

Tuesday 6 April 2021



Welcome Back - 2021

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

Welcome Back

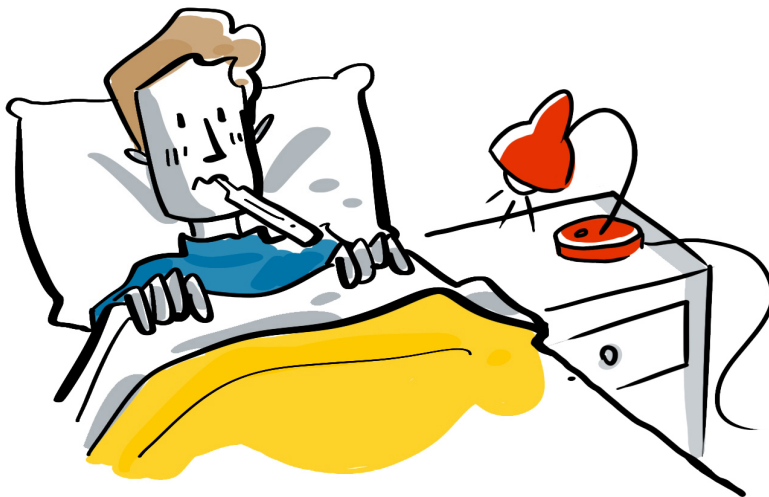
Once again we are delighted to welcome you back to The University of Cambridge Sports Centre, Wilberforce Road Sports Ground and Fenner's Tennis & Cricket Ground. **Wilberforce Road and Fenner's will reopen on Monday 29 March with the Sports Centre reopening on Monday 12 April 2021.**

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

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



Membership Fees

Membership fees will be restarted on Monday 12 April. You can expect a part payment to come out of your account on this date with your usual monthly payment restarting on the 1 May. Advanced notice of this charge was sent on Wednesday 31 March.

Members who Paid in Full (Annual & Academic Year memberships) will have a their subscription extended by the duration of our closure.

Squash only members have not been charged.

Opening Hours

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

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

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.

Bank Holiday

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

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.

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.

Group Exercise Classes

Initially, there will be no Group Exercise taking place in person. We will maintain a free digital provision until group exercise can return, currently projected to be Monday 17 May.

To access our online classes, please visit our website www.sport.cam.ac.uk/stayactivecambridge or subscribe to our [YouTube Channel](#).

Stay Active Cambridge Programme

Day	Class	Time
Monday	Yoga	Released at 10am on YouTube
Tuesday	Coaches' Corner	Released at 10am on YouTube
Wednesday	HIIT	Released at 10am on YouTube
Thursday	Pilates	Released at 10am on YouTube
Friday	Strength & Core	Released at 10am on YouTube

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 **Updated!**

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 **Updated!**

Due to the new guidance issued by the DCMS, changing facilities will not be available at this time. Please come ready to workout and leave promptly at the end of your session.

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. Facemasks

Facemasks 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

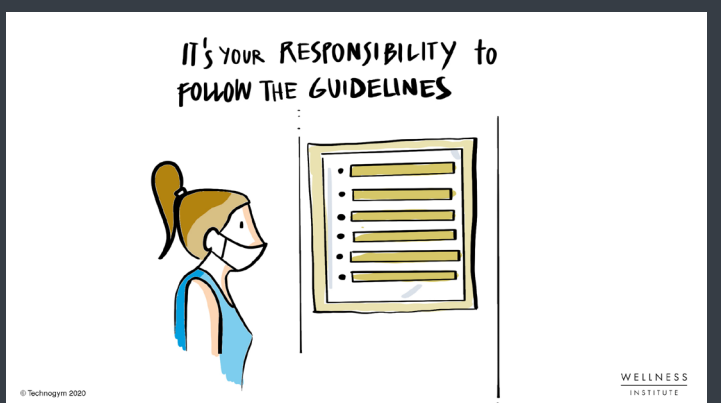
On UK Active advice, please do not bring towels with you. We will provide disposable paper towels to use if required.

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 **Updated!**

Squash will revert back to being available for single play or play with members of your household only.

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.

Due to the limited availability of squash play, squash only membership fees will not be collected until further relaxation of the rules.

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 no 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 **Updated!**

In addition to Squash, Fives will now only be available to play with members from your own household.

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

Badminton **Updated!**

Badminton can be played with others from the **same household only**. There is currently no play permitted between people from different households.

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

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.

Currently, organised adult sport is not permitted until 17 May at the earliest. Organised children's activity and activity for disability sport can take place, and is subject to the process below.

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.

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.**

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](https://www.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