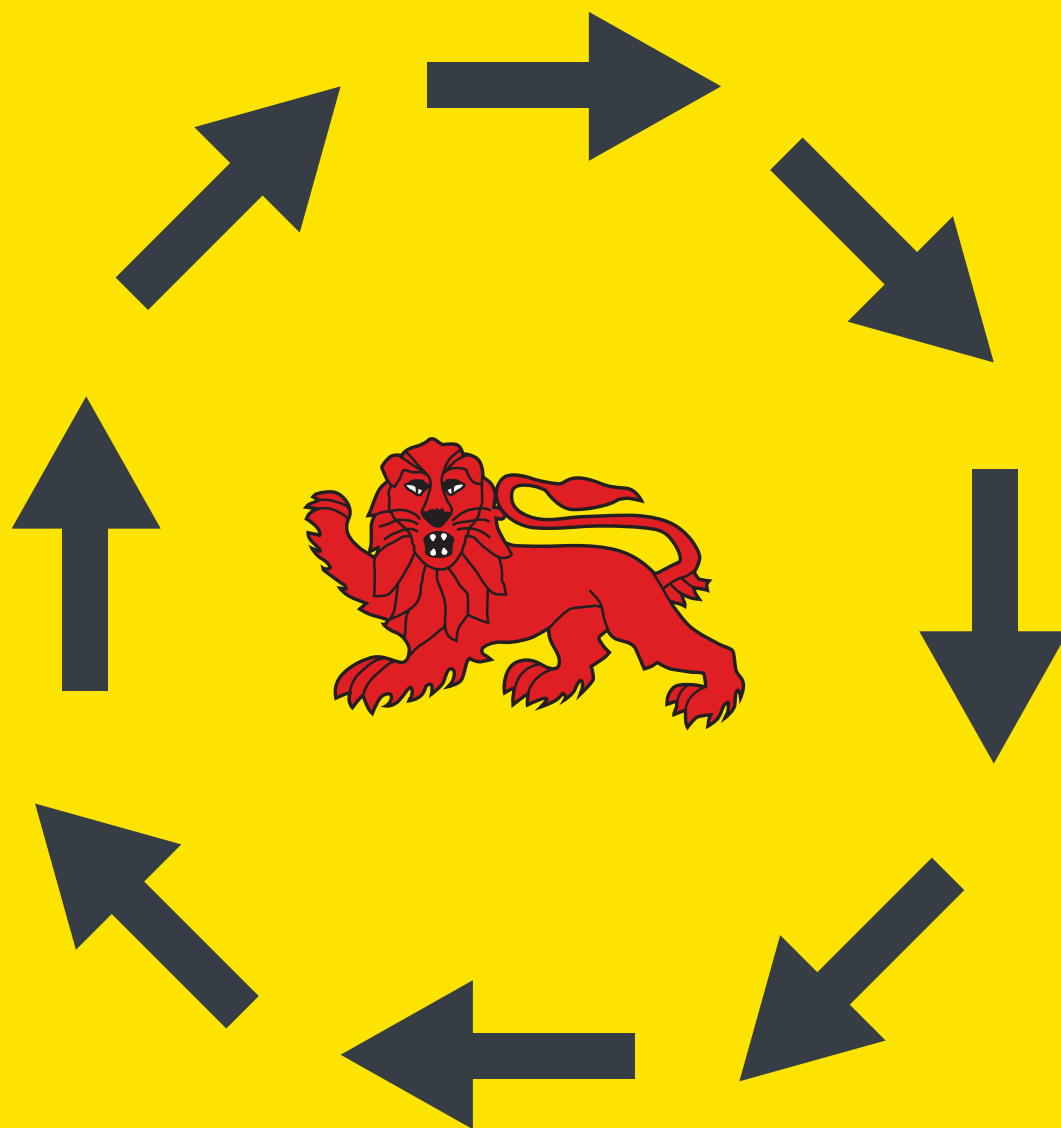


Phase 2

Advice and Guidance for all Sports Centre users to protect against COVID-19



Phase 2 is on its way!

We've been delighted to welcome back our existing members and welcome some new ones too. It's been especially great to see everyone following the guidance put in place to help keep you and us safe, thank you.

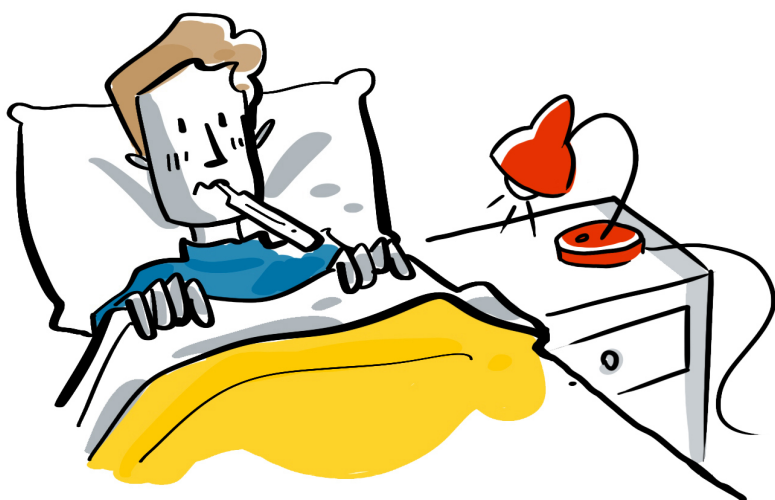
As we prepare for the upcoming University term, we are moving into phase 2 of our reopening. Before we are able to extend our hours and amount of sessions, there will be some disruption to the current timetable due to the University exams, detailed in this document.

This document aims to set out expectations, including what you can expect from us, and what we expect from you. Although there has been much progress made in the battle against COVID-19, there remains a risk and the situation remains changeable.

We have worked hard to put safety measures in place to help protect our staff and users against COVID-19 and it is essential that all guidelines and rules introduced in this document are followed at all times.

If you feel unwell or show any of the symptoms related to COVID-19, you should not visit the Sports Centre under any circumstances.

IF YOU HAVE FLU SYMPTOMS,
STAY at HOME



University Exams – Monday 7th September – Friday 11th September 2020

With exams taking place in the Sports Centre, it starts to show some return towards normality. However, the available sessions for users of the facility will change from the schedule you have been used to. During this week, we will be open during the following times:

Monday 7th September – 07.00 – 13.00

Available sessions: 07.00 - 08.15, 08.30 - 09.45, 10.00 - 11.15, 11.30 - 12.45

Tuesday 8th September – 14.00 – 20.00

Available sessions: 14.00 - 15.15, 15.30 - 16.45, 17.00 - 18.15, 18.30 - 19.45

Wednesday 9th September – 13.00 – 19.00

Available Sessions: 13.00 – 14.15, 14.30 – 15.45, 16.00 – 17.15, 17.30 – 18.45

Thursday 10th September – 16.30 – 21.15

Available Sessions: 16.45 – 18.00, 18.15 – 19.30, 19.45 – 21.00

Friday 11th September – 07.00 – 13.00

Available sessions: 07.00 - 08.15, 08.30 - 09.45, 10.00 - 11.15, 11.30 - 12.45

You must not arrive more than 5 minutes before your scheduled session start time.

Fitness Class Timetable during Exam Week

Day	Morning Class 07.00 - 07.45	Lunchtime Class 12.00 - 12.45	Evening Class 17.30 - 18.25
Monday	Pilates		
Tuesday			Body Pump
Wednesday			
Thursday			Yoga
Friday		Body Pump	

As normal, all sessions must be booked on the 'camunisport' app.

A limited number of Badminton Courts will be available during our opening hours.

Mobile App

To download the app, search 'camunisport' in your mobile OS app store. If you do not have access to the mobile app, sessions can be booked by calling Reception on 01223 336580 during our opening hours.

To log in, you will need your Membership ID and Pin. These can be requested by emailing enquiries@sport.cam.ac.uk.



Phase 2 – Monday 14th September – Sunday 4th October 2020.

We're excited to announce our second phase of reopening from Monday 14th September. The additional Strength & Conditioning capacity gained by using the Team Training Room will remain in place as well as the addition of Squash Court Use* and Fives Court Use*.

Phase 2 Opening Hours – From Monday 14th September

Monday	06.30 – 22.00
Tuesday	06.30 – 22.00
Wednesday	06.30 – 22.00
Thursday	06.30 – 22.00
Friday	12.00 – 18.00
Saturday	08.00 – 14.00
Sunday	Closed

The **need to book your session will remain in place** and will be available at the following times:

Monday – Thursday:

06.30 – 07.45, 08.00 – 09.15, 09.30 – 10.45, 11.00 – 12.15, 12.30 – 13.45, 14.30 – 15.45, 16.00 – 17.15, 17.30 – 18.45, 19.00 – 20.15, 20.30 – 21.45

Friday:

12.00 – 13.15, 13.30 – 14.45, 15.00 – 16.15, 16.30 – 17.45

Saturday:

08.00 – 09.15, 09.30 – 10.45, 11.00 – 12.15, 12.30 – 13.45

There will be nowhere to store personal belongings whilst using the facility. Please travel light and keep all belongings with you.

You must not arrive more than 5 minutes before your scheduled session start time.

There will be marked spaces on the floor to show you where to queue. Although the queue may appear to be long, we expect to admit all users into the facility promptly and appreciate your patience. You will be asked to scan your card when you reach the front of the queue to mark your attendance.

Bookings

To book one of the listed sessions, you will need to use the 'camunisport' app.

The bookable spaces will be set into 2 areas. The Fitness Suite/Studio 2, which has the equipment from the previous Fitness Suite set-up, and the Strength & Conditioning Room & Team Training Room, which has the majority of equipment which was previously available in this area.

Please see the layout of the training areas so you can see where machines/equipment are positioned. This will allow you to plan your workout effectively before you book and attend, making your training session as streamlined as possible.

[View Fitness Suite Layout.](#)

[View Gym Extension \(Studio 2\) Layout.](#)

Members will be able to book a session up to 7 days in advance of the session date.

All non-members will be required to make payment at the time of booking via the app.

Any person who fails to show up to their booked session, or cancels with less than 2 hours notice, will be required to pay a £2 dishonour charge. No further sessions will be bookable until this fee is paid.

All members are limited to 1 Gym/S&C session per day.

Group Exercise Classes

During phase 2, we will be expanding our class timetable. These classes have been chosen because they can be completed in a single space without sharing equipment.

Day	Time	Class	Location	Instructor
Monday	11.45 - 12.45	Body Pump	Studio 1	Laura P-S
Monday	13.05 - 13.50	Pilates	Studio 1	Daniel
Monday	17.30 - 18.15	Studio Cycling	Studio 1	Ashley
Monday	18.30 - 19.25	Yoga	Studio 1	Martin
Tuesday	07.00 - 07.45	Studio Cycling	Studio 1	Ashley
Tuesday	13.05 - 13.50	Pilates	Studio 1	Emma
Tuesday	17.30 - 18.25	Pilates	Studio 1	Elena
Tuesday	18.30 - 19.25	Body Pump	Studio 1	Bernie
Wednesday	07.00 - 07.45	Studio Cycling	Studio 1	Dean
Wednesday	09.30 - 10.25	Yoga* (from 30 Sep)	Studio 1	Daisy
Wednesday	12.15 - 13.00	Pilates	Studio 1	Lucia
Wednesday	13.05 - 13.50	Studio Cycling	Studio 1	Lexi
Wednesday	18.30 - 19.25	Body Combat	Studio 1	Jamie
Thursday	07.00 - 07.45	Studio Cycling	Studio 1	Ashley
Thursday	13.00 - 13.55	Yoga & Movement	Studio 1	Arabella
Thursday	17.15 - 18.15	Yoga	Studio 1	Jess
Thursday	18.30 - 19.25	Body Pump	Studio 1	Rebecca
Thursday	19.30 - 20.00	CX Worx	Studio 1	Rebecca
Friday	12.15 - 13.00	Grit	Studio 1	Laura P-S
Friday	13.05 - 13.50	Body Pump	Studio 1	Laura P-S
Saturday	08.30 - 09.25	Body Pump	Studio 1	Tony

You can book your place on a class using the mobile app up to 7 days in advance. On arrival, the class instructor will assign you a physical space in the class, marked clearly. Unfortunately, you won't be able to choose your space to be close to friends or at the front of the class due to the very specific way participants will be allocated their space to maintain social distancing. Please wipe down your equipment before and after class.

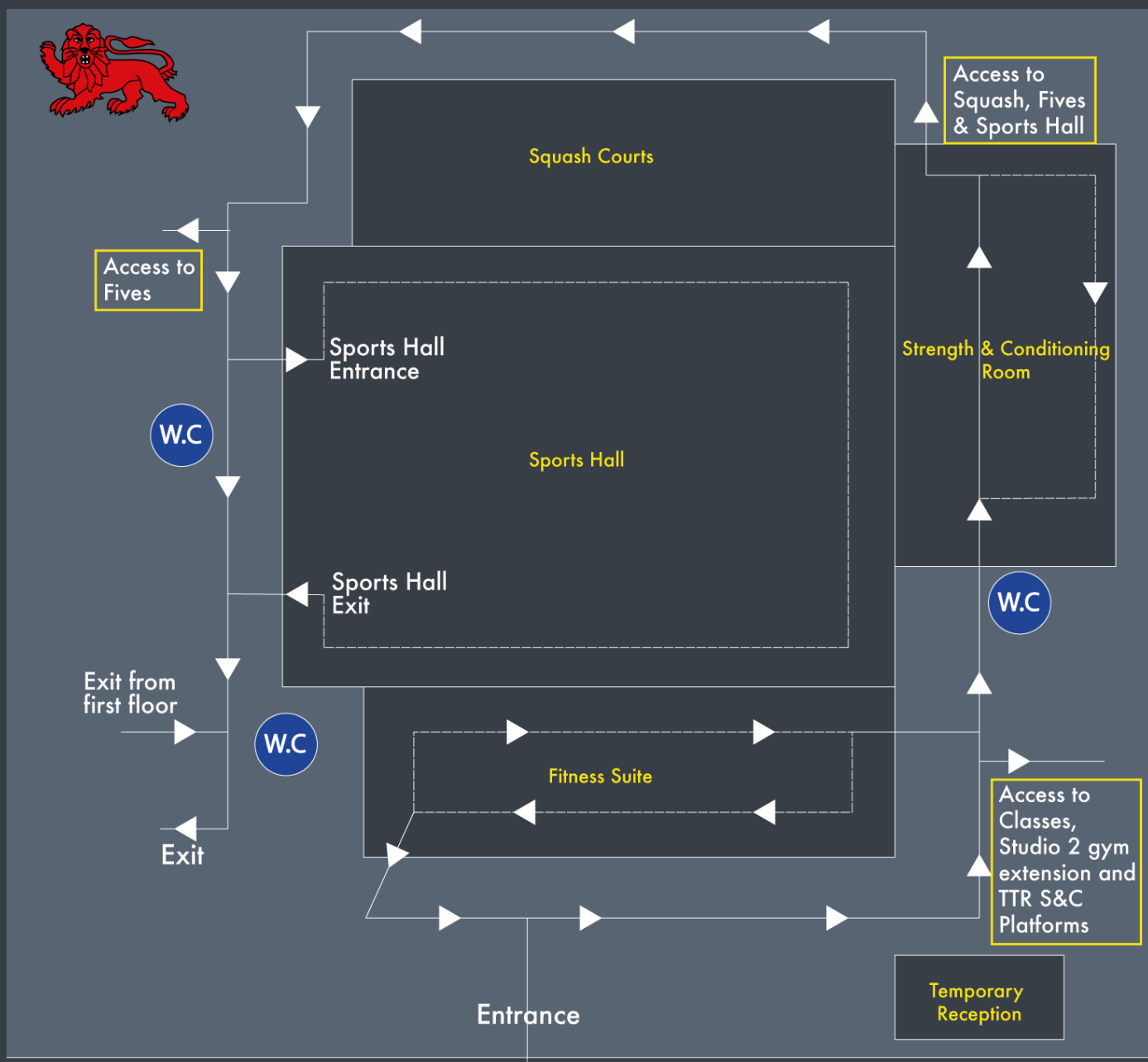
We will not be providing Yoga or Pilates mats for these sessions. Please bring your own.

Lockers will not be available and you must keep your personal items with you at all times within your designated area.

Squash & Fives

We welcome back use of the Squash and Fives Courts, initially for solo use only. This will allow individual members to book use of the courts for either solo practice, or professional coaching with the coach located outside of the courts. Court availability will be limited due to the closure period between sessions for sanitisation and all sessions must be booked in advance using the 'camunisport' app.

Please click [here](#) for a more information about the return to play for Squash & Fives.



You must exit the premises promptly after your visit via the designated exit only.

Safety Precautions

To ensure safety and compliance with social distancing, we have introduced a few measures which you should familiarise yourself with before arriving.

1. One Way

The route through the building is strictly one way. This should be followed at all times to avoid crossing other users in areas where there isn't sufficient room to pass. The plan above shows the one way route and it will also be clearly marked with arrows on the floor.

2. Changing Rooms

Changing rooms will be closed until further

notice. You should arrive ready to workout.

3. Toilets

There will be access to individual toilet areas. You are asked to sanitise the area before and after use.

3. Water fountains

Water fountains will be available to refill a bottle only.

4. Sanitiser

You will be provided with your own sanitised spray bottle and laundered micro-fibre cloth on arrival. You should keep this with you at all times and clean each piece of equipment

before and after use. There will be an area for you to leave your spray and cloth as you exit the building. Please use the hand sanitiser provided via dispensers during your visit.

5. Social Distancing

The equipment and walkways have been arranged in a way that maintains a 2-meter distance between each other at all times. Even those visiting from the same household must maintain a 2-meter gap. Our staff are there to keep you safe and may politely remind you to keep your distance.

6. Facemasks

Facemasks are currently optional.

7. Equipment

We are currently unable to loan out any equipment for use. This includes badminton

rackets. Users should bring their own equipment from home.

8. Sweat Towels

On UK Active advice, please do not bring towels with you. We will provide paper to use if required.

9. Cashless

To reduce the exchange of money, the University Sports Centre will be a cashless facility from now on. All payments will need to be made with a card, preferably contactless.

10. Lost Property

As it is essential we reduce the risk of spreading Covid-19, we will no longer be keeping any lost property. To reduce the risk of losing an item, please bring as little with you to the gym as possible and remember to take all items home.

We want to thank you for your patience and cooperation. We are delighted to welcome you back to the facility, and with your continued help, contain the spread of COVID-19, enabling a safe environment for all users and staff.

All updates and changes to the operation of the building will be sent to you via email and available to view on our website - sport.cam.ac.uk/coronavirus

If you have returned from a destination listed on the government's quarantine list, please follow the guidelines regarding self-isolation and do not visit our facilities.

Government Track & Trace

We keep a record of all users who access the facility via our membership system. We may need to pass on your contact information to the NHS for the purpose of Track & Trace.

<https://www.cam.ac.uk/about-this-site/privacy-policy>

If you have any questions regarding the information in this document, please email enquiries@sport.cam.ac.uk