

JOINING ST HUGH'S COLLEGE GYM IS AS EASY AS A.B.C

To Become a New Member (or if your membership has lapsed for more than 2 years)

- Application Form – complete this form in full and return
- Better Knowledge of Equipment – sign up and attend an induction session
- Charges – the joining fee will be charged to battels

Membership

All current St Hugh's members can apply to join the gym.
You will be required to fill in an application form each time you renew your membership.
If your membership lapses for more than 2 years you will be deemed as a new member.

The Gym is publicised by email to all members of College at the end of each academic year, at the beginning of Michaelmas, Hilary and Trinity terms.

Application Form

The Application Form is available from Accommodation Officer, accommodation.officer@st-hughs.ox.ac.uk

Just complete the application form, pass it back to the Porters.
Please remember to enter your University Card number (7 digits) and expiry date. Without this information we cannot process your form and it will delay the activation of your membership.

Inductions

Inductions are applicable to all New Member and Old Members who have not used the facilities for a 2 year period.
Details for Induction sessions will be emailed to new members prior to, or at the beginning of each term.
Inductions are arranged at the beginning of each term, usually in 0th week. Times are dependent upon demand. Each session lasts approximately 20 minutes and is held in the gym by a qualified instructor.

At the induction you will be asked to sign an attendance sheet by the Instructor. Your membership will not be activated unless your signature is clearly legible on the attendance sheet. The Instructor will provide a copy of the attendance signature sheet to the Accommodation Manager to process your membership.

Membership Process

Believe it or not, there is quite a lot of administration involved to activate your membership. Administration of your application form, entering your data on a database, liaising with the Finance Office (to charge your battels) and Accommodation Office (to activate your fob) to name but a few. We appreciate that you are eager to use the gym as soon as possible, following your induction, and we endeavour to make this happen as quickly as possible.

Upon receipt of the induction attendance signature sheet from the Instructor, you will receive an email confirming that your application is now being processed and you will be asked to bring your fob to the Accommodation Manager to have Gym access added.

If you choose to cancel your membership, once your fob has been activated, you will still be charged the minimum fee of £32, the equivalent of one term's membership. Only exceptional cases will be considered for refund.

Access to the Gym

Access to the Gym is via RTB. You will need your key fob to access all three rooms of the Gym. The Gym doors are unlocked at 7am and locked at 10pm each day.

If you experience problems accessing the Gym, speak to Magdalena Robinson, Accommodation Officer.

Other Stuff

Most people will choose to join at the beginning of Michaelmas Term, however, current members will have the opportunity to renew their membership, before they depart for the summer vacation at the Current Years Rates. To qualify for this benefit, a completed application form must be received by the Accommodation Officer by the end of Trinity Term (before you depart College). And even better, the membership fee will not show on your battels' account until the new academic year.

Current members will be emailed during Trinity Term advertising the above.

Gym Guidelines

DO'S

- Wear clean clothes and footwear whilst using the gym. Dry, closed-top athletic shoes are required. No dress shoes, boots, sandals or flip-flops are permitted.
- Warm up before exercising.
- Drink plenty of water before, during and after exercise to make sure you don't get dehydrated.
- Stop if you feel uncomfortable.
- Be considerate to others when using the music system as your choice of music may not be agreeable to others.
- Be courteous to other members whilst working out.
- Make sure you cool down with some stretches at the end of your work-out.
- Return all equipment to its designated place.
- Clean the machines, using the paper towels provided, after use.
- Dispose of plastic cups and paper towels in the waste bin provided and keep the area tidy.
- Use the telephone in emergencies only. In the event of an emergency, please call the Lodge. The number is clearly displayed next to the phone. External calls cannot be made from this extension.
- Remember to switch off lights and other electrical equipment i.e. fans and music systems, if you are the last person to leave.
- Exit the Gym promptly before closing time.

DONT'S

- Linger on equipment. Members should not monopolise the equipment.
- Take food or drink (except water) into the Gym. Glass (i.e. bottles) is prohibited. You are encouraged to bring water in plastic containers although a water machine is provided.
- Be overly noisy. You must give due consideration to other members working or living in upper and neighbouring rooms.
- Misuse equipment as this can result in injury and/or damage to the equipment.

Strictly Prohibited

No alcohol, drugs, or smoking are permitted. You are prohibited to use the facility or engage in any activity while under the influence of drugs or alcohol.

Whilst in the Gym, inappropriate conduct will not be tolerated. Such conduct includes, and is not limited to, using loud, abusive, offensive, insulting, demeaning language, profanity, lewd conduct or any conduct that harasses or is bothersome to members.

Unauthorised access is not allowed. It is imperative that only St Hugh's members are admitted to the Gym. Admitting non-members may lead to the loss of membership. No exceptions will be tolerated.

Members are not permitted to invite guests and/or demonstrate equipment for said guests to use.