**SPORT AT SUSSEX**

### Student membership prices

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE</th>
<th>GOLD</th>
<th>SILVER</th>
<th>BRONZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year Gold</td>
<td>£100</td>
<td>£100</td>
<td>£100</td>
</tr>
<tr>
<td>年 Silver</td>
<td>£100</td>
<td>£100</td>
<td>£100</td>
</tr>
<tr>
<td>4 Month Bronze</td>
<td>£100</td>
<td>£100</td>
<td>£100</td>
</tr>
</tbody>
</table>

For individual Students’ Union sport club membership visit: sussexstudent.com/sport

### Benefits of Sussexsport membership

We offer a range of memberships to suit you. Our all inclusive Gold membership provides unlimited fitness room use at peak and off peak times, access to our group exercise classes and round the clock racket sports court hire. Silver membership offers the same benefits but at off peak times, with full access to our group exercise classes. Our Bronze option provides pay and play opportunities at a reduced rate.

### FACILITIES AND SERVICES

Sussexsport facilities are located on campus at two sites: the Sport Centre and the Falmer Sports Complex.

The Sport Centre offers: two large multi-purpose sports halls (for badminton, table tennis, indoor football, basketball etc.); a fitness room incorporating CV equipment (no treadmills); indoor cricket nets; four glass-backed championship squash courts; a dance and martial arts studio and a therapy room (offering sports massage, sports therapy, sports injury clinic, acupuncture, beauty therapy and a Chiropractic clinic).

The Falmer Sports Complex offers: air-conditioned fitness rooms with the latest CV equipment; separate free weights and strength conditioning rooms; bespoke rig; six hard tennis courts; netball court; floodlit artificial turf pitch (full size for hockey or football); floodlit 3G training pitch; indoor fitness area; grass sports pitches (for cricket, football, rugby etc.); outdoor cricket nets and an artificial cricket wicket.

We also offer coaching in tennis, squash and badminton along with an extensive drop in group exercise programme of classes and courses, which includes yoga, dance, pilates, trapeze, circuit training, metabolic and more.

### PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

At Sussexsport, we believe that regular physical activity is fun and healthy. Being more physically active is normally safe for most people, however, some people should check with their doctor before they start becoming more physically active.

The PAR-Q may highlight issues, if so we advise you to check with your doctor before you begin exercising.

Common sense is your best guide when answering these questions. Please read the questions carefully and answer each one honestly.

Please tick Yes or No

1. Has your doctor ever said that you have a heart condition?
2. Do you frequently have pains in your heart and chest?
3. In the past month, have you ever had chest pain when you were not doing physical activity?
4. Do you often feel faint or have spells of dizziness?
5. Has your doctor ever said your blood pressure was too high? Are you on any medication for this?
6. Has your doctor ever told you that you have bone or joint problems, that have been made worse through exercise?
7. Is there a good physical reason mentioned here why you should not follow an activity program even if you want to?
8. Are you over the age of 65 and not accustomed to vigorous exercise?
9. Are you on any medication that gym staff may need to be made aware of, for example: asthma, diabetes?

No to all questions

If you have answered the PAR-Q accurately, you can be reasonably sure that you can start becoming more physically active, starting slowly and build up gradually.

### Office use only

<table>
<thead>
<tr>
<th>Membership form</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>4 months</th>
<th>Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total paid</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Terms and Conditions

1. Student year memberships are not rolling so if you purchase an annual membership from September onwards, it will automatically end on 31 August.
2. Membership refunds, cancellations and temporary freezes will be at the discretion of Sussexsport management.
3. Members are required to give written notice to Sussexsport of any changes to contact information. We will assume that all correspondence sent by us has been received within 5 working days of mailing.
4. Membership is non-transferable. If another individual uses your card to attempt to gain access to the facilities, Sussexsport reserves the right to terminate your membership without refund.
5. All additional membership benefits are subject to availability and refunds will not be given for sessions that are not taken up.
6. Members are responsible for their behaviour & fitness levels. Sussexsport reserves the right to terminate membership without refund.
7. Photography and video recording is strictly not allowed in the sports facilities unless written permission is received from the University’s Publications and Branding Department or Sussexsport.
8. Membership data will be used anonymously for usage analysis purposes.

### Bookings

1. Failure to show proof of membership may result in a charge of £1.60 being applied (£8 for gym usage), payable before access will be granted.
2. A member can only book consecutive time slots, not simultaneous slots. Members must attend all bookings (sports injury clinic require 48 hours notice) otherwise full rates will be charged.
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4. Cancellation notice will result in arrears. No notice) otherwise full rates will be charged.
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### Force Majeure

If the University is rendered unable wholly, or in part, to carry out its obligations by reason of force majeure, they will give notice and be released from their obligations. This will include circumstances beyond the control of the University.

### Facilities

1. Sussexsport reserves the right to close for any tournaments/other activities or in connection with any repair/alteration/maintenance. Advance notice of closures will be given where possible.
2. The Sport Centre operates on reduced hours during the summer. These will be shown on the website.
3. Appropriate clean clothing and footwear must be worn at all times.
4. Notices and signs displayed around the facilities mean termination of membership without refund.
5. The University cannot accept responsibility for theft/loss/damage to members, guests or visitors property however caused (indoor and outdoor) must be obeyed at all times.
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### Fitness Room

1. Please bring a towel with you at all times. If you forget, we have towels for sale at reception.
2. Please leave bags in lockers. Bags are not allowed in the fitness room. We will accept small padlocks.
3. If the gym is noticeably busy, the maximum time on cardio equipment will be 15 minutes.
4. If you need to bring in a mobile, please ensure it is switched off.
5. You always need to bring your ID card with you.
6. Fitness room users must be at least 15 years old.

### Courses

1. Refunds will be given 24 hours before a course starts, or if Sussexsport have to cancel the course or participants bring a valid doctors note.
2. To guarantee a place on a course it must be paid for at the time of booking. We cannot ‘hold’ places.
3. The details you provide us with will be stored in our database and held solely for us to administer the course to which you are enrolled. The data is not shared with any third parties. We will not give any information to that of their guests. Unseemly behaviour could mean termination of membership without refund.
4. Notices and signs displayed around the facilities mean termination of membership without refund.
5. The University cannot accept responsibility for theft/loss/damage to members, guests or visitors property however caused (indoor and outdoor) must be obeyed at all times.

### Opening Times

#### Autumn and Spring Term

<table>
<thead>
<tr>
<th>SPORT CENTRE</th>
<th>MON - FRI 8AM-10PM</th>
<th>SATURDAY 9.30AM-8PM</th>
<th>SUNDAY 9.30AM-6PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALMER SPORTS COMPLEX</td>
<td>MON - FRI 7.30AM-10PM</td>
<td>SATURDAY 9AM-8PM</td>
<td>SUNDAY 9AM-6PM</td>
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#### Summer Term

<table>
<thead>
<tr>
<th>SPORT CENTRE</th>
<th>MON - FRI 8AM-10PM</th>
<th>WEEKEND 9.30AM-6PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALMER SPORTS COMPLEX</td>
<td>MON - FRI 7.30AM-10PM</td>
<td>WEEKEND 9AM-6PM</td>
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</tbody>
</table>

Visit sussexsport.com for vacation opening times.

### Peak Times at Our Facilities

- **Fitness Rooms**
  - Monday to Friday 2.30pm-10pm
  - Saturday and Sunday 2.30pm-6pm

- **Sport Centre**
  - Monday to Friday 7.30am-10pm
  - Saturday 9am-8pm

- **Falmer Sports Complex**
  - Monday to Friday 7.30am-9pm

All other times are off peak.

### Contact Us

T: Sport Centre 01273 678228 or Falmer Sports Complex 01273 877125
E: sussexsport@sussex.ac.uk
E: sussexunisport@sussex.ac.uk

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**Student Membership 2017-2018**

- **Autumn and Spring Term**
  - Monday to Friday: 8am-10pm
  - Saturday: 9.30am-8pm

- **Summer Term**
  - Monday to Friday: 9am-8pm
  - Weekend: 9am-6pm

- **ASTROTURF and 3G Pitch Bookings**
  - Monday to Friday: 4pm-10pm
  - Saturday: 9am-1pm

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**Student Year**

- **Membership**
  - Non-transferable
  - No arrears
  - No membership refunds

- **Facilities**
  - Sussexsport reserves the right to close for any tournaments/other activities or in connection with any repair/alteration/maintenance.

- **Fitness Room**
  - Towels for sale
  - Bag lockers available

- **Courses**
  - Refunds available 24 hours before a course starts
  - Members must attend all bookings

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**Peak Times**

- **Fitness Rooms**
  - Monday to Friday: 8:30am-10pm
  - Saturday: 9:30am-8pm

- **Sport Centre**
  - Monday to Friday: 9am-6pm
  - Saturday: 9am-8pm

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**Contact Us**

- **T: Sport Centre 01273 678228**
- **Falmer Sports Complex 01273 877125**
- **E: sussexsport@sussex.ac.uk**
- **E: sussexunisport@sussex.ac.uk**
- **E: sussexuniversiport@sussex.ac.uk**