



WORCESTER COLLEGE
UNIVERSITY OF OXFORD

TERMS & CONDITIONS OF GYM MEMBERSHIP

OPENING TIMES & ENTRY

- The gym is open daily 7am - 10pm (except during the College Christmas closure).
- Worcester College retains the right to alter times according to its operational requirements.
- All Members must complete an induction before access to the gym is allowed.
- Bod/University Cards are needed to access the gym and should be always carried and shown to staff upon request.
- The use of the gym is for current members of College only. Do not allow any tailgating.
- The maximum capacity of the gym is 10 persons. Please respect other members' training space.

BEHAVIOUR IN THE GYM

- No food (including chewing gum) is to be consumed in the room. Water bottles/sports drinks are allowed.
- No bags are allowed in the gym.
- Footwear and appropriate clothing (i.e. t-shirt or training vests) must be always worn.
- Members must bring a towel to wipe down resistance equipment after use.
- Equipment and weights should always remain in the gym.
- All free-weights and equipment must be replaced after use.
- Collars are to be used on all barbells and barbells must be stripped after use.
- Dead lifting is allowed when using the large black matting.
- Do not drop weights on to the floor.
- At busy times, there is a 20-minute limit on cardio equipment.

GENERAL TERMS

- All users must respect each other and enjoy the use of the facility.
- Any problems or injuries should be reported to the Lodge immediately.
- Worcester College reserves the right to suspend and/or terminate membership of the gym if the terms and conditions of membership are not adhered to.