

Code of Conduct

GENERAL

- 🚫 The University of Cambridge Sports Centre does not accept any form of threatening or abusive behaviour towards its members, guests or staff.
- 🚫 Please bring your membership card with you every time you use the centre. Cards may only be used by the named person on the membership.
- 🚫 Please comply with staff instructions.
- 🚫 Please use the lockers provided in the changing rooms. Bags and coats should not be taken into activity areas.
- 🚫 Drinks are only permitted in the gyms, sports hall, studios or multi-purpose room if in an appropriate sports bottle.
- 🚫 Please assist the staff by reporting spillages to reception immediately.
- 🚫 Please dispose of any rubbish in the appropriate bins provided around the centre.
- 🚫 All members must wear suitable clothing and footwear at all times whilst on the premises.
- 🚫 Denim clothing, open-toed sandals, flip flops, socks and bare feet are not permitted in the gyms or court areas.
- 🚫 Please report any abuse, misuse of equipment or maintenance issues to reception immediately.
- 🚫 The premises should be vacated by 10pm (weekdays) or 8pm (weekends) respectively, including changing facilities.

SPORTS HALL, SQUASH, FIVES, & STUDIOS

- 🚫 All members must report to reception prior to starting their booking. For group bookings, only one person is required to report to reception.
- 🚫 Please return Hire equipment to reception immediately after the booking has ended.
- 🚫 Bookings are for 55 minutes, starting on the hour and finishing at 5 minutes to the hour (sports hall) or on the half hour for studios.

FITNESS SUITE, STRENGTH AND CONDITIONING SUITE & TEAM TRAINING ROOM

- 🚫 To gain access to the fitness suite and Strength & Conditioning room swipe your membership cards at the entrance turnstile.
- 🚫 Please bring a towel to wipe down all items of kit after use (paper towel will also be provided).
- 🚫 Please ensure that you return any free weight plates, dumbbells, bars, kettlebells, bands and balls immediately after use and do not leave bars loaded with weights.
- 🚫 When carrying out exercise where the weight is returned to the ground, please use the platforms only.
- 🚫 Please use the collars provided at all times when working out with bars.
- 🚫 Platform Etiquette – please ensure that no items of equipment should come into contact with the wooden platform inserts.
- 🚫 Please avoid using mobile phones whilst in the fitness suite and strength & Conditioning room.