



Northampton School *for Boys* **Conditions of Use - Strength & Conditioning Room**

The following information is intended to act as a guideline for lettings use of the NSB Strength & Conditioning facility (*referred to hereafter as the S&C room*) by any and all external users.

Users

- Any organisation taking a letting on the facility is responsible and accountable for the behaviour of players, coaches, parents and spectators associated with their organisation. In short, any person on the school site connected with this letting in any way.
- Users are to be made aware that the school grounds are a non-smoking environment.
- Users are also to be made aware that the school has a 'no dogs' policy in operation, to protect students and users from the possible risks of toxicosis.

Parking:

- It is hoped that coaches will encourage all visiting participants, parents and spectators to park considerately in the appropriate areas of the school site.
- Cars parked in the Sports Hall Car Park must use the spaces provided, whilst avoiding the access points marked in yellow. Under no circumstances can cars visiting this area spill over onto the grassed areas. If the car park is full, additional spaces can be found in the Quad, the Crescent at the front of school, The Cripps Hall Car Park at the Old Northamptonians RFC or in the local streets.
- The Quad is located on the right hand side at the top of the access drive. Cars parking in the Quad must not block the emergency vehicle 'clearway', which will be marked in red on the tarmac.

Changing:

- Users are asked to respect the changing areas and use litter bins as provided.
- Users who require a changing space for the S&C room are asked to use the male/female changing rooms in the Sports hall.
- The changing rooms are often used by multiple groups simultaneously or on an overlapping basis and as such, users are requested to take their belongings to the activity area with them. Any items left in the changing rooms will be done so at the owners own risk.

Letting Timings:

- Users are reminded that their Letting may follow or precede other Lettings in the room.
- Groups are not to enter the room whilst other groups are active.
- All groups have a duty to end sessions and leave the room on and at the contracted time.

Entering the Strength & Conditioning Room:

- All users are requested to enter and leave the room via the doors from the foyer at the Edward Cripps Human Performance Centre.
- All users are prohibited from using the door to the school's adjoining fitness suite.

Footwear

- Users are permitted to use appropriate indoor footwear for activity in the S&C room as deemed necessary.
- Users are required to ensure that footwear is clean and that mud/dirt is not traipsed in on shoes.
- Astro turf style shoes are prohibited from use in the S&C room.

Accidents / Injuries

- Geoff Finning as Sports Lettings Supervisor is responsible for recording accidents and injuries which occur to visitors during sports lettings. As such, all injuries significant enough to warrant reporting should be recorded through Geoff Finning on the night of the Letting.
- If any Letting requires emergency services, Lettees are instructed to call GFI for support immediately.

Equipment:

- User groups are permitted use of the mats as necessary. If mats are used, Lettees are required to stack these mats in the appropriate area after use and leave the room in the condition it is found.
- User groups are prohibited from using the strength & conditioning equipment which is stored in several areas around the periphery of the room.
- User groups are prohibited from entering the store cupboards in the S&C room.
- User groups are welcome to bring any equipment which they deem appropriate for their activity onto site and into the room for use during their Letting. However, such equipment must be removed after the Letting.
- All user groups are prohibited from engaging in any activity which could cause damage to the mirrored area or the plasterboard walls. This is particularly true of any activity which involves projectiles being thrown either between users or against walled surfaces.
- User groups are welcome to use the drinks fountain provided in the S&C room.

Litter:

- Litter bins are provided in the buildings for use by Lettings groups and users are politely requested to use the bins provided.

Support Contacts:

- Your on-site support throughout the Letting will be the Sports Lettings Supervisor - Geoff Finning, who can assist with any issues throughout the time of your letting, on 07764 278510
- Your contact at the school for official enquiries relating to the Letting, including invoicing is the Events Coordinator, to be contacted in office hours through the school switchboard on 01604 230240.
- If there are any operational issues that you would like to discuss, please contact the Director of Sport, Jamie Wilcock, on his direct line number 01604 258649.

Please be advised that considerable time, planning and financial resources have gone into creating, what we feel to be, an excellent sporting environment. It is hoped that all users who enter into a letting agreement with the school will respect this fact and endeavour at all times to ensure their users follow the Conditions of Use outlined above. Northampton School *for Boys* reserve the right to cancel a letting arrangement at short notice should it be felt that a particular Lettings group have not respected the Conditions of Use and through their actions are affecting the quality of the facility or equipment provided.