

## WELCOME TO ST JOHN'S COLLEGE GYMS



### **You will have to obey these rules if you would like to use these facilities:**

- 1) Access hours are 6.00 am – 11.00 pm, please note however, that the gyms are CLOSED to all users during cleaning hours. Cleaning times: 8.30 am to 9.30 am for the old gym on Museum Road; 9:30 am-10:30 am for the Kendrew Quad Gym.
- 2) All users (new or existing) must have either attended a real-life SJC gym induction or watched the online induction before using the facilities. They must then sign up online to say they are confident in using the gym equipment safely. Professionals of the Iffley Road University Gym arrange inductions (30 mins sessions 15/session). Inductions for groups of 15 can be requested [E-mail: wisetraining@hotmail.com](mailto:wisetraining@hotmail.com) and/or [matt.queralt@sport.ox.ac.uk](mailto:matt.queralt@sport.ox.ac.uk).
- 3) **If you have not signed-up online, even if you've used the gym before, the porters can refuse access if you are not on the list.** Please note that access is not granted instantly, as sign-up forms are considered only periodically and must be approved by the Sports Officer before access can be added to your key fob.
- 4) Only current SJC members and their spouses/partners may use the gym, and everyone must sign-up online in advance and attend either a real life induction or watch the online induction in advance. No friends, alumni, or other relatives of SJC members are permitted to use the gym.
- 5) Any malfunction or faults with equipment should be reported to the estates office immediately. [E-mail: works@sjc.ox.ac.uk](mailto:works@sjc.ox.ac.uk) or call the Estates Department on 01865 277326.
- 6) There is a First Aid kit situated next to the main gym entrance. Report any incident to Porter's Lodge.
- 7) An Emergency phone is provided adjacent to gym fire exit (11792). Contact Porter's Lodge in the event of an emergency.
- 8) Please no loud music, use your personal iPod. Please be considerate.
- 9) Users must bring their own towel with them.
- 10) Limit for cardiovascular equipment during peak times, 20-30 minutes per piece of equipment.
- 11) Appropriate clothing must be worn at all times. Singlet tops are discouraged and no outdoor footwear is allowed.
- 12) Please place your bags and excess clothing in the changing room lockers.
- 13) Wipe equipment after use. Reusable cloths and cleaning fluids are provided.
- 14) No food, alcohol or chewing gum is to be consumed within the gym facility.
- 15) Drinking water is provided within the gyms. No glass bottles or containers are allowed.
- 16) For safety and in the interests of subsequent users, please replace all equipment after use.
- 17) Students, staff and fellows of St John's have equal rights to use the facilities. Any individual or team may not reserve use of the gym, and users will be courteous to other users at all times.
- 18) Inappropriate use of this facility, or not following the above rules, may result in the cancellation of membership.

**Sports Officer, Estates Manager, Lodge Manager**  
**10 October 2016**