

Rob Watts Gym Officer Manifesto

I'm a 2nd year mathmo running for the position of Fitz Gym Officer.

Ideas:

Predictable Women's (and NB) Only Hours: There has been much debate about women's only hours and one of the main problems people have is that every time you want to go to the gym you have to check whether or not women only hours are going to disrupt your session. I propose that we make them more predictable by having them at slightly more regular times e.g have them morning on the 1st day then afternoon on the 2nd and then evening on the 3rd and then repeat (with a slight alteration so that they're the same times every week).

Morning Gym Accessibility: Following on from above, I believe that anyone who wants to should be able to go to the gym before a 9am morning lecture and so I would like to make sure that any women's only hours in the morning are 8-9 and never 7-8 so that there is still time for a full workout beforehand.

Mirror for the Squat Rack: It is very difficult to check correct form when using the squat rack because there is no mirror; I have often seen people trying to stand their phone up to record themselves in order to check form. I aim to change this.

Weighing Scales: For those who use the gym and those who don't, it would be helpful to be able to weigh yourself during term time without needing your own set of scales. I propose that we put some outside the gym/squash courts so that anyone can come and weigh themselves (and without needing to actually go into the gym itself).

Yaron Bernstein – Gym Officer Manifesto

I'm Yaron; a 4th year NatSci and gym officer of 2018. Bea and I have done some fantastic work over the past year, and I wish to continue especially as the gym subcommittee have taken up a couple of larger projects recently which I'd be keen to see through.

I'll be graduating this summer, but I plan to return for a postgraduate degree in October 2019. One thing being gym officer for the past year has taught me is how little representation the MCR have without a gym officer, despite making up almost half of the student body at Fitz. Gym issues affect those of all ages, so it would be valuable to have a member of the MCR at the forefront of solving gym issues.

As a returning gym officer, I already know how it all works which will help smooth the transition between the old and new gym subcommittees. Furthermore, I have already demonstrated my commitment to the gym, for example by spending several hours developing and analysing results from the WOH survey last year.

Some of the projects I will work on this year:

- **Another Olympic barbell** – it's no secret that a second squat rack was the most highly requested piece of equipment this year (apart from mirrors). While getting another rack isn't practical, another barbell will increase the gym's capacity for powerlifting.
- **Cable machine upstairs** – the cable machine tends to be in constant demand. Placing another one upstairs would alleviate that demand and reduce overcrowding downstairs.
- **Hyperextension bench** – this is something which doesn't take up a huge amount of space, yet massively facilitates a good core workout.
- **Replacement of machines upstairs** – these machines have been in service for 15 years, and we've been advised to think about replacing them. I wish to work with college members to choose equipment for the next 15 years.
- **Moving the Thursday morning WOH** – this is an idea we had last year but never had the opportunity to do. The timings for WOH are concentrated around 7-9am, which put a lot of pressure on morning gym users (a complaint which has been made a lot). I propose a more even distribution of slots for WOH.
- **Digitalisation of induction signups** – the current system for signups is inconvenient for the porters and for gym users. Collaboration with the IT department has already begun to move signups onto MyFitz, but I would like to ensure it is practical both for gym officers and users.
- **Better communication with gym users** – last year we introduced a feedback form, but this only allows communication one way. From next year, I will send out an email after every gym subcommittee meeting to inform college members of our progress.
- **Access to lockers in changing rooms** – anyone who has tried to use a locker in the (men's) changing room will know that most of them are permanently locked. The porters have agreed to work on a fix for the current system to prevent people from inhabiting lockers long term. This will allow gym users to leave their bags in the changing rooms rather than taking up space in the gym. This in turn will provide more room for storing smaller pieces of gym equipment.

My vision is for the gym to serve as a place to embark on a fitness journey. I first became active in the gym in October 2017, and just over a year later I trialled for the powerlifting varsity team. Hopefully the gym can continue to inspire the Fittest people in Cambridge!