



Wolfson College
Cambridge

Wolfson College Gym Terms and Conditions

1. I acknowledge that the use of gym equipment carries inherent risks. I agree to use all equipment responsibly and in a safe manner, and I will not hold Wolfson College liable for any injury sustained while using the gym.
2. I will use my personal University/Wolfson College card to enter and exit the Gym. I agree to present my card to Porters or other College staff upon request for verification.
3. I will not allow others to enter or exit the Gym using my card, nor will I lend my card to another person. Each user must access the Gym with their own card.
4. I will not prop open the Gym door, recognising this action will trigger an alarm and compromise security.
5. I am aware that the Gym is monitored by CCTV and accept this as part of the College's safety measures.
6. Gym users must wear suitable sportswear and non-marking footwear to ensure safety and maintain the gym's equipment and flooring.
7. I will select weights and equipment appropriate for my strength and ability. If using a barbell for heavy weights, I will ensure a spotter is present.
8. I will return all weights and equipment to their designated places after use.
9. During busy periods, I will limit my use of cardio machines to a maximum of 30 minutes to ensure fair access for all users.
10. I will wipe down equipment after use.
11. I will ensure proper ventilation by opening windows during busy times, when practical, to maintain a comfortable and safe environment.
12. I will dispose of litter and leave the Gym clean and organised for other users.
13. I will behave appropriately and respectfully towards fellow Gym users.
14. In the event of an injury or equipment failure, I will immediately contact the Porters' Lodge for assistance and follow the College's emergency procedures.
15. I will report any misuse of the Gym to the Porters' Lodge.
16. I will report broken or faulty equipment to the Maintenance department via the online Maintenance Portal.
17. I will not play music in the Gym before 09:00 or after 22:00. I will adjust or turn off music if requested by other users.

18. I will not consume food in the Gym. Only drinks in secure, sealable bottles are allowed.
19. I will act respectfully towards the College environment while using the Gym, ensuring that noise and behaviour remain considerate of nearby residential accommodation.
20. I understand that failure to comply with these rules may result in the deactivation of my Gym access and suspension of my Gym privileges.

Domestic Bursar, December 2024