

Phase 3

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

Please wear a face covering
in all areas of the facilities,



except when taking part in
physical activity.

From Monday 28 September, we require **all facility users to wear a face covering*** whilst inside the building. Face coverings can be removed when taking part in physical activity.

**Unless medically exempt*

Phase 3 - a new normal for the time being...

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

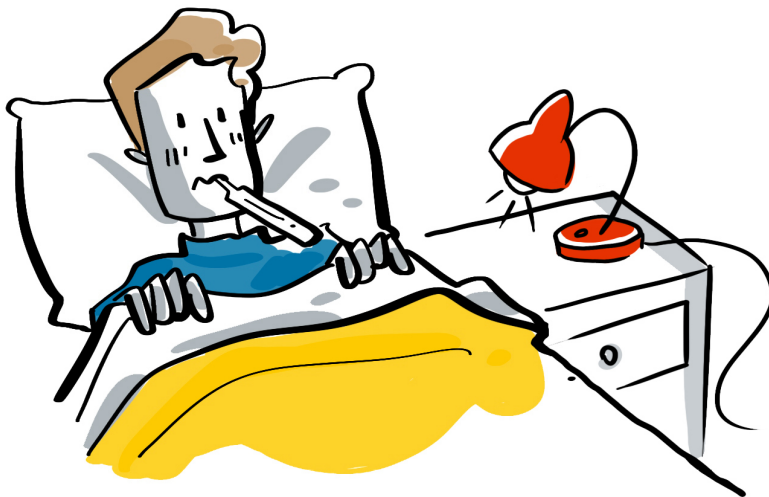
As the University term kicks off, we are moving into phase 3 of our reopening.

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



Phase 3

From Monday 5th October 2020.

We're excited to announce our third phase of reopening from Monday 5th October.

Phase 3 Opening Hours

From Monday 5th October

Monday	06.30 – 22.00
Tuesday	06.30 – 22.00
Wednesday	06.30 – 22.00
Thursday	06.30 – 22.00
Friday	06.30 – 22.00
Saturday	08.00 – 20.00
Sunday	08.00 – 20.00

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

06.30 – 07.45*
08.00 – 09.15
09.30 – 10.45
11.00 – 12.15
12.30 – 13.45
14.00 – 15.15
15.30 – 16.45
17.00 – 18.15
18.30 – 19.45
20.00 – 21.15*

Please wipe down your equipment both before and after use

*Monday - Friday only.

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 and Team Training Room (previously Studio 2), which has the equipment from the previous Fitness Suite set up. The

Strength & Conditioning Room, which has the majority of equipment which was previously available in this area.

Although the option to book Power Racks and Squat Stands in the Team Training Room has been removed, we have added additional Squat Stand capacity in the Strength & Conditioning Room.

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 \(TTR\) Layout.](#)

[View Strength & Conditioning Room 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.

We are unable to admit any user without a pre-booked session.

Personal Training & Inductions

Personal Training and Inductions are available to book. Email fitness@sport.cam.ac.uk for more information.

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.

Group Exercise Classes

Phase 3 will see our Class Timetable expand further. We've tried to revert back to the timetable in place pre-COVID-19, although some classes remain unavailable due to staff availability and their incompatibility with COVID-19 secure practice.

Day	Time	Class	Location	Instructor
Monday	13.05 - 13.55	Body Pump	Studio 1	Laura P-S
Monday	13.05 - 13.50	Pilates	Studio 2	Daniel
Monday	17.30 - 18.25	Studio Cycling	Studio 1	Ashley
Monday	17.30 - 18.25	Body Combat	Studio 2	Jamie
Tuesday	07.00 - 07.45	Studio Cycling	Studio 1	Ashley
Tuesday	13.05 - 13.50	Body Pump	Studio 1	Dean
Tuesday	13.05 - 13.50	Pilates	Studio 2	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	Studio 2	Daisy
Wednesday	12.15 - 13.00	Pilates	Studio 2	Lucia
Wednesday	13.05 - 13.50	Studio Cycling	Studio 1	Lexi
Wednesday	18.30 - 19.25	Studio Cycling	Studio 1	Lexi
Thursday	07.00 - 07.45	Studio Cycling	Studio 1	Ashley
Thursday	18.30 - 19.25	Zumba	Studio 2	Orsi
Thursday	18.30 - 19.25	Body Pump	Studio 1	Rebecca
Friday	07.00 - 07.30	CXWORX	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
Friday	18.30 - 19.25	Yoga	Studio 2	Jessica
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.

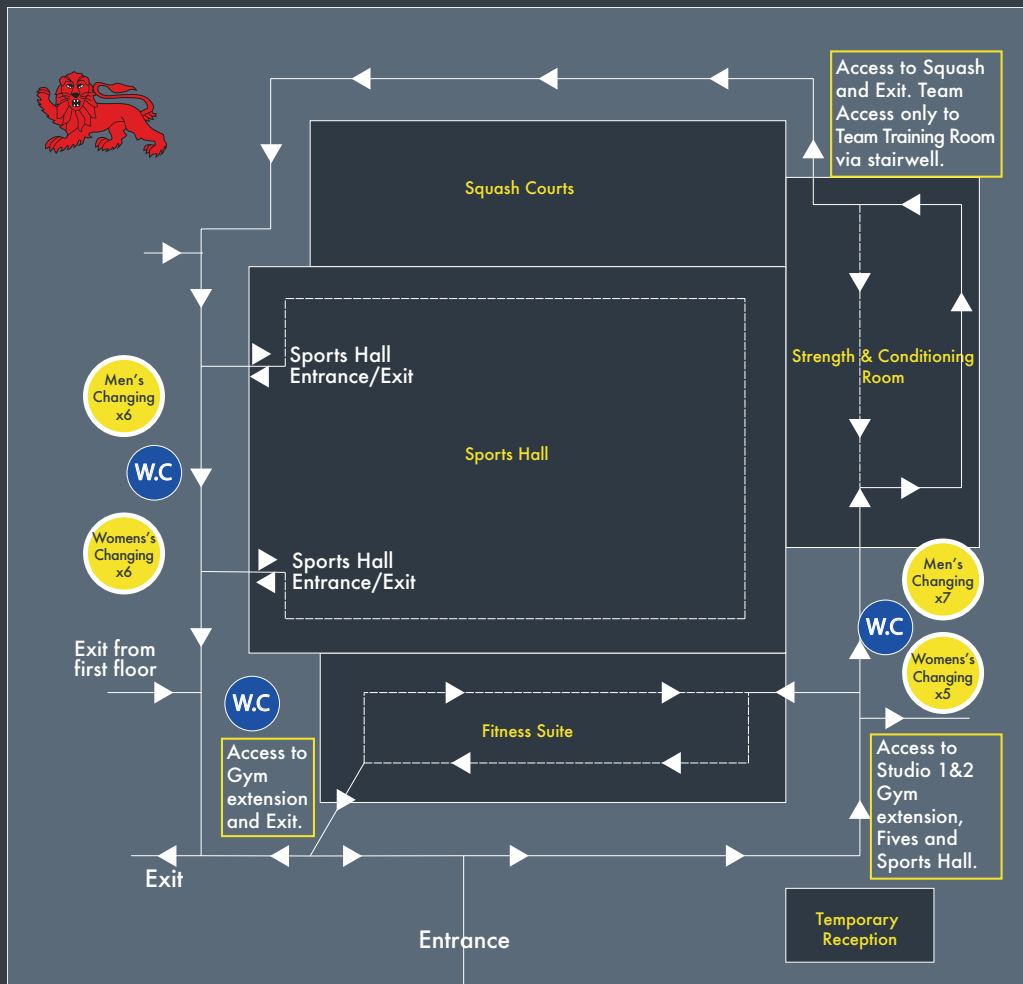
Please wipe down your equipment before and after class.

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

Limited lockers will be available but if possible, keep your personal items with you at all times within your designated area.

Badminton

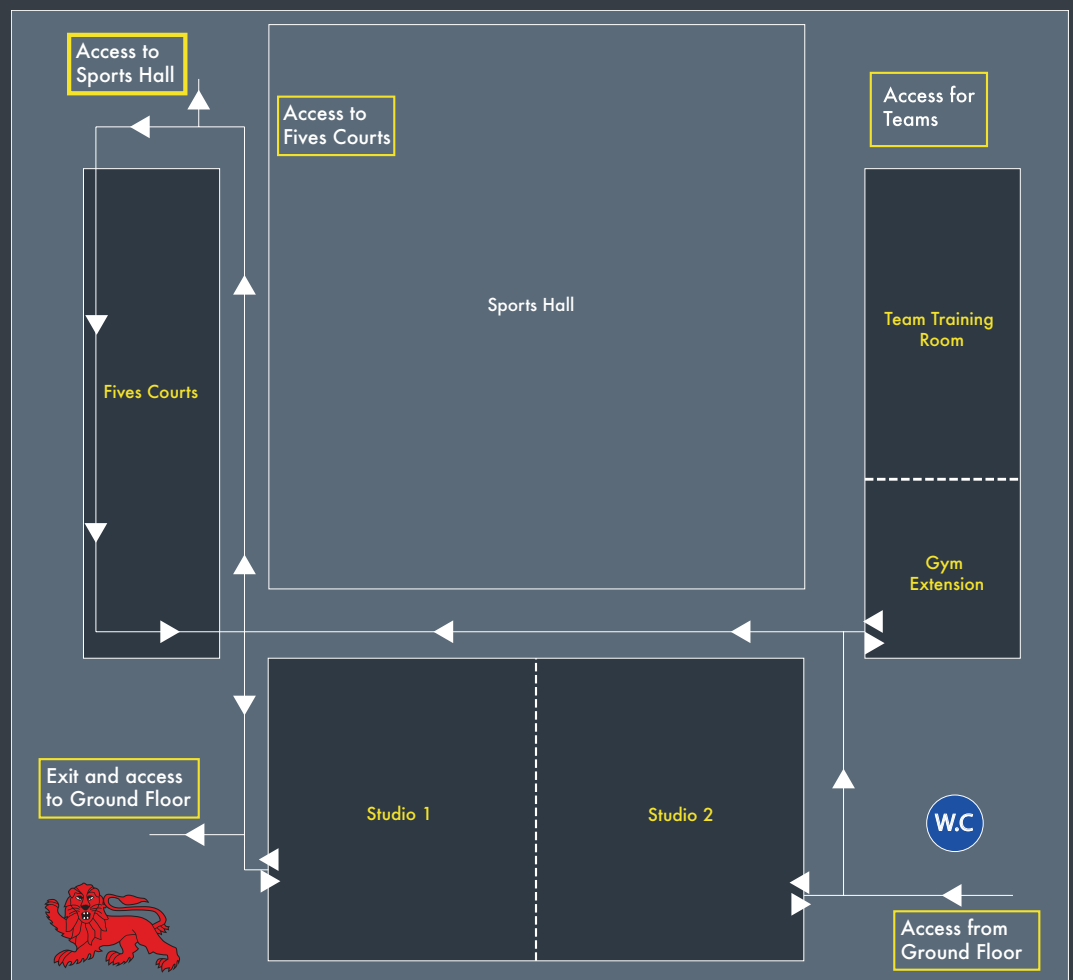
Doubles badminton will now be permitted in line with NGB guidance. Users are also able to book two courts back to back at off peak times only.



Ground Floor Layout



First Floor Layout



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 and altered from the previous phase. This should be followed at all times to avoid crossing other users in areas where there isn't sufficient room to pass. The plans on the previous page show the one way route and it will also be clearly marked with arrows on the floor.

New!

2. Changing Rooms

Significantly reduced changing room and shower capacity has been reintroduced. You should note that spaces in the changing rooms are strictly limited. If the maximum capacity has been reached, you will need to wait until a person leaves before entering the changing room. Face coverings should be worn in these areas unless showering.

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.

New!

6. Facemasks

Facemasks must now be worn at all times in the facility, except when taking part in physical activity.

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

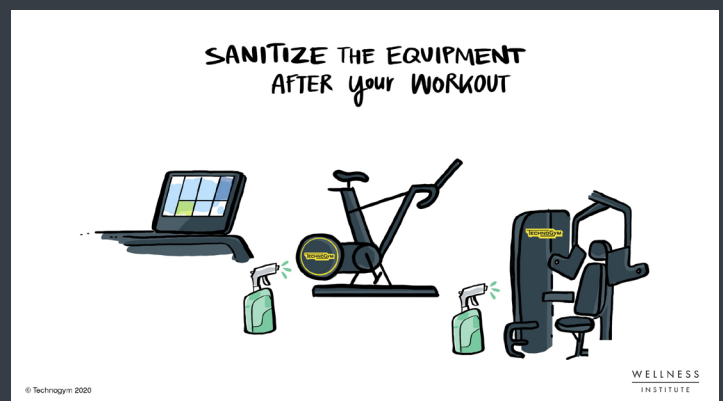
On UK Active advice, please do not bring towels with you. We will provide disposable paper towels to use if required.

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.



Squash & Fives is returning

From Monday 5th October, Squash will reopen fully, in line with England Squash's return to squash guidelines and the Sports Service's COVID-19 protocols.

This will require you to nominate a group of no more than 6 people to play competitive squash against. Please email the names of your squash bubble to James Powley (james.powley@sport.cam.ac.uk) before making a booking. It is the users' responsibility to ensure that all guidelines are followed, but the Sports Service will be performing spot checks to ensure players are not competing with others outside of their nominated group. Those playing together from the same household do not need to form a bubble.

Bookings can be made via the 'CamUniSport' app up to 7 days in advance. Court availability will be staggered to allow time for the required cleaning to take place. All players are requested to assist with the sanitisation of the court area by cleaning high frequency touch points throughout their booking with the materials provided. Access to the Squash Courts will be via the Sport Centre's Strength & Conditioning Room.

Squash membership fees will restart on Thursday 1st October 2020.

The current COVID-19 protocols will need to be adhered to. In addition please note:

- All bookings must be pre-booked via the 'CamUniSport' app only.
- Players must arrive on time and leave immediately upon the session completing.
- Currently there are no spectators allowed.
- Players should come ready where possible, with a change of suitable shoes, as limited changing, showers and lockers will be available.
- Members must use their own personal equipment and keep all possessions on court with them.

- No sweat towels are to be used as per guidance from UK Active. Disposable paper towel are provided.

- We are unable to lend any equipment, including rackets.

- Bring sufficient bottled fluids as there is limited water currently available from outlets.

- Avoid touching surfaces as far as reasonably possible.

- Sanitise any door handles and high touch points/surfaces on entry and exit with sanitiser provided.

- Follow the Centre's one way route, which is clearly marked.

- The wearing of face coverings in communal areas is encouraged.

- U18's court hire is accepted but players must be supervised by no more than one adult off court.

All requirements are subject to change.

Your co-operation to help keep all members, players and staff safe is appreciated.

Return To Fives

In addition to Squash, Fives will return to play from Monday 5th October.

You can view the full list of measures put in place by the NGB's below.

Eton Fives Guidance
Rugby Fives Guidance

All individual sessions must be booked in advance and club sessions must complete a return to play before restarting their bookings.

Team Sports - Return to Play

The Sports Service will work with Sports Clubs and Societies to create a "Return to Play Plan" to enable a club to return safely to activity where possible, adhering to all the Government, NGB and University guidance.

Sports Service Process for Return to Play:

1. Clubs to communicate intended start date for activity - send to bookings@sport.cam.ac.uk
2. Government and National Governing Body permit activity (either at full or reduced capacity).
3. Club risk assessment(s) in place for activity inclusive of COVID-19 measures. - Send to simon.cornish@sport.cam.ac.uk
4. Sports Service review of documentation.
5. Sports Service sign off.

6. Hirer to meet Sports Service Staff on site to run through COVID-19 Safe procedures. - Arrange via dutysupervisor@sport.cam.ac.uk

7. Review date 2 weeks after activity has commenced to ensure compliance with guidance.

Please note, any additional time required for set up, take down and sanitising of equipment must be completed in the allocated booking time.

Teams/Block Bookings should not arrive more than 5 minutes before their session start time, and should wait in the signed, sheltered area outside until a member of staff clears them for entry. This is to avoid larger groups clashing on entry and exit. All users should **follow the one way system**, which is clearly marked throughout the Centre.

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.

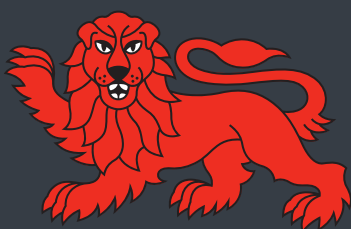
All updates and changes to the operation of the building will be sent to you via email and available to view on our website - sport.cam.ac.uk/coronavirus

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. Please visit <https://www.cam.ac.uk/about-this-site/privacy-policy> for more information.

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



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