Updated Guidance - 17 May 2021
Advice and Guidance for all Sports Centre users to protect against COVID-19
Welcome Back

As the Government continues to relax restrictions in line with the road map set out early in 2021, we are able to reintroduce more activities and facilities. This document provides guidance for the way we currently operate to ensure we remain safe by complying with the current covid safe procedures.

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 facilities under any circumstances.

IF YOU HAVE FLU SYMPTOMS, STAY AT HOME

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**Opening Hours**

**We will reopen with close to normal operating hours in place.**

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<thead>
<tr>
<th>Day</th>
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<tr>
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The **requirement to book your fitness session will remain in place.** You can do this on the ‘camunisport’ app or by asking reception.

Fitness suite sessions will now run for 90 minutes whilst the S&C room spaces will last 45 minutes. You now have the option to book back to back S&C sessions, subject to availability.

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 can now check in by scanning your card on the turnstile or by using the self service check-in kiosk.

**Squash Membership Fees**

Squash membership fees will restart on Tuesday 1 June.

Although your payments will not restart until June, you can play anytime from now, in line with the guidance provided by England Squash.

Annual Memberships will be extended to cover the date of our most recent closure through until 1 June.

**Bookings**

To book one of the available sessions, you will need to use the ‘camunisport’ app.

The bookable spaces will be set into 2 areas.

- **Area 1** - The Fitness Suite and Team Training Room, which has the equipment from the previous Fitness Suite set up.
- **Area 2** - 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 use the links below to view 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.

You **can now book back-to-back sessions if required, subject to availability.**

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

**Bank Holiday**

We will be open as normal on the Bank Holidays in May.

**Please wipe down your equipment both before and after use**
Power Racks - Workout with a ‘buddy’
In response to the consistent demand in the Strength & Conditioning Room, we are introducing a workout ‘buddy’ system.

We are going to trial allowing a maximum of two people using the Power Racks in the Strength & Conditioning Room during the same session. [Note this only applies to the power racks, this does not apply to the squat stands initially.]

How it will work:

1. One person from the ‘buddy’ pair will book their session as normal on the ‘camunisport’ mobile app.

2. On arrival to the session, you will be asked if you would like to book a ‘buddy’ in to work out with you on the Power Rack. This person must hold an appropriate active membership.

3. If you choose not to work out with a buddy, you can go ahead and complete your session as normal.

4. If you choose to work out with a ‘buddy’ the following rules will apply:
   - You must always maintain social distancing, this applies even to those from the same household/bubble, therefore no spotting is allowed.
   - You must clean all equipment between sets. For example, if you have completed a bench press set, the bar must be cleaned before your ‘buddy’ completes their set.

A ‘buddy’ must be invited to share a platform from the member who books the power rack session and recorded at Reception before use.

Under no circumstances does the introduction of the buddy system allow members to invite themselves to share a power rack with another user.

We want to give as many members access to our great facilities as we can but we need you to work with us in following the above rules so it is a safe environment for all our members and staff. Failure to follow the rules will result in users not being allowed to train with a buddy and/or a ban from the strength and conditioning room.

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.

Return of Teams to Team Training Room
We are delighted that teams can now return to group training in the Team Training Room. However, this does mean that some parts of the room will be unavailable to members to use during their booked Fitness Suite session.

For more information and a list of unavailable times, please visit www.sport.cam.ac.uk/trr
Exams NEW!

Each year we provide space for the University to host some of its exams. This year, with the need to socially distance, our Sports Hall and Studios are a vital facility to the successful delivery of the Exam programme.

The Exam period will last from the 27th May until 21st June and additional one off exam is scheduled on 2 July. During this time, the Sports Hall and Studios will be unavailable to hire for any activity, including badminton.

During the periods where exams are actually taking place, noise within the entire facility needs to be kept to an absolute minimum. As a result, the Team Training Room, Strength & Conditioning Room, Squash Courts and Fives Courts will be unavailable to use. We have removed sessions from the app so users will not be able to book these spaces during these times. The Fitness Suite will remain open throughout.

A schedule showing the down time in these spaces is shown across the page.

Although the restricted facility space is confined to daytime hours only, we have rearranged some of the equipment to provide a light free weight provision in the Fitness Studio during the exam period. Please familiarise yourself with the new equipment layout on your next visit.

Whilst every effort has been made to keep disruption to our members to a minimum, we appreciate and thank you for your cooperation.

We hope you’ll join us in wishing all the students sitting exams the very best of luck and success.

**Exam Timetable**

During the times listed below, the S&C room, TTR Room, Squash Courts and Fives Courts will be unavailable for use.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Thursday 27 May</td>
<td>13:00 - 16:00</td>
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<td>Friday 28 May</td>
<td>13:00 - 16:00</td>
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<td>Thursday 3 June</td>
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<td>Friday 4 June</td>
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<td>Saturday 5 June</td>
<td>10:00 - 13:00</td>
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<td>Monday 7 June</td>
<td>13:30 - 16:30</td>
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<td>Tuesday 8 June</td>
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<td>Wednesday 9 June</td>
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<td>Thursday 10 June</td>
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<td>Friday 11 June</td>
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<td>Saturday 12 June</td>
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<td>Monday 14 June</td>
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<td>Tuesday 15 June</td>
<td>10:00 - 13:00</td>
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<td>Wednesday 16 June</td>
<td>13:00 - 16:00</td>
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<td>Thursday 17 June</td>
<td>10:00 - 13:00</td>
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<td>Friday 18 June</td>
<td>10:00 - 13:00</td>
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<td>Monday 21 June</td>
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<tr>
<td>Friday 2 July</td>
<td>09:00 - 12:00</td>
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Group Exercise Classes

Group Exercise is back! The need to book your session in advance, clean your equipment before and after use, and remain socially distanced throughout is essential.

It’s unfortunate that the reintroduction of group exercise coincides with the start of the exam period, limiting the space available. However, we are thrilled to be providing a timetable that will take place in the Fives Court area.

We intend to expand our timetable, back to ‘normal’ from Monday 21 June 2021.

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Studio Cycling</td>
<td>5.30pm - 6.25pm</td>
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<td>Tuesday</td>
<td>Studio Cycling</td>
<td>7.00am - 7.45am</td>
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<td>Tuesday</td>
<td>Pilates</td>
<td>1.30pm - 2.25pm</td>
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<tr>
<td>Tuesday</td>
<td>Pilates</td>
<td>5.30pm - 6.25pm</td>
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<tr>
<td>Wednesday</td>
<td>Studio Cycling</td>
<td>6.30pm - 7.25pm</td>
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<tr>
<td>Thursday</td>
<td>Studio Cycling</td>
<td>7.00am - 7.45am</td>
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<tr>
<td>Friday</td>
<td>Yoga</td>
<td>6.30pm - 7.25pm</td>
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Please note - We have space to add a few more classes into the current temporary timetable. Once we have finalised instructor availability, we will update the timetable accordingly.

You can book your space on the ‘camunisport’ app. Classes will have reduced capacity and will not operate a waiting list. If a class is full, check back regularly for cancellations and new availability.
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 now Keep Left
The one way system has been replaced with a ‘keep left’ message. Users are now permitted to travel round the facility in any direction but a mask must be worn at all times, except when exercising or medically exempt. A one way system does remain in the Gym areas.

2. Changing Rooms
Changing rooms are once again open with a limited capacity. Please do not exceed the stated capacity shown on the entrance to each space.

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

4. Water fountains
Water fountains will be available to refill a bottle only.

5. 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.

6. Social Distancing
The equipment and walkways have been arranged in a way that maintains a 2-metre 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.

7. Face coverings
Face coverings must now be worn at all times in the facility, except when taking part in physical activity or medically exempt.

8. Equipment
We are currently unable to loan out any equipment for use. This includes badminton rackets. Users should bring their own equipment from home.

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

10. 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.

11. 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

Squash can now be played by players from different households. All players should familiarise themselves with the sport specific guidance published by England Squash. This can be found [here](#).

It is the users’ responsibility to ensure that all guidelines are followed.

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.

**Squash membership fees will restart from 1 June although play can resume immediately.**

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 to play, with a change of suitable shoes, as limited changing facilities are 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 is provided.

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

- Bring sufficient bottled fluids as there are a reduced number of water dispensers available.

- Avoid touching surfaces as far as reasonably possible.

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

- Face coverings must be worn at all times, except when taking part in physical activity or medically exempt.

- 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.

Fives

Fives can now be played by players from different households. All players should familiarise themselves with the sport specific guidance published by the relevant Fives Associations.

**Eton Fives Guidance**

**Rugby Fives Guidance**

All individual sessions must be booked in advance. Users will need to provide their own gloves and balls.

It is the users’ responsibility to ensure that all guidelines are followed.

Badminton

Badminton can now be played by players from different households. All players should familiarise themselves with the sport specific guidance published by England Badminton. This can be found [here](#).

All individual sessions must be booked in advance. Users will need to provide their own rackets and shuttecocks.

It is the user’s responsibility to follow the guidelines put in place.
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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**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.

**Some indoor sport is now permitted. All users must complete the Return to Play process before recommencing any activity.**

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


5. Sports Service sign off.

6. Hirer to meet Sports Service Staff on site to run through COVID-19 Safe procedures. - Arrange via dutiesupervisor@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.

Please note - Clubs who have completed this process before the recent closure must ensure their risk assessment is up to date. Some sports clubs may be able to continue indoors if their practice is adapted to avoid individuals mixing. These clubs should submit new risk assessments prior to activity continuing.