

FITNESS SUITE INDUCTION

FULL NAME:

DOB:

CRSID:

STUDENT/STAFF/FELLOW (DELETE AS APPLICABLE)

PLEASE COMPLETE THE BELOW TO LET THE COLLEGE KNOW IF YOU HAVE ANY HEALTH CONDITIONS (DELETE AS APPLICABLE):

HEART PROBLEMS YES/NO

PAIN IN CHEST WHEN EXERCISING YES/NO

HIGH BLOOD PRESSURE YES/NO

LOW BLOOD PRESSURE YES/NO

BREATHING DIFFICULTIES OR ASTHMA YES/NO

DIABETES YES/NO

FAINTING YES/NO

JOINT PROBLEMS YES/NO

BACK COMPLAINTS YES/NO

EPILEPSY YES/NO

ARE YOU ON ANY MEDICATION? (PLEASE GIVE DETAILS)

ANY RECENT SIGNIFICANT ILLNESSES/OPERATIONS?

PLEASE GIVE ANY FURTHER INFORMATION ABOUT THE ABOVE (IF RELEVANT):

IF YOU HAVE ANSWERED YES TO ANY OF THE HEALTH QUESTIONS YOU MUST CONSULT YOUR DOCTOR PRIOR TO USING THE FITNESS SUITE. IN SOME CASES THE COLLEGE MAY REQUEST A LETTER FROM YOUR DOCTOR CONFIRMING THAT YOU ARE FIT TO EXERCISE.

DECLARATION:

- I HAVE READ THE RULES FOR THE USE OF THE FITNESS SUITE AND AGREE TO ABIDE BY THEM.
- I HAVE, TO THE BEST OF MY KNOWLEDGE, COMPLETED THE QUESTIONS ABOUT MY HEALTH HONESTLY
- I HAVE INCLUDED ABOVE ANY RELEVANT INFORMATION REGARDING MY USE OF THE FITNESS SUITE.
- I HAVE OBTAINED THE ADVICE OF MY DOCTOR ON ANY HEALTH MATTERS, INCLUDING THOSE LISTED ABOVE, WHICH MAY BE RELEVANT TO MY USE OF THE FITNESS SUITE.

SIGNED:

DATE:

TO BE COMPLETED BY THE COLLEGE

INDUCTION TRAINING COMPLETED (DATE):

APPROVED? YES/NO

SIGNED:

DATE:

RULES FOR THE USE OF THE FITNESS SUITE:

- 1.** The Fitness Suite is not staffed or supervised. You must only use equipment in accordance with the instructions which are displayed, and exercise within your own safe limits. You must use the equipment in a safe and responsible manner, and be aware of your own safety, and the safety of others.
- 2.** No-one may use the Fitness Suite without having first completed the induction training provided by the College, completing an application form, and being approved by the College to use the Suite.
- 3.** You must only use the Fitness Suite when you are fit to do so.
- 4.** You must use your own University card to access the Fitness Suite. The Suite may not be used by guests, and you must not provide entry for others who have not completed the induction training, or do not have permission to use the Suite.
- 5.** You must not wedge open the door to the Suite, or tamper with the lock in order to allow entry to unauthorised users. The door must be kept locked at all times, in order to maintain security.
- 6.** No-one may use the Fitness Suite unaccompanied: there must be someone else present whenever you use the Suite.
- 7.** The Fitness Suite is available for use between 0700 & 0900, and between 1000 & 2200 **only** (the Suite will be cleaned between 0900 & 1000), and must be vacated by 2200. The Suite will be monitored by CCTV, to ensure that it is not used outside of these hours.
- 8.** Faults or breakages of equipment must be immediately reported to the Bursar (bursar@emma.cam.ac.uk).
- 9.** In an emergency, you must call the Porters' Lodge: 01223 334200.
- 10.** You must be dressed appropriately to use the Fitness Suite: this means sports attire and soft-soled trainers.
- 11.** All equipment must be stored correctly when you are finished with them. Equipment must not be left in the circulation spaces
- 12.** You must take a towel with you for use during training sessions, and all equipment must be wiped down after use.
- 13.** You must observe all notices about the use of equipment which may be displayed in the Fitness Suite.
- 14.** No food or drink, other than sports water bottles, may be taken into the Fitness Suite.
- 15.** No belongings may be stored in the Suite or the changing rooms. The College cannot accept responsibility for your belongings, or theft occurring whilst using the Fitness Suite.
- 16.** All music etc. must be played through headphones. Noise must be kept to a minimum, and you must show respect for other users and those elsewhere in 22 Parkside.
- 17.** Cardio equipment must not be used for more than 20 minutes at a time to allow others access to the equipment.
- 18.** The Bursar or Senior Tutor may revoke your right to use the Suite if these rules are broken, or for any other good reason. By signing this application form, you are agreeing to abide by the rules set out here.