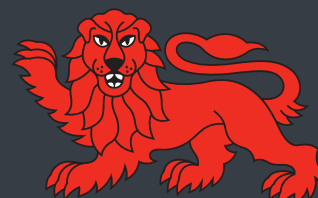


Monday 19 July 2021



UNIVERSITY OF
CAMBRIDGE

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Making Permanent Changes for a Cleaner and Safer Environment

A transition to improved standards...

The Coronavirus pandemic has been challenging for everyone. Over the past 18 months, we've worked closely with the University, NGBs, industry bodies and local authority to ensure our facilities operated in a way that created the safest possible environment for our members and colleagues.

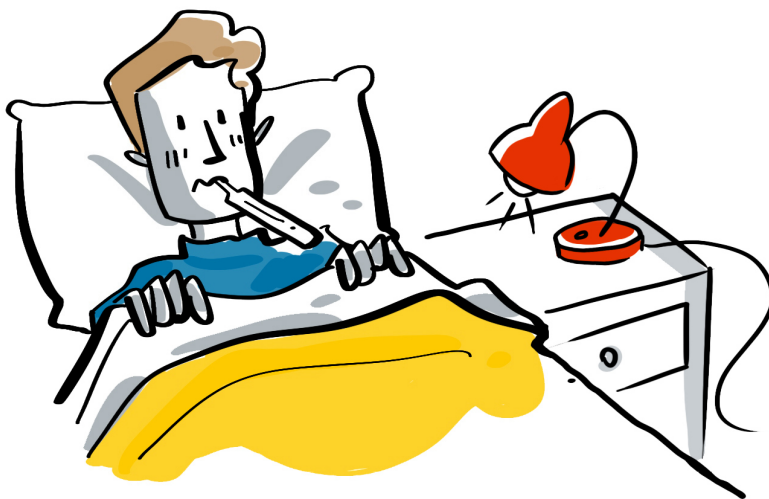
With the news that the Government will be proceeding to the final stage on the road map, this document sets out our new normal.

We're stepping away from specific coronavirus protocols and instead introducing better hygiene standards and operations permanently.

We appreciate every single person who has complied with changing guidance over the previous 18 months and look forward to continuing working together.

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

IF YOU HAVE FLU SYMPTOMS,
STAY at HOME



Opening Hours

Our opening hours are currently:

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 – 17.00
Sunday	08.00 – 17.00

Feeling Unwell?

If you are feeling unwell or display any Covid Systems, please stay at home and do not come to the facility.

Face Masks

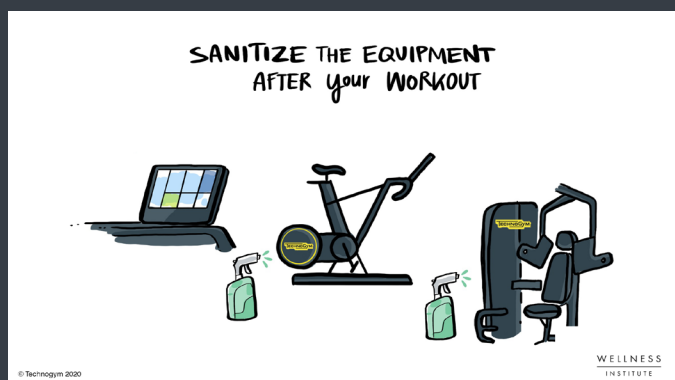
Whilst it is no longer a legal requirement to wear a face mask in our facility, we strongly encourage all members to continue to do so, except when exercising or exempt.

Our colleagues will continue to wear a face mask for your protection, and we would appreciate you doing the same for ours.

Cleaning

The current set-up with users collecting their own individual cloth and spray will slowly be phased out and replaced with more permanent, frequent and prominent cleaning stations.

Members will still be able to access cleaning provisions easily and we will continue to insist that all members wipe down their equipment after use. We also strongly recommend that users wipe equipment before use.



The University of Cambridge Sports Service employs a team of contract cleaners who complete a full clean of the entire facility

overnight, 7 days a week. We will continue to spot clean areas throughout the day and appreciate when members highlight issues where we fall short of expectations.

Booking System

From **Sunday 1 August 2021**, you will no longer be required to book Gym or S&C sessions. The need to book Group Exercise classes will remain.

The legal restrictions on capacities have been removed. We are in the middle of our quietest period of the year and expect use of these areas to remain low.

Gym Layout

Whilst social distancing is no longer legally required, we are fortunate to have brilliant facilities with excess space during this time of year. As a result, we intend to maintain the equipment spacing as it is, at least for the next few weeks. This will be reviewed in early September.

The TTR will remain open for general use, also to be reviewed in early September.

Ventilation

Our building is equipped with effective fresh air supply ventilation. This will remain in use to provide a safer and cleaner environment for all members and staff.

One way system

We will no longer be operating a one-way system in any area of the building.

Changing Rooms

The changing rooms will return to normal use with no restrictions on capacity. We encourage users to arrive at the facility ready to work out where possible to minimise the demand on these areas.

Return to Play (Sports & Events)

Sports are able to return with no limits on capacity, but all hirers should refer to their sport's NGB for any specific guidance and safety protocols. Activities should be risk assessed and we reserve the right to request a copy before any activity commences.

Bookings and activities already taking place will need to review their risk assessment and resubmit an updated version based on the latest guidance.

Hire Equipment

We are delighted that we will once more be able to hire out rackets for Squash and Badminton, as well as bibs for 5-a-side football and other team sports. Please ask at Reception if you require any of these items. Equipment will be cleaned between each use.

Group Exercise

We will maintain the current layouts and capacities in the studio spaces for Group Exercise Classes. We will expand the timetable in the coming weeks to bring back some of the excluded sessions, although not all activities will be able to return at this time. Please check our website or app for an up-to-date timetable.

Lost Property

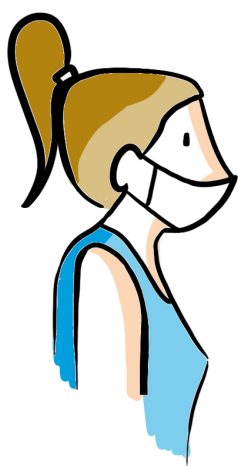
Customers are reminded to be careful not to leave personal items behind as we are only able to store items of value.

Supporting Track & Trace

Whilst it is no longer a legal requirement to provide NHS Check In QR Codes, we will continue to display one near the entrance for those who wish to check in to the facility. If you wish to check in but do not have access to the NHS Covid App, please speak to Reception or visit www.sport.cam.ac.uk/visit.

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

IT'S YOUR RESPONSIBILITY to
FOLLOW THE GUIDELINES



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WELLNESS
INSTITUTE

www.sport.cam.ac.uk