

Welcome Back 2.0

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.



Christmas and January
Opening Hours inside!

Welcome Back 2.0

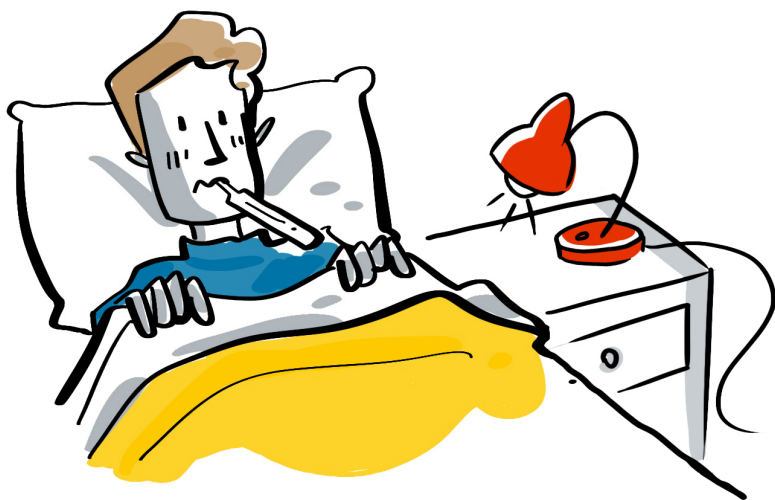
Once again we are delighted to welcome you back to The University of Cambridge Sports Centre, Wilberforce Road Sports Ground and Fenner's Tennis & Cricket Ground **from Wednesday 2 December.**

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 facilities under any circumstances.

IF YOU HAVE FLU SYMPTOMS,
STAY at HOME



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WELLNESS
INSTITUTE

Membership Fees

Due to the closure in November, Direct Debit membership fees will not be collected until **January 2021**.

Members who Paid in Full (Annual & Academic Year memberships) will have a 28 day extension added to their current subscription.

Opening Hours

Wednesday 2 December - Wednesday 23 December 2020

We are delighted to be open once again. As the reopening coincides with the end of the University term, we will be operating under reduced hours for the three week period up to Christmas. As before, all sessions will need to be booked in advance using the 'camunisport' app.

Monday	14.00 – 20.00
Tuesday	07.00 – 13.00
Wednesday	14.00 – 20.00
Thursday	07.00 – 13.00
Friday	12.30 – 18.30
Saturday	08.00 – 12.30
Sunday	Closed

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

Monday, Wednesday & Friday
12.30 – 13.45 (*Friday only)
14.00 – 15.15
15.30 – 16.45
17.00 – 18.15
18.30 – 19.45 (*Monday & Wednesday Only)

Tuesday, Thursday	Saturday
07.00 – 08.15	08.00 – 09.15
08.30 – 09.45	09.30 – 10.45
10.00 – 11.15	11.00 – 12.15
11.30 – 12.45	

Christmas Closure

We will be closing the Sports Centre from **Thursday 24 December 2020 until Friday 1 January 2021**. During this time we will be deep cleaning and preparing the facility for the upcoming year.

From Saturday 2 January 2021

The start of the new year brings a return to normal opening hours (depending on national and local restrictions).

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, which has the equipment from the previous Fitness Suite set up and 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.

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

There will be a limited amount of Group Exercise classes before Christmas.

From 2 January we will revert back to the timetable introduced before the recent closure. 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.

Group Exercise Timetable - December 2020

Date	Class	Time	Location	Instructor
Wednesday 2 December	Studio Cycling	6.30 - 7.25pm	Studio 1	Lexi
Thursday 3 December	Studio Cycling	7.00 - 8.15am	Studio 1	Ashley
Friday 4 December	Body Pump	6.30 - 7.15pm	Studio 1	Laura P
Saturday 5 December	Body Pump	8.00 - 8.55am	Studio 1	Tony
Sunday 6 December	No Classes			
Monday 7 December	Body Combat	5.30 - 6.25pm	Studio 2	Jamie
Tuesday 8 December	Studio Cycling	7.00 - 8.15am	Studio 1	Ashley
Wednesday 9 December	Studio Cycling	6.30 - 7.25pm	Studio 1	Lexi
Thursday 10 December	Studio Cycling	7.00 - 8.15am	Studio 1	Ashley
Friday 11 December	Body Pump	6.30 - 7.15pm	Studio 1	Laura P
Saturday 12 December	Body Pump	8.00 - 8.55am	Studio 1	Tony
Sunday 13 December	No Classes			
Monday 14 December	Body Combat	5.30 - 6.25pm	Studio 2	Jamie
Tuesday 15 December	Studio Cycling	7.00 - 8.15am	Studio 1	Ashley
Wednesday 16 December	Studio Cycling	6.30 - 7.25pm	Studio 1	Lexi
Thursday 17 December	Studio Cycling	7.00 - 8.15am	Studio 1	Ashley
Friday 18 December	Body Pump	6.30 - 7.15pm	Studio 1	Laura P
Saturday 19 December	Body Pump	8.00 - 8.55am	Studio 1	Tony
Sunday 20 December	No Classes			
Monday 21 December	Body Combat	5.30 - 6.25pm	Studio 2	Jamie
Tuesday 22 December	Studio Cycling	7.00 - 8.15am	Studio 1	Ashley
Wednesday 23 December	No Classes			

Group Exercise Timetable - From Saturday 2 January 2021

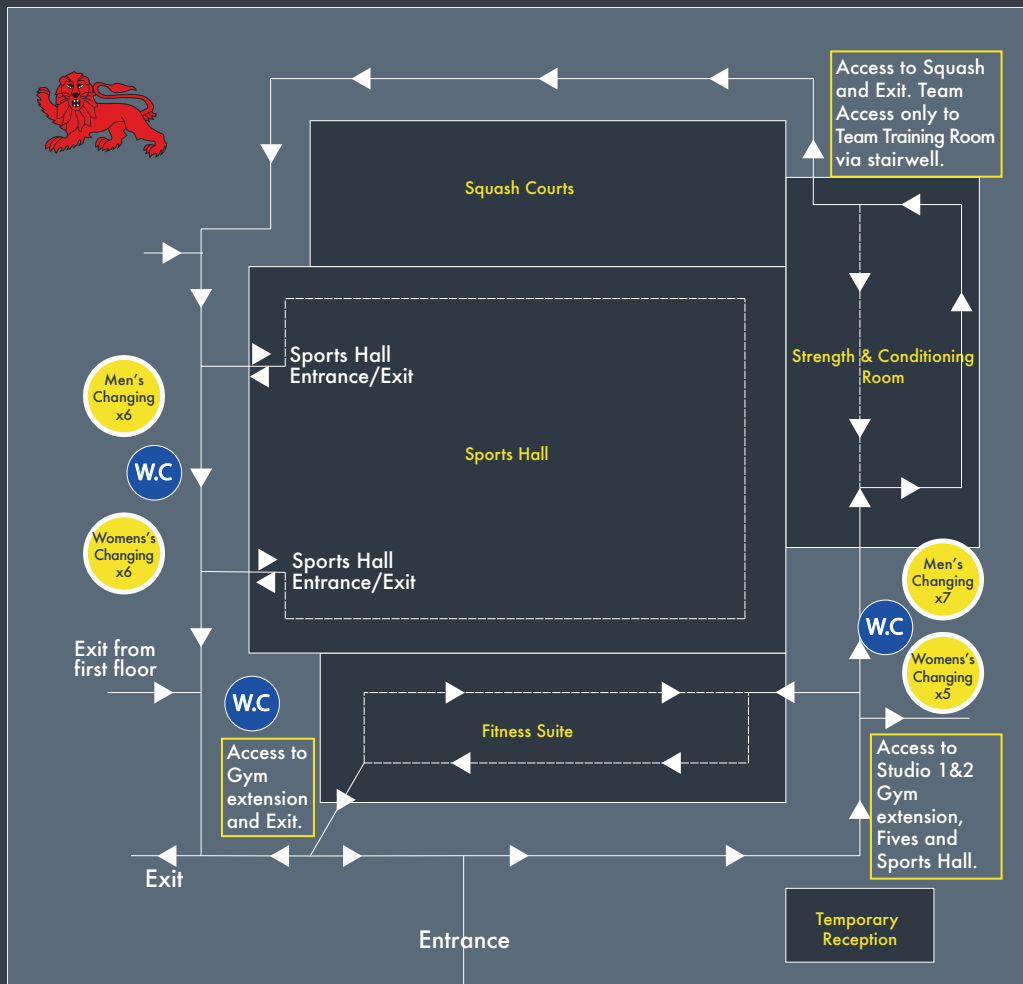
Day	Time	Class	Location	Instructor
Monday	13.05 - 13.55	Body Pump	Studio 1	Laura P-S
Monday	13.05 - 13.50	Pilates	Studio 2	Daniel
Monday	17.30 - 18.25	Studio Cycling	Studio 1	Ashley
Monday	17.30 - 18.25	Body Combat	Studio 2	Jamie
Tuesday	07.00 - 07.45	Studio Cycling	Studio 1	Ashley
Tuesday	13.05 - 13.50	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	18.15 - 19.10	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.

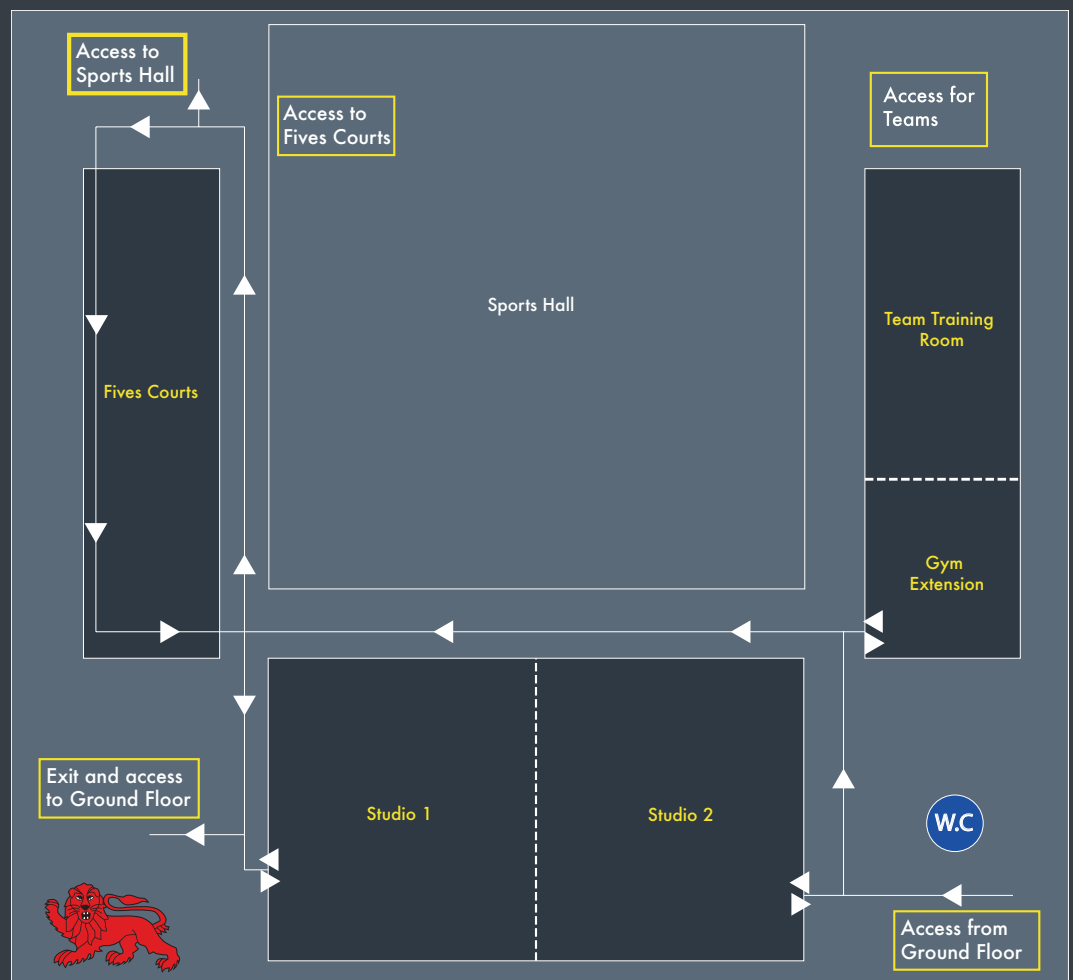
We will not be providing Yoga or Pilates mats for these sessions. Please bring your own.

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



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.

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.

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.

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

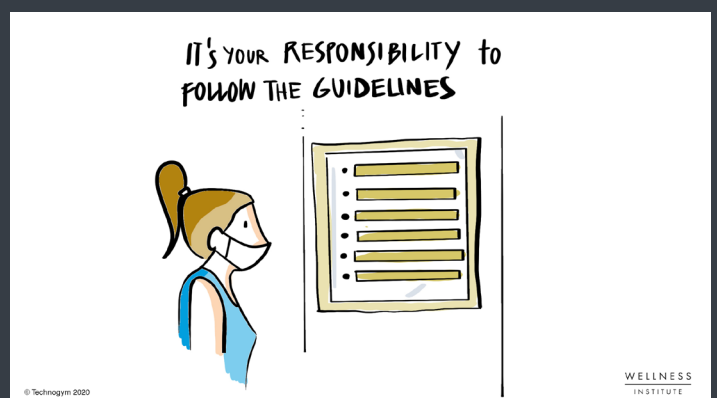
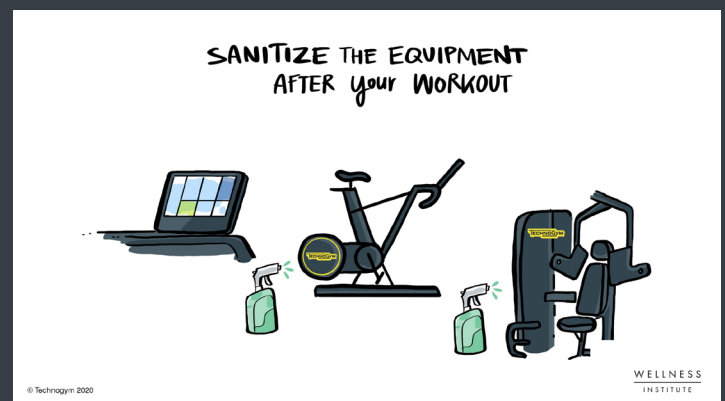
On UK Active advice, please do not bring towels with you. We will provide disposable paper towels to use if required.

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.

Access to the Squash Courts will be via the Sport Centre's Strength & Conditioning Room.

Squash membership fees will restart in January 2021.

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

Badminton **Updated!**

Badminton can be played in **singles format only**, unless playing with others from the same household.

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.

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.

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 individual mixing. These clubs should submit new risk assessments prior to activity continuing.

For clubs whose bookings fall outside of the new, temporary opening times, but would like to continue, please contact the bookings team to rearrange.

All bookings will return to their previously agreed booking time from Saturday 2 January 2021.

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