whether they wish to continue with membership for the following year. If further membership is declined then this will cease on the 30<sup>th</sup> September and access rights to the Gymnasium will be removed. Those wishing to continue with membership will have until the 1<sup>st</sup> October to renew their membership by placing a cheque or cash in the Gym membership boxes in either Porters Lodge or handed in person to the Gym Administrative Officer. If this is not done, then membership will be cancelled and access rights to the Gymnasium removed.
- g. **Membership Card:** You will be contacted when your membership card is ready for collection from the Harvey Court Porters' Lodge and your University Card will be activated for entry into the Gym.
- h. **Induction:** If you have indicated on your form that you would like a free Gym induction then contact the Gym Administrative Officer to make an appointment.

## FELLOWS:

- a. **Membership Form:** Read the 'Gonville & Caius Membership Form' carefully and fill in all the questions on this form to the best of your knowledge and belief.  
→ Only sign one of the declarations at 5A or 5B (depending on whether you would like to attend a free Gym Induction.)
- b. **Gym Terms and Conditions:** Read, understand and agree to abide by the Gym Terms and Conditions.  
→ Sign the declaration on the sheet to affirm this (5C).
- c. **Post the signed forms** (Membership Form and Gym Terms and Conditions) in the "Gym boxes" located in either Porters' Lodge. Retain the Terms and Conditions for your future reference.
- d. **Annual Membership Period:** The Annual Membership period is 1 October – 30 September.
- e. **Membership Fee:** There is a £15 annual membership fee which assists in maintaining and replacing the gym equipment. On receiving the initial application the fee will be added to your College Account. No refunds will be available.
- f. **Renewal of Membership:** Your annual membership will be automatically renewed with the £15 membership fee charged to your College Account unless it is cancelled in writing to the Gym Administrative Officer prior to the commencement of the new membership period (1 October each year).
- g. **Membership Card:** You will be contacted when your membership card is ready for collection from the Harvey Court Porters' Lodge. Your University Card will be activated for entry into the Gym.
- h. **Induction:** If you have indicated on your form that you would like a free Gym induction then contact the Gym Administrative Officer to arrange an appointment.

# **GONVILLE & CAIUS COLLEGE GYM MEMBERSHIP FORM.**

ONLY PLACE PAGES 3 & 4 INTO THE PORTERS LODGE GYM BOXES – RETAIN OTHER SHEETS FOR YOUR RECORDS

**(PLEASE COMPLETE IN BLOCK CAPITALS)**

## **1. PERSONAL DETAILS:**

Name: \_\_\_\_\_

Date of Birth (DD/MM/YYYY): \_\_\_/\_\_\_/20\_\_\_

E-mail: \_\_\_\_\_@cam.ac.uk

College Status (DELETE AS APPLICABLE): Undergraduate / Graduate / Member of Staff / Fellow

If you are an Undergraduate/Graduate, in which year will you graduate or depart from College? 20\_\_

## **2. MEDICAL DETAILS:**

(PLEASE CONSULT YOUR DOCTOR BEFORE BEGINNING ANY PROGRAMME OF PHYSICAL EXERCISE)

a. When was the last time you were in a regular program of exercise? (PLEASE CIRCLE)

Currently    Less than 1 year ago    1-3 years ago    3+ years

b. Have you used a Gym before? (DELETE AS APPLICABLE)

Yes / No

c. Have you ever had a gym induction before? (DELETE AS APPLICABLE):

Yes / No

d. How often do you plan on using the Gym per week? (PLEASE CIRCLE)

1    2    3    4    5    5+

e. If you suffer from any of the conditions listed below, it is **ESSENTIAL** that you consult your Doctor and obtain approval before beginning a program of exercise:

Any serious physical disability	Recent involvement in a serious accident or undergone surgery
Epilepsy	Any back/neck problems
Asthma/Eczema/Hay Fever	Any shoulder problems
Shortness of breath	Any knee problems
Diabetes	Any family history of the above
High Blood Pressure	Any recurring illness in the past 6 months
Heart problems/chest pain/angina/respiratory problems	If your doctor has ever advised you not to exercise

By signing this form, you agree that if you do suffer from any of the above conditions, you have consulted your Doctor and obtained approval for beginning a program of exercise before joining the Gonville & Caius College Gym. You must also do this **if you smoke** or are/think you may be **pregnant**.

## **3. MEMBERSHIP DURATION - (Student Use Only)**

Please tick the appropriate box to indicate the length of membership required:

- Annual membership - £10 per year
- 3 years membership - £25
- 4 years membership - £35

## **4. INDUCTION**

The Gonville & Caius College Gym offers free inductions to all students, staff and Fellows irrespective of an individual's previous gym experience. Whilst inductions are strongly recommended before using the Gym, they are not mandatory.

**Would you like an induction session at the Gonville & Caius College Gym?**

Yes / No

## **5. DECLARATIONS:**

- Please **SIGN EITHER DECLARATION 5A OR 5B** (depending on whether or not you would like an induction session)
- Regardless of whether you would like an induction please **SIGN DECLARATION 5C.**

### **5A. DECLARATION (without induction):**

#### **BY SIGNING THIS FORM I DECLARE THAT:**

→ I have read and understood this Membership Form and have answered all the questions to the best of my knowledge and belief at the time of signing.

→ If the answers to any of the above questions change at all, I must inform Gonville & Caius College so that my Gym Membership can be reassessed.

→ I am aware of and understand the potential risks associated with physical exercise and I am voluntarily taking part in these activities with that knowledge.

→ **By having been offered and declined a free induction session** to the Gonville & Caius College Gym I have had the opportunity to ask questions regarding activities, use of equipment, other related activities and to have the benefit of the induction programme. Any questions I have asked have been answered to my satisfaction.

→ Without prejudice to either the above or the Rules of the Gonville & Caius College Gym, Gonville & Caius College accepts no liability for loss or damage of whatever nature and however caused to me or suffered by me whilst on the premises, unless such loss or liability is caused by the negligence of members of Gonville & Caius College.

**Signature:** \_\_\_\_\_ **Print name:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/\_\_\_\_\_

### **5B. DECLARATION (with induction):**

(Membership will be effective once induction is complete):

#### **BY SIGNING THIS FORM I DECLARE THAT:**

→ I have read and understood this Membership Form and have answered all the questions to the best of my knowledge and belief at the time of signing.

→ If the answers to any of the above questions change at all, I must inform Gonville & Caius College so that my Gym Membership can be reassessed.

→ I am aware of and understand the potential risks associated with physical exercise and I am voluntarily taking part in these activities with that knowledge.

→ **By having accepted the offer of a free induction session** to the Gonville & Caius College Gym I have had the opportunity to ask questions regarding activities, use of equipment, other related activities and to have the benefit of the induction programme. Any questions I have asked have been answered to my satisfaction.

→ Without prejudice to either the above or the Rules of the Gonville & Caius College Gym, Gonville & Caius College accepts no liability for loss or damage of whatever nature and however caused to me or suffered by me whilst on the premises, unless such loss or liability is caused by the negligence of members of Gonville & Caius College.

**Signature:** \_\_\_\_\_ **Print name:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/\_\_\_\_\_

### **5C. DECLARATION (sign this regardless of whether you want an induction):**

#### **BY SIGNING THIS I DECLARE THAT:**

→ I have read, understood and agree to abide by the Gonville & Caius College Gym Terms and Conditions.

→ I consent to and agree to pay the membership fee to the Gonville & Caius College Gym to provide for the maintenance and replacement of the gym equipment.

→ I understand that breach of any of the Gym Rules will result in the temporary or permanent revocation of my Gym Membership.

→ I have paid particular attention to the section of the Gym Terms and Conditions entitled 'Liability' and understand its implications.

**Signature:** \_\_\_\_\_ **Print name:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/\_\_\_\_\_

# GONVILLE & CAIUS GYM: TERMS & CONDITIONS:

**(DO NOT HAND THIS FORM IN WITH YOUR MEMBERSHIP APPLICATION – KEEP IT FOR FUTURE REFERENCE.)**

(GONVILLE AND CAIUS COLLEGE RESERVE THE RIGHT TO CHANGE RULES, TERMS AND CONDITIONS AS REGARDS THE GONVILLE & CAIUS COLLEGE GYM ('THE GYM') WITHOUT PRIOR NOTICE.)

**Breach of any of the following terms and conditions will result in temporary or permanent revocation of the Gym Membership of any individual concerned. A copy of these rules is clearly displayed in the Gym.**

## **MEMBERSHIP:**

- a. **Current members of Gonville & Caius College only:** Membership to the Gym is only available to current members of Gonville & Caius College. You must not allow a non-Caian or non-member use the Gym.
- b. **You must be a member of the Gym in order to use it:** The Gym may only be used by people who have become a member and in doing so have either signing up for an induction session or agreed to the waiver. Any person found using the Gym who is not a member will asked to leave immediately.
- c. **Membership Fee:** There is an annual membership fee to join the Gym to provide for the maintenance and replacement of the equipment . For Fellows and Students, this will be added to your College Bills. This fee once paid is non-refundable.
- d. **Right to refuse entry:** Gonville & Caius College reserves the right to refuse entry to the Gym at any time and to terminate memberships with immediate effect. Gonville & Caius College shall be entitled to make alterations, carry out repairs or maintenance without prior notice, though every effort will be made to minimise inconvenience to Gym members.

## **MEMBERSHIP CARDS:**

- a. **Carrying of Membership Cards and University Cards:** These cards must be carried at all times when using the Gonville & Caius Gym.
  - i. Failure to carry your membership card will result in being asked to leave the Gym immediately.
  - ii. Persistent failure to carry membership card will result in membership being temporarily or permanently revoked.
- b. **Lending Membership Cards is strictly prohibited:** The lending of Gym Membership Cards is strictly prohibited regardless of whether the person the card is lent to is a member of the Gonville & Caius Gym in their own right.
- c. **Lost Membership Cards:** If you lose your card then contact the Gym Administrative Officer as soon as possible. An administrative charge of £2 may be added to either your College Bill or in respect of staff, an invoice raised for payment for every replacement card you require.

## **LIABILITY:**

- a. **Health and Physical Condition:** Members of the Gym engaging in activities within the Gym or making use of its facilities are responsible for ensuring that he or she is properly equipped and that his or her state of health and physical condition are such as not to involve any risk to themselves or any other person making use of the Gym.
- b. **Injury:** Gonville & Caius College accepts no responsibility for accident, damage, injury, death, illness or misadventure caused to or suffered by members in the Gym, unless caused by the wilful default or negligence of the College, its members and staff.
- c. **Insurance:** Members are responsible for their own insurance in respect of personal injury, loss or damage to equipment or personal belongings and third party injury or damage to property.

## **USE OF THE GYM:**

- a. **Opening Hours:** The Gym will be open from 6am until 11pm 7 days a week. The Gym will be closed from 10am-11am Monday-Friday for cleaning and essential maintenance.
- b. **Panic Alarm:** For user's safety, there are two panic alarms installed within the Gym at low level in case of an emergency. These alarms connect to the Harvey Court Lodge and if activated a Porter will attend. Improper use of these alarms may result in your membership being permanently revoked.
- c. **Personal Belongings:** No bags or coats are allowed inside the Gym; they should be kept in the Locker Room . As is consistent with all College property, Gonville & Caius College accepts no liability for the loss of or damage to personal belongings of members in the Gym or Locker Room
- d. **Shirts and suitable footwear must be worn in the gym at all times.**
- e. **Food and Drink:** No food is to be brought into the Gym. Suitable drinks are allowed for consumption in the Gym (e.g.water). Bringing alcohol into the Gym is strictly prohibited.
- f. **Intoxication:** Using the Gym whilst intoxicated is strictly prohibited.

## **ETIQUETTE:**

- a. **Cleaning Equipment:** You must wipe down equipment with the paper towels and disinfectant spray provided after you have finished using the equipment.
- b. **Conduct:** Good training techniques and practices must be followed. You are required to conduct yourself in a quiet, well mannered fashion at all times.
- c. **Music:** Personal music players (which use headphones/ear pieces) are allowed in the Gym. The volume of such devices must be kept at an appropriate level so as not to disturb fellow Gym users. The use of any other music players (namely those which project music through speakers) is prohibited.
- d. **Use of Equipment:** Do not use the cardiovascular machines for more than twenty minutes at peak times. Allow others to use the weight machines and free-weights between sets.
- e. **Free-weights:** Return all free-weights to the stack once finished.

**PLEASE RETAIN THE GONVILLE & CAIUS GYM TERMS AND CONDITIONS FOR YOUR OWN RECORDS.**