

## **WOLFSON COLLEGE – GYM – Safety Rules and Guidelines**

A basic essential is that the body be completely warmed up prior to commencing training. **USE THE WARM UP PROGRAMME DISPLAYED.**

Standing around talking, or taking too long a rest causes local chilling. Comfortable, loose fitting clothing is recommended for your work-out including training shoes.

Horseplay and practical jokes can be dangerous, not only to yourself but to others. It can also lead to expensive equipment being damaged. Enjoy yourself, but achieve this through the positive rewards of your programme.

Good body position is vital, so aim to master the various techniques before increasing resistance or pace. **REMEMBER THAT AT EACH NEW EXERCISE YOU ARE A NOVICE!!!**

Check that all pins are securely fastened before commencing each set. **CORRECT PINS MUST ALWAYS BE USED.**

Please keep all weights off vinyl surfaces. Damage to these surfaces may lead to this area being prohibited. Please replace all equipment to the respective racks on completion of your work-out and unload all machines of weights when you have finished. Do **NOT** leave it for others to put away or unload. **HELP KEEP THE TRAINING ROOM TIDY.**

In the interest of hygiene, smoking, eating and drinking is prohibited.

**DO NOT** train within two hours of eating a meal.

**STOP** training if you feel faint or dizzy, or short of breath.

**DO NOT** use heavy weights without assistance, use spotters.

Always do light stretching exercises to 'cool down' after your work-outs.

Report any missing equipment or damage to the equipment to the Weights Room Captain ([gym@wolfson.ox.ac.uk](mailto:gym@wolfson.ox.ac.uk)) or the Common Room Administrator.

As a rule of thumb, the weights on the selectorized machines is greater than that handled with free weights. Please adjust accordingly.

I understand that when I use the Gym/Weights Room, I do so entirely at my own risk.

Common Room Administrator