



Advice for delegates regarding use of the sports & leisure facilities.

Delegates who are attending courses delivered by the Fire Service College benefit from free membership and use of the Leisure Club for the duration of their stay. Delegates of other organisations who use the Fire Service College as a venue for events and conferences receive free membership but may have to pay for their usage.

Delegates – please ensure that you inform the Leisure Club receptionist, on each visit, what activity it is that you plan to do.

The fitness suite.

Before being able to use the fitness suite delegates must first prove competency of gym use or attend a short health and safety induction. Acceptable proof of competency includes:

- A membership card from your current gym or health club.
- A fax or email from a suitably qualified person at your brigade/company/local gym expressing their confidence in your ability and that specifically names the individual who wishes to use the gym.

If this is not possible health and safety inductions take place every evening at 2000hrs, we ask that delegates book their place on the induction ahead of time to avoid disappointment.

Leisure Club Contacts:

Tel: 01608 812163

email: leisure.enquiry@fireservicecollege.ac.uk

Anybody who wishes to use the fitness suite must furnish themselves with a towel for the purpose of wiping their perspiration from the machines. This will help to prolong the life of our machinery and make for a nicer environment for everyone using the fitness suite. The Leisure Club operates a 'No Towel, No Entry' policy with regards the fitness suite.

Racquet Sports.

Our court spaces are bookable by delegates up to one day in advance and can be made either in person at the Leisure Club or by telephone from 0700hrs each morning. Racquets for the various sports are available to borrow from the Leisure Club reception. Balls and shuttlecocks are not supplied but can be purchased at the Leisure Club.

Team sports.

Playing spaces for team sports are available to book on the same principle as the racquet sports; up to one day ahead. All equipment that is required for team sports is available to borrow from the Leisure Club reception.

Our aim is to provide a safe and vibrant facility for you to enjoy during your stay at the College. This can only be achieved with your assistance, so may we thank you in advance for helping us to make your stay at the Fire Service College, a healthy, happy experience.