



University of
St Andrews

University gyms – conditions of use

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Purpose	This document outlines the conditions of use for the University gyms at Saints Sport and Walter Bower House.

Version number	Purpose / changes	Document status	Author of changes, role and school / unit	Date
1.0	Separate policy introduction	Active	Strength & Conditioning Manager, Saints Sport	11/03/2024

1 Introduction

- 1.1 These conditions of use outline the terms and requirement for those individuals and groups who use the University of St Andrews gyms at Saints Sport and Walter Bower House (the “Gyms”). All users need to be aware of and abide by the following conditions of use, as well as the main [Saints Sport Terms & Conditions](#).
- 1.2 Saints Sport staff are responsible for ensuring the conditions of use are consistently followed by our customers, providing a safe and welcoming environment for all. Please respect our staff in the workplace and follow any guidance they provide; should you wish to question a directive please contact saintsdutymanager@st-andrews.ac.uk for further clarification.

2 General information

- 2.1 Saints Sport reserves the right to:
- Alter the conditions of use without prior notice.
 - Amend advertised charges without prior notice.
 - Suspend or withdraw any access to the facilities or membership card for violation of the terms of membership and/or conditions of use of the facilities, and/or as requested by the University.
 - Remove and/or subsequently ban any individual from gaining access to or using the facilities.
 - Ban any individual and/or withdraw their membership.
 - Refuse to process a membership.

3 Health and safety – medical condition

- 3.1 All facility Users **MUST** read and answer the [Physical Activity Readiness Questionnaire \(PAR-Q\)](#) prior to using any of the facilities at University Park, and this should be repeated if a medical condition should arise or if an existing medical condition changes in any manner. If you are in any doubt, please obtain medical advice before using the Saints Sport facilities. The PAR-Q is available online (<https://sport.wp.st-andrews.ac.uk/par-q/>) and at reception.
- 3.2 Users are advised not to undertake strenuous physical activities for which they might be medically unfit. Saints Sport will not be in any way responsible for any harm which may come to a member or guest as a result of their physical capability. Users who have any reservations as to their physical condition are advised to have a medical check-up by a doctor before embarking on any exercise.

- 3.3 Users must satisfy themselves that they have no medical conditions and/or that they are not taking medication which will exclude or prevent them from using the Gyms or participating in any of the activities offered by Saints Sport.
- 3.4 It is your responsibility to ensure that you fully understand the exact nature of each activity you undertake, the risks involved, skill levels required, and the equipment needed for your safe participation. You should never participate in an activity where you are unsure of any of the above aspects. If unsure, please speak to a member of staff.
- 3.5 Regular physical activity is fun, healthy, and increasingly more people are starting to become active every day. Being more active is very safe for most people. However, some users should check with their doctor before they start.

Informed Consent

- 3.6 When using the fitness facilities, including viewing fitness videos, you acknowledge that that conditions of use are in place to ensure best practice is followed and to ensure all members are treated fairly, and the facility equipment remains in the best possible state. **Failure to comply with the conditions of use may result in termination of your membership.**

4 Gym conditions of use

4.1 Gym inductions

- To ensure the safety of our members all **new** Gym users, who have never used Gyms before, **must** complete an **introductory gym session**.
- If, however, you are already a regular Gym user and only want access to the facility to complete your own workouts, then an introductory session is not required.
- Free weight inductions are available on request and are designed to inform members of the many benefits obtained when lifting with free weights.
- If further information is required, or if you would like to book an induction with our Sports Assistants, please contact sportsrecetpion@st-andrews.ac.uk

4.2 General rules and guidance

- Appropriate clothing and clean indoor sports shoes/sports boots must be worn. Hiking boots, clogs and open-toe shoes are examples of footwear that do not fit into what we deem appropriate.

- When selecting footwear, think carefully about the type of activities you will be doing most when working out and invest accordingly. While a new pair of running shoes will be comfortable for the treadmill, they won't be ideal for some free weight strength exercises, as the cushioning required for running, will act as an unstable surface when performing some free weight exercises. Likewise, footwear with a lower profile sole, and little cushioning, may be better for free weight activities but offer less support for running activities. In most cases a cross-training shoe will offer a good compromise.
- If you choose to be more specialist with your training, and for example, particularly like powerlifting (Squat, Bench and Deadlift), then a pair of deadlift slippers, deadlift shoes, or perhaps some Chuck Taylors would be best. (This is in line with International Powerlifting Federation guidelines).
- Footwear must be worn at all times, *unless* using the matted stretch and core area.
- Personal exercise equipment should not be brought into the Gym unless it is used as a lifting aid.
 - Lifting aids include; lifting straps, knee sleeves, weightlifting belts, specialist footwear.
 - Personal equipment not allowed include but is not limited to; gymnastic rings (and similar), bar attachments, or other devices where load can be handled. If in doubt, please ask in advance to avoid disappointment. Saints Sports reserves the right to prohibit the use of any item of personal equipment.
 - Members who need to bring lifting aids (as above) into the gym, should keep these items in the designated storage spaces.
 - All other personal belongings should be placed into the lockers provided in changing rooms.
- Neither the University Court of the University of St Andrews nor Saints Sport will be responsible for the loss of members' property whilst use is made of the facilities at University Park.
- All drinks containers should have a secure lock or lid. Please note that takeaway cups are not suitable.
- All equipment must be used for the purpose for which it is intended.
- It is the responsibility of each individual Gym user to wipe down equipment after use to avoid transferring germs, and to preserve equipment longevity.
- Mobile phones should only be used for listening to music; telephone calls must be taken outside of the Gyms.
- All non-essential belongings must be placed in a locker and not taken into the Gyms (bags, jackets, boots etc.)
- Equipment should not be removed and taken into another area of the Gyms.
- Any damaged or faulty equipment should be reported to a staff member straight away.

- A member of Saints Sport staff will regularly patrol the Gyms at University Park, to provide help and advice, whilst also ensuring the conditions of use are adhered to. Members using Walter Bower House should contact Saints Sport for help or advice.

4.3 Cardiovascular Area

- The use of dumbbells on the cardiovascular machines is not permitted; for best results we recommend performing CV exercise and resistance training exercise separately.
- During busy times, you may be asked to limit your CV workout to 30 minutes (on any one piece of equipment).

4.4 Free & Fixed Weights Areas

- To ensure all members can optimise their workouts, please allow other members to 'work-in' during your rest periods - do not 'claim' a machine for the duration of your workout.
- Appropriate footwear must be worn at all times including when deadlifting and squatting. Please see section 4.2 above.
- Gymnastics activities such as handstands and headstands should be carried out in an appropriate area of the building – we would recommend the sports hall, where there are gymnastic mats and space to perform such activities safely.
- All free weights and free weight equipment must be handled with care; failure to do so may result in injury.
- Storing away bars and plates is your responsibility; please ensure you leave the area you are using clean and tidy.
- All exercisers should demonstrate safe and effective practice. If a member of staff deems a lift to be unsafe, you may be asked to modify your workout.
- The lifting platforms have been installed to allow members to barbell squats, deadlifts and perform some Olympic lifts safely. These lifts should only be carried out on the platforms provided. It is not safe or effective to be performing these lifts outside a lifting platform.
- Olympic lifts should only be performed in this area by competent lifters who can demonstrate safe and effective technique, including the ability to control the bar in the event of a missed lift.
- Dumbbells are not designed to be dropped, but if they are allowed to do so, they may bounce and cause injury. Please return all weights to the floor under control.
- Barbells must be stored in the racks and not propped up against a wall.

5 **Performance Suite Conditions of Use**

- This facility is for supported sports teams and supported athlete use only.

- Maximum capacity for this facility is 20 – not including coaches.
- Athletes using this facility must be working on a programme provided by an appropriately qualified coach.
- Any session with 5 or more athletes from the same sport, will be deemed a Team training session. These should be booked in advance.
- Sessions must be supervised by a competent individual with appropriate qualifications and experience. Details of who will supervise the sessions should be communicated in advance of sessions to the Duty managers saintsdutymanager@st-andrews.ac.uk. This information will be kept on file for future bookings. Any changes to appointed coaching personnel needs to be communicated in advance of sessions.
- If there is a booking immediately after yours, you will be expected to have left the facility before the start time of the next booked session.
- It is the responsibility of the appointed session coach, to ensure the room is returned to normal at the end of the session. With equipment stored correctly, and doors secured.
- Music should be played at a volume where the coach can always verbally communicate with all athletes.
- The coach in charge of the session is also in charge of music content – explicit content is not permitted.
- Individual athletes using the facility, and small groups <5, can also make use of the audio – explicit content is not permitted.
- External Bookings (non-University bookings) - Appointed coaches/staff members, must report to reception, to obtain an entry card to access the suite. This card must be returned immediately once the session has finished, failure to do so may forfeit any subsequent bookings.
- Athletes who wish to continue training after the completion of a coached session, can do so if qualified supervision is available. In the absence of a coach, the athlete should continue their session in the main Gyms.

**The term coach or coaches, refer to those deemed appropriately qualified and competent to lead a session.*

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