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**CODE OF CONDUCT**

**GENERAL**

* The University of Cambridge Sports Centre does not accept any form of **threatening or abusive behaviour** towards its members, guests or staff.
* Members must **not allow non-members** to use their membership card or allow non-members to gain access to any of the fitness facilities.
* Every facility user must **comply with staff instructions** in the interests of health and safety and in maintaining the smooth running of the Centre.
* **Bags and coats are not permitted in the training areas.** Please use the lockers provided in the changing rooms.
* **Food or drink is not permitted in the gyms, sports hall, studios or multi-purpose room** except for water/sports drinks in an appropriate plastic container.
* **Chewing gum must be disposed of in the bins** provided around the centre and not left on the floor.
* All members are required to **dispose of any rubbish in the appropriate bins** provided around the centre.
* All members must **wear suitable clothing and footwear at all times** whilst on the premises. Denim clothing, open-toed sandals, flip flops, socks and bare feet are not permitted in the gyms.
* Any **spillages need to be reported** to reception as these are a safety hazard to other members.
* All members must **report any abuse, misuse of equipment** or maintenance issues to reception immediately.
* **If a shower is required it must be taken 15 minutes prior to the building closing** (i.e. 9.45pm weekdays & 7.45pm weekends) and the **premises vacated by 10pm or 8pm** respectively.

**SPORTS HALL, STUDIO AND MULTI-PURPOSE ROOM**

* All members must **report to reception prior to starting** their booking in the sports hall, studio or multi-purpose room. For group bookings, only one person is required to report to reception.
* **Any hire equipment must be returned to reception** immediately after the booking has ended.
* **Bookings are for 55 minutes** and start on the hour and finish at 5 minutes to the hour.

**FITNESS, STRENGTH AND CONDITIONING SUITE**

* All members must swipe in with their membership card upon every entry to the Fitness, Strength and Conditioning Suite.
* All members must bring a towel to **wipe down all items of kit after use** (paper towel will also be provided).
* All members must **return any free weight plates, dumbbells, bars, kettlebells, bands and balls immediately** after use (do not leave bars loaded with weights).
* All members must complete any exercise where the weight is returned to the ground on the platforms only.
* All members must **use the collars provided** at all times for any work with bars.
* **Platform Etiquette** – no items of equipment should come into contact with the wooden platform inserts.

We appreciate your co-operation and understanding in following these rules.