The Gym is a temporary building located between the College gardens and the Observatory Street houses. The building will serve as a gym and sports hall, with the aim of meeting the needs of a wide range of students and community members. The Gym compliments the facilities available on Iffley Road and Lord Napier House.

The building shall be open for use by all members of the College, as well as accompanied by their family members and guests. However all users of this Fitness Room must attend an induction session or to have signed a Waiver Form (available at the Porters Lodge) for temporary use. Any unauthorised persons found using these facilities will be subject to appropriate College disciplinary procedures. Green Templeton College (GTC) will not take responsibility for injuries resulting from unauthorised (or inappropriate) use of the equipment in the Fitness Room.

General Guidelines

- Only authorised users may have their GTC key fob updated for access to the Fitness Room. This can be done at the Porters lodge.

- Please bring a towel with you when using the Gym.
• No equipment may be removed from the Fitness Room.

• The Fitness Room should not be used for storage of personal items, such as bicycles. All such items will be removed.

• It is okay for users to play music (radio/CD/etc) when using the Fitness Room, but please keep the volume to a reasonable level, especially when the windows are open. There are people working in offices and study/bedrooms located nearby – please try not to disturb them.

• Please report any damaged or faulty equipment to the Porters Lodge as soon as possible.

• Please leave the Gym as you would wish to find it on your next visit, i.e. dumbbells placed on the rack, rubbish in the bin rather than on the floor, etc.

• Please wipe over equipment that you have used with the disinfectant spray provided.

• Upon leaving the Gym, please ensure that all windows are closed and that the door shuts firmly behind you.

• Food may not be consumed in the Gym.

• Children under the age of 16 are not allowed to use the Gym facilities.

• Any changes to these rules will be circulated to all authorised users.

**Opening Times and Access**

The Building will be open (access via your electronic fob)

- 06.00 – 22.00 Monday – Saturday
- 07.00 – 20.00 Sunday.

Access will be prevented 30 minutes before it closing with the aim of ensuring that users finish on time and disruption to neighbours is minimised.

**Managing use of the Gym**

- The space shall be organised using a booking system similar to that of the squash courts.
○ Blocks from 8:00-9:00 and 18:00-19:00 will be blocked out every day for open use, and cannot be booked by a club or group.
○ No single group or club shall be allowed to book the MPB for more than 14 hours of time per week, with the expectation that bookings do not exceed 2 hours per day. Men’s and Women’s squads of any club shall be treated as a single group.
○ The GCR’s Sports and Societies Officer shall resolve conflicts over booking.

- When possible, clubs and classes are encouraged to share the space with individuals seeking to use gym equipment; partitions may be used to facilitate sharing.

Equipment

- All users are asked to
  ○ Treat the equipment with care
  ○ Clean equipment after each use
  ○ Report any problems to the GCR Sports and Societies Officer

- Mats, rollers, and other small equipment should be cleaned and stored after every use.

- Equipment has been selected so that it all can be stored on an as-needed basis.

November 2014