



# Sport, Exercise and Health



University of  
BRISTOL





*‘Our aim is to promote the understanding and active participation in sport and physical exercise, with the ultimate goal of producing good health and personal wellbeing.’*

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## Sport, Exercise & Health is committed to:

- Providing exercise programmes focussed on individual need and the achievement of personal goals.
- Providing high quality supervision and professional health/exercise advice.
- Providing the best possible injury assessment, treatment and rehabilitation service.
- Working with appropriate bodies to provide Sporting opportunities for all.
- Offering the maximum opportunity for talented athletes to fulfil their potential.
- Being innovative and responsive to changing trends, research and scientific developments.



Welcome to Sport, Exercise & Health at the University of Bristol. We have wonderful facilities, providing opportunities for sports participation at all levels, and for the non-sporty, the chance to take part in a huge range of healthy pursuits.

We are actively promoting a new initiative - the 'Healthy University' which encourages all students and staff to become more active, more often. However an active life is not encouraged merely by the provision of facilities, it is also to do with how you use them!

Unlike many universities where students have to pay every time they swim, play squash or book a sports hall for 5-a-side football or badminton, we encourage our students to be as active as possible, as often as possible and as affordably as possible. Hence, we have a **'Sport & Activity Pass' which, once purchased, allows you to use the facilities as often as you wish.** The more you use it the better value it becomes!

Even if you are not sporty but just want to stay fit and healthy we have a fantastic health and fitness suite and a large variety of exercise classes and courses from Pilates and Yoga to Spinning and Body Pump. Through our 'Just Sport' programme you can try a new sport or re-engage with one that you have given up - you can learn to swim, trampoline and try a variety of other sports and activities. There are also opportunities to coach or referee.

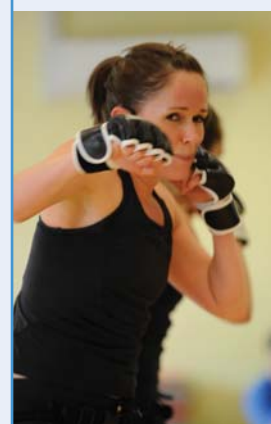
Over 70% of our students have decided to purchase a Sport & Activity Pass which, we believe shows that they also believe it to be great value for money. We have also listened to our students - some of whom wanted a flexible payment option - and have therefore introduced annual memberships making it more

affordable to a larger number of students. Whilst this option is marginally more expensive it does give greater flexibility to students on courses that require mandatory years abroad or prolonged breaks in study.

You can also opt to join one of the 56 University Sports Clubs, all of which are student led and come under direct management of the Athletic Union/UBU Sport & Health. To be able to join a club you will first need to become a member of the Athletic Union - the membership fee helps cover costs associated with affiliations to leagues, insurance and travel whilst competing for the University. Each Club has its own membership fee which is calculated to cover a wide range of expenses from providing kit to helping with match fees and coaching.

Therefore in addition to the **Sport & Activity Pass** you will be expected to pay two further fees before you can play sport on behalf of the University. These are normally paid during the first week of term at Freshers Fair.

Sport, Exercise & Health provides professional coaching to over twenty Athletic Union clubs. We also have highly qualified staff in the 100 station health & fitness suite, who provide expert advice on exercise and health and are available for personal training sessions. All taught exercise classes are subsidised for students who have purchased a **'Sport & Activity Pass' - up to £2 discount per class.**



**Buy a Sport & Activity Pass.....**  
*It will last you throughout your time in the University*



# Sport, Exercise & Health



## Pass holders receive many benefits:

- No further charge to use facilities-fitness suite, sports hall, jogging track, swimming pool, playing fields and squash courts.
- Subsidised exercise class costs
- Subsidised coaching course costs
- Access (with AU club membership) to first class sports coaches
- Subsidised use of the Sports Medicine Clinic (physiotherapy, massage etc).



## High Level Sport

We employ specialist coaches and sports scientists who are available to our Focus Sports Clubs and to members of the High Performance Squad. See details of the High Performance Programme on pages 20-21.

## Sport and Activity for All

Sport, Exercise and Health and UBU Sport & Health work closely together to offer a wide range of sporting opportunities.

Intramural Sport (similar to school 'Inter-House' sport) enables students of all abilities to participate without having to commit to a University club.

For more information visit [www.bristolintramural.co.uk](http://www.bristolintramural.co.uk).



For those wanting to try a new activity, the comprehensive Sports Development programme offers beginners and improvers coaching courses for all.

The Sports Development team also offer opportunities for students to train as a coach and a sports leader, a stepping stone to volunteering in sport in the local community or paid work on courses. For full details of the programme see page 18.

With UBU Sport & Health we run many sports events such as Varsity matches and a week long end of year festival, the Summer Sports Send-off.

Students should note that when they join an AU club, this does not allow free use of university sports facilities unless a Sport & Activity Pass has been purchased.

**Enjoy reading this brochure and finding out what is available for you as a student at the University of Bristol.**

**Don't delay - buy a SPORT & ACTIVITY PASS NOW, and be ready to 'hit the ground running' as soon as you start life in Bristol.**

*Simon Hinks - Director of Sport, Exercise and Health  
Dom Oliver - Union Vice President: Sport & Health*

**Our Mission Statement indicates what we are committed to provide for you while you are in Bristol. We have something for everyone – from high-level sport to exercise for health to simply having fun with friends!**



Welcome to UBU Sport & Health. As well as being renowned academically, the University of Bristol is also recognised as having many excellent sports teams and facilities.

## Athletic Union

The University of Bristol Students' Union (UBU) oversees the Athletic Union and it's 56 AU clubs with an overall membership of more than 4000 people. Each AU club is run by a committee of students and provides social activities in addition to sports training.

Nationally, Bristol has a tradition of fine performance and success and a number of our students are involved in international competitions. The wide diversity of competitive clubs may not suit everyone so UBU Sport & Health also have a well established sport-for-all based **Intramural programme** (see page 19).

Bristol has always been one of the top sporting universities ever since it joined the Inter Varsity Athletic Board in 1920. BUCS (British Universities and Colleges Sport) now run the inter-university competitions in which the majority of our clubs take part. Bristol consistently ranks in the top 15 universities in the UK.

The Union Vice-President: Sport & Health shares responsibility with Sport, Exercise and Health for supporting and overseeing the activities of the clubs and representing the sporting interests of students at both University and National level. The Sports Administrator works alongside the Union VP, helping to organise UBU events and run the office and the fixtures in the BUCS programme.

Register for the Introductory Sports Week to get an insight into University sport or visit Freshers' Fair to become a member.

## Varsity Series

UBU Sport & Health also organise many Varsity matches with UWE (University of the West of England – also in Bristol).

They are an excellent way for individual clubs to raise vital funds and draw massive audiences; the Varsity Series also raises large sums of money for charity and we give a considerable amount to charities every year. Sports included are:

- Rugby • Football • Boat Race • Basketball • Netball

## An Invitation to Sport

As can be seen, UBU Sport & Health does its best to get everyone involved in sport. Not only is it good for you, it is also very enjoyable and extremely sociable. If you are an expert in your field or simply someone who enjoys taking part, there is something for you. If you would like to know more about sport in Bristol then feel free to call or drop in for a chat. UBU offers you a great opportunity to have a go at any number of sports, so please make the most of it.





# Sport, Exercise and Health

A wide range of exercise classes, courses and activities for all ages, designed to help you to get the most from your leisure time **and lots more!**

Choose from our fabulous health and fitness suite **'The Pulse'**, sports hall, studios, free weights gym and squash courts situated close by. Whatever you decide, our superb location means that we're easy to find.

Can't be bothered to exercise? Bored with the same old keep fit routine? Looking for something new? We've got the lot! Aerobics, Tums and Bums, BodyPump, Body Conditioning, Body Combat, Yoga, Pilates, Circuits. The choice is endless.

One visit to **'The Pulse'** will give you all the motivation you need to lose weight, get fit and stay healthy. There are the latest computerised bikes, steppers, joggers and rowing machines, as well as an impressive range of resistance training equipment.





## Indoor Facilities



The Indoor Centre for Sport, Exercise and Health, comprising Sports Hall, Studios and 'The Pulse' health and fitness suite, is located in the main precinct on Tyndall Avenue. This is home for most indoor sport and exercise facilities. The Centre also houses a Sports Medicine Clinic, providing a range of services for all members of the University as well as the general public.

Highly qualified professional staff are always on hand to offer help and advice at all levels on exercise, nutrition and health.

### **The Pulse**

The health and fitness suite contains state of the art equipment for fitness training and conditioning, ideal for the person exercising for health or for advanced sports training. Individual personal training and fitness MOT's available from our qualified instructors.

There is also a free weights area. *New users to the health and fitness suite must complete an induction course.*

### **Studios**

Studios One and Two are used for a variety of exercise classes, including exercise to music, circuits, yoga and pilates. They also provide a base for most of the AU Martial Arts Clubs and the Fencing Club.

### **Sports Hall**

The double-court sports hall is used for Archery, Five-a-side Football, Basketball, Volleyball, Badminton, Netball, Cricket nets, Circuit training and Table Tennis. The AU indoor clubs have regular fixed bookings.

### **Jogging Track**

An elevated jogging track is situated above the sports hall. This doubles as a balcony for spectators.

### **Squash Courts**

The University has a contract for exclusive use of the 4 glass backed courts at Bristol Grammar School. These are less than a 5 minute walk from the centre. They are used by the men's and women's squash clubs for training and match purposes and for casual use.

### **The Rowing Club**

The University Rowing Club is based at Saltford, halfway to Bath, on the River Avon. The Rowing Club is extremely successful, with over half of its members learning as novices in their first year at Bristol.

Both men and women rowers can reach international level within 2 years if dedicated effort is achieved.

Saltford is an extremely tranquil setting. During the term-time, however, it is very hectic with many boats on the water. Saltford is an ideal setting for both competition and recreational fun.

# Get a Sport & Activity Pass

## STEP INTO SPORT AND GET THE MOST OUT OF STUDENT LIFE AT BRISTOL

### **A 3 year Sport & Activity Pass is great value for money.**

The Student Sport & Activity Pass provides access to all centrally managed facilities, the University's sports hall, health and fitness suite and swimming pool. Full details of these facilities and the range of activities promoting health and fitness can be found on our website.

Once you have purchased a pass the only small extra payment you have to make are for:

- any course, activity or class that involves instruction
- inductions prior to use the gym equipment (compulsory)
- free weights room (induction compulsory if you choose this facility)
- discounted rates apply to use the indoor and outdoor tennis courts and the Olympic Weights Room at Coombe Dingle Sports Complex and for services such as physiotherapy and massage at the Sports Medicine Clinic.

Details can be found in the registration pack and can be found on the Sport, Exercise and Health website - [www.bristol.ac.uk/sport/memberships](http://www.bristol.ac.uk/sport/memberships).

It is now **mandatory** to purchase a Sport and Activity Pass if you intend to play for a University Sports Club which uses the facilities for training and matches.

Bristol students who elect not to pay the annual sports fee will pay £5.00 admission to use 'The Pulse' Fitness Suite and taught classes, £3.50 to use the swimming pool and full price for tennis at Coombe Dingle.

General Enquiries: 0117 928 8810

### **Student Membership ▲**

UOB student (3 yrs) £440.00  
UOB student (2 yrs) £360.00  
Postgraduate (1 yr) £200.00  
ERASMUS Student (6 months) £120.00

UOB student (4/5 year) £440.00 – students studying a programme of 4 years or more will pay for a 3 year Sport & Activity Pass. You can choose to renew the Sport & Activity Pass for the remainder of the programme at the end of the three years, on payment of the appropriate fee in force at the time.

There will be no additional fee for students on a 4 year programme which includes a mandatory year away from Bristol

All students are advised to apply online before the start of term to get the best value from their Sport & Activity Pass. You will be saving £160.00 if you sign up for the traditional three-year pass:  
[www.bristol.ac.uk/sport/membership/obtainingasportspass](http://www.bristol.ac.uk/sport/membership/obtainingasportspass)

*NB your card is valid until the 30th September unless in your final year when it is 31st July.*

### **Athletic Union and Sports Club Membership**

You are required to pay a **mandatory fee (£20)** to become a member of the Athletic Union if you want to play for a University Sports Club. AU membership helps to cover the cost of insurance and travel. You will also be asked to pay a **mandatory joining fee** by your chosen Sports club, club prices vary in accordance with the range of activities on offer. Details are available at [www.ubu.org.uk/sport](http://www.ubu.org.uk/sport).

## BOOKINGS

### **Indoors Sports Centre**

Members can book seven days in advance in person. You will be required to pay £3 if less than 24 hours notice of cancellation is given, or for failure to play.

### **Tennis Centre**

Members can book eight days in advance in person or over the phone. You will be required to pay the full hire charge if less than 48 hours notice of cancellation is given.

### **Swimming Pool**

Swimming Pool lane timetable see website or contact (0117) 954 5803

[www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)

### **Coombe Dingle**

**Free Weights Room Membership**  
Membership available at reception: 0117 9626718

### **Squash**

Use of the Bristol Grammar School glass backed squash courts and Kingsdown Leisure Centre is free to Sport & Activity Pass holders.

One guest is permitted on this membership. £5.00 (excludes 'The Pulse' Fitness Suite)

### **Terms and conditions**

Refunds are only considered if you leave the University, or, if you have a serious illness that prevents you from using the facilities (Doctor's certificate will be required, stating clearly why you are prohibited from using the facilities). All refunds will incur a £10.00 administration fee.

It is compulsory for all users of 'The PULSE' Fitness Suite to have an induction. Inductions are provided by professional staff and are given to ensure you use the equipment safely: £5.00

Free Weights Induction, Indoor Centre additional £5.00

### **UOB Student Card and Lost Cards:**

Lost or replacement cards please contact the Arts and Social Sciences Library, Tyndall Avenue: A £10.00 administration fee will apply. Tel: (0117) 928 8000

Full set of Terms and Conditions visit:  
[www.bristol.ac.uk/sport/memberships/termsandconditions](http://www.bristol.ac.uk/sport/memberships/termsandconditions)

## **University of Bristol**

### **Academic Year 2011 - 2012**

Autumn Term 2011	3 Oct - 16 Dec
Spring Term 2012	13 Jan - 23 March
Summer Term 2012	23 April - 22 June

▲ One guest permitted on this membership (excludes 'The Pulse' Fitness Suite)

SPORTS  
THERAPY



# Sports Medicine Clinic

- Expert, comprehensive service – all under one roof
- Pain and injury treatment and prevention
- Improving performance to give you a competitive edge
- **Free Open Clinics • Medical Insurance Approved**

# Open to every 'body'

A truly multi-disciplinary sports medicine team where clinicians work together to relieve pain and improve performance. Eliminating pain and your return to complete fitness is our priority. We now have 2 clinics – one at our well established Tyndall Avenue site, and one at the University's outdoor sports facility at Coombe Dingle.

## Physiotherapy

### In pain? Injured?

Our expert team use a scientific approach to:

- Pain, stiffness and inflammation
- Rehabilitation and exercise
- Injury prevention
- Sports performance

## Osteopathy

### Looking for 'hands on' treatment?

Osteopathy involves a largely manual approach, where the osteopath works with you to achieve your goals. It is ideal for most sports injuries, and can be used for muscle, joint and nerve problems.

## Sports Massage Therapy

### Want to improve your sporting performance?

Deep tissue remedial massage alleviates pain and addresses muscle tightness, strain and soreness. It improves the way in which your muscle power and strength is harnessed, and can help prevent injury.

## Acupuncture

### Does your system need a boost?

Insertion of hair like needles into specific points on the body effectively treats pain, inflammation and underlying general health problems.

## Video Running Analysis

### Is running causing you pain?

Video running analysis is for all levels of runners. Our physios can assess look at the efficiency of your unique running style, how the body absorbs the forces created and predisposition to injury. This approach can be used with other sports as well, helping you avoid pain and improve performance.

## Free Open Clinics

### Not sure who to see?

### Want some general advice?

We offer 5-10 minute free consultations with the sports physiotherapist or osteopath to discuss symptoms. Booking essential.



Contact: (0117) 928 8810

[www.bristol.ac.uk/sport/sportsmedicine](http://www.bristol.ac.uk/sport/sportsmedicine) • [healthy-living@bristol.ac.uk](mailto:healthy-living@bristol.ac.uk)



## Open to every 'body'

### Pilates

Pilates works the entire body. It focuses on the core postural muscles (stomach and back). This principle of working from a strong centre is incorporated into all Pilates exercises. It has many levels - gentle enough for a first time exerciser but can challenge the strongest rugby player!

#### Mat based Pilates

Classes are offered from Introductory Level 1 through to advanced Level 4.

A pre-set series of exercises are introduced weekly with individual variations if needed. Classes are in 6-10 week blocks.

#### Equipment based Pilates

Resistance exercises using specialised Pilates equipment, specifically tailored to the needs of each individual.

Clients can focus on their specific requirements - rehabilitation, postural improvement, muscle strengthening and flexibility. Intensity ranges from very gentle to extremely demanding. Clients may book on a one to one basis and then opt for an 'open studio' session in groups of 3 maximum.



Contact: (0117) 928 8810

[www.bristol.ac.uk/sport/sportsmedicine](http://www.bristol.ac.uk/sport/sportsmedicine) • [healthy-living@bristol.ac.uk](mailto:healthy-living@bristol.ac.uk)

## Pilates

	Max No	Student*	Member**	Public
<b>Equipment based Pilates</b>				
One to One	1	£36	£38	£42
Open Studio - block of 4, running at set times each week or every other week	3	£64 (£16)	£70 (£17.50)	£78 (£19.50)
<b>Mat based Pilates</b>		charge per class		
Level 1, 2 & 3	12	£7	£8	£9
Level 4	6	£8	£9	£10

*For Mat Classes: payment is termly (6-10 week blocks)*

## Physiotherapy, Osteopathy

	Student*	Member**	Public
First appointment (45mins)	£36	£38	£42
Follow up (30 mins)	£26	£32	£38
Sports specific screening e.g. tennis, hockey, cricket, rugby (1 hour)	£60	£60	£60
Video Analysis (running analysis, bike analysis, other sports specific analysis using video equipment and expert software) (1 hour)	£84	£84	£84

## Sports Massage, Acupuncture

	Student*	Member**	Public
First appointment (1 hour)	£36	£38	£42
Follow up (45 mins)	£26	£32	£38

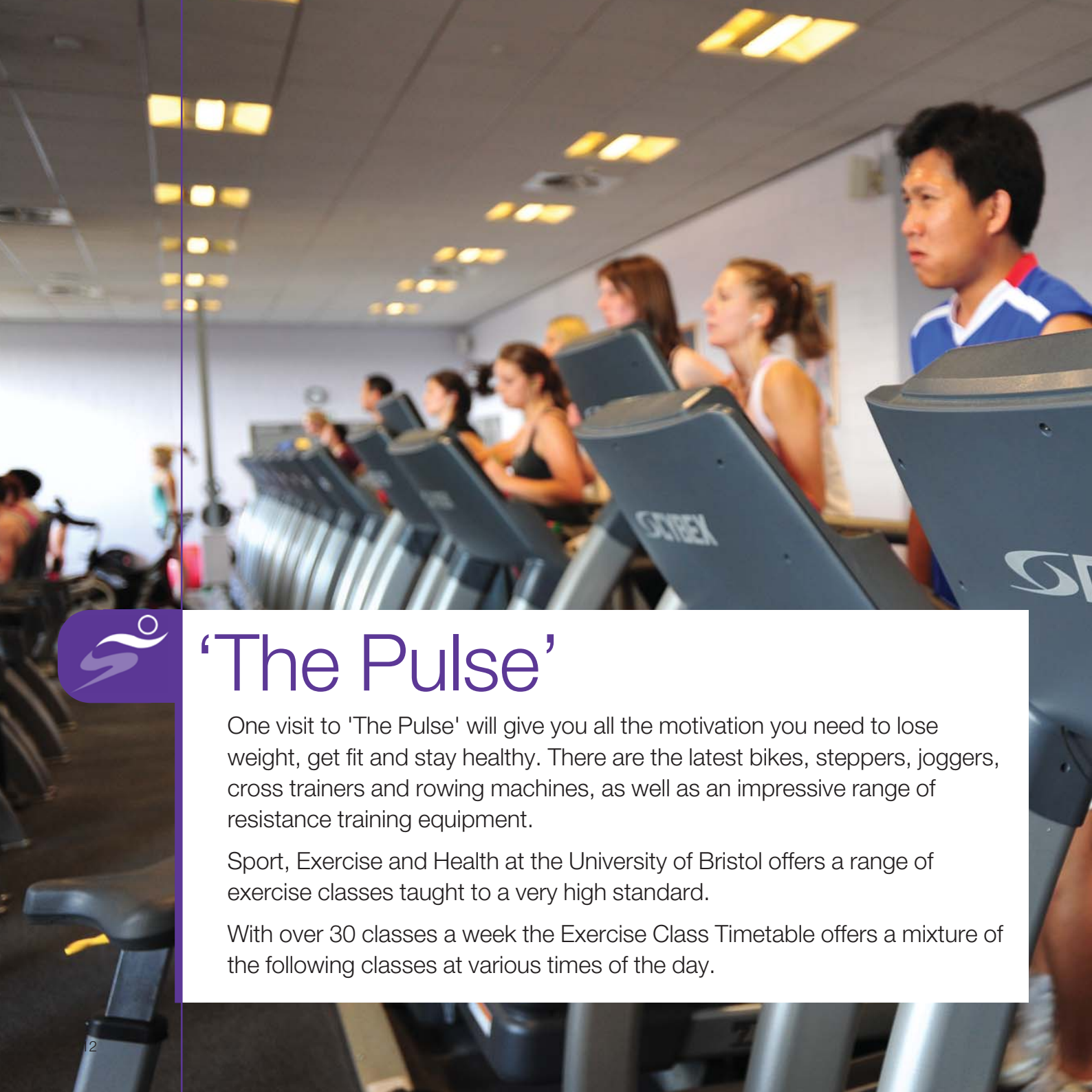
**Student\*:** UOB Student **with** Sport & Activity Pass

**Member\*\* :** All members of staff **with** Sport & Activity Pass, Coombe Dingle tennis members, UOB Student **without** Sport & Activity Pass

Insurance rates follow public rates

Sports team rehabilitation sessions available on request





# 'The Pulse'

One visit to 'The Pulse' will give you all the motivation you need to lose weight, get fit and stay healthy. There are the latest bikes, steppers, joggers, cross trainers and rowing machines, as well as an impressive range of resistance training equipment.

Sport, Exercise and Health at the University of Bristol offers a range of exercise classes taught to a very high standard.

With over 30 classes a week the Exercise Class Timetable offers a mixture of the following classes at various times of the day.

# 'The Pulse' Exercise Classes



## **Yoga**

With the use of different postures, breathing and relaxation techniques, this session will help to realign the body, lengthen neglected muscles and noticeably tone your physique.

## **Tums, Bums and Thighs**

Targets the areas you most want to improve, using your own bodyweight as resistance and incorporating a high degree of floor work.

## **Circuits**

Circuit Training is a proven method of increasing power and aerobic fitness, using a wide range of weight bearing and equipment based exercise stations.

Expect a high level of running and repetition movements against the clock.

## **Body Pump**

This high energy fat-burning workout uses weights to tone and sculpt the whole body effectively and safely. Pre-choreographed routines target each muscle group. It's low on impact and high on fun. Above all, it delivers RESULTS!

## **Bodysculpt**

A unique class, which will surprise you each week with new exercises and equipment, designed to tone the whole body. Never Boring!

## **Spinning**

Like to burn up to 400 calories in a single 45min workout? This is the session for you, no skill needed just energy. Spinning takes you through a varied cycle journey building endurance, speed and recovery powers.

## **Total Body Tone Up**

Burn fat and tighten your core using weighted barbells for an all over 45 minute body workout.

## **Bodycombat**

A licence to punch and kick. Drawing from a variety of martial arts including kickboxing, karate, tae kwondo, boxing and tai chi. Bodycombat motivates participants to think, move and act like a fighter.

## **Aerobics**

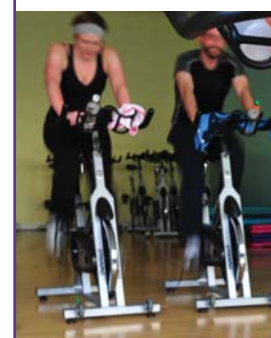
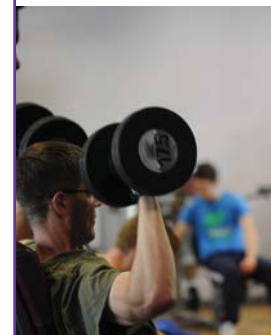
A combination of high impact moves which raise the heart rate, burn calories and improve leg strength, with low impact sections for improving the overall tone of your body.

## **Swiss Ball Abs**

Core conditioning class using the stability balls. Great for toning: abs, back and whole lower body area. This is a must for any one looking to tone the body quickly and effectively whilst at the same time enjoying some great relaxation techniques all in one class. Suitable for all levels.

## **ABsolution**

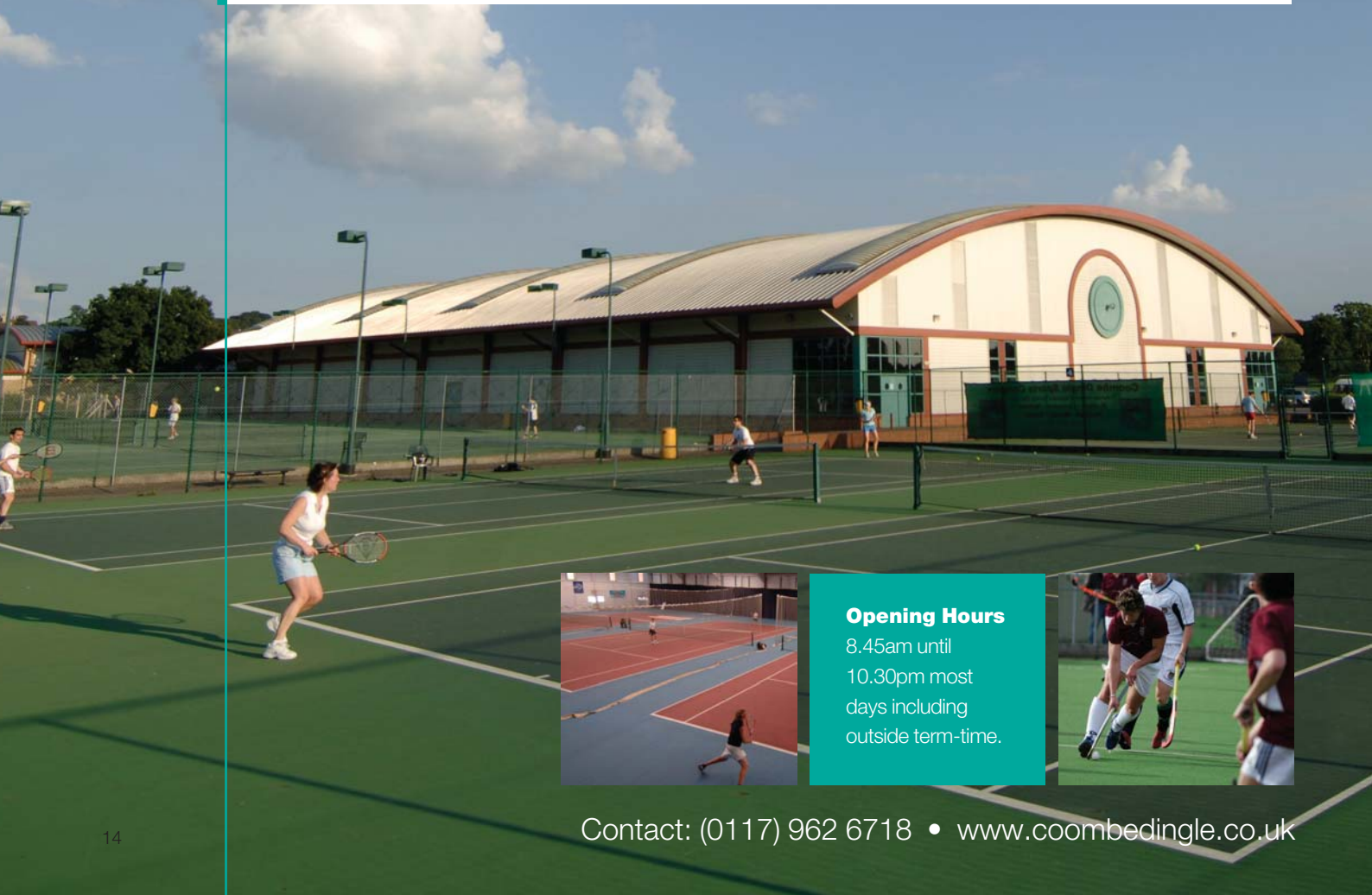
Everyone's solution to stronger, firmer, better abs! A floor based 30 minute class that will test your abs to the limit.





# Coombe Dingle Sports Complex

The Complex is a superb sporting facility which provides a unique atmosphere. Emphasis is placed on quality and the combination of a wide range of outdoor and indoor opportunities for all students.



## Opening Hours

8.45am until  
10.30pm most  
days including  
outside term-time.



The Complex is managed by the University of Bristol on behalf of the Coombe Dingle Sports Trust Ltd, a company which represents the interests of the University of Bristol, Avon Lawn Tennis Association, Clifton High School and Bristol City Council.

Students using the facilities are encouraged to have purchased a Sport & Activity Pass. The Pass allows free and discounted use of the grass and artificial pitches during Athletic Union Club allocated time and in intra-mural competitions. The income derived from the Sport & Activity Pass helps maintain all the facilities and services to a high standard.

Most of the University's 'traditional' outdoor sports – rugby, football, cricket, hockey and lacrosse are played at Coombe Dingle. All inter-university (BUCS) matches, local league matches and training sessions take place here.

UBU Sport & Health, in conjunction with Sport, Exercise and Health, also stages several intra-mural events and leagues throughout each term. Even if you are not directly involved with an AU Club you will still benefit by having the Sport & Activity Pass when you come to play recreational sport.

### Facilities

4 Indoor Tennis Courts • 10 Outdoor Tennis Courts (4 floodlit)  
 • 2 Netball Courts • 2 Floodlit Artificial Pitches • 3 Football Pitches  
 4 Rugby Pitches • 1 Lacrosse Pitch • 3 Cricket Squares + 4 Nets (including grass) • Softball and Rounders facilities.

All facilities are available for use by individuals or hire by schools or clubs. Students pay a court hire charge for all tennis courts and discounted rates on other facilities outside agreed AU club times.

### Sports Medicine Clinic

This is part of the main clinic based at the Indoor Sports Centre providing physiotherapy and sports massage treatment.

### Bookings for Tennis

Telephone bookings by members may be accepted up to 8 days in advance. Just quote your name and membership card number.

### Court Cancellations for Tennis

48 hours notice is required for all cancellations.

If less than 48 hours notice is given, customers will be liable for full payment (unless the facility is re-let).



## Sports Performance Centre

The University has invested over £70k in a new state of the art Strength and Conditioning Suite at Coombe Dingle. Athletic Union Clubs and individuals are able to get the most up to date strength and conditioning advice and individually tailored programmes.

*There is an additional membership fee payable for use of this facility and an induction is mandatory.*

### Tennis Courts (inclusive of vat)

UOB Student with Sport & Activity Pass	<b>Indoor Peak</b>	<b>Indoor Off Peak</b>	<b>Outdoor Anytime</b>
	£12.00	£10.00	£3.00

A floodlight charge of £1 for members and £2 for non-members per hour will be charged in addition to the above charges

Day	Peak	Off Peak
Mon-Fri	4.30pm – 10.30pm	8.30am – 4.30pm
Sat/Sun	8.30am – 4.30pm	4.30pm – 10.30pm

### Other Facilities

Prices for:

- Artificial Floodlit pitches
- Grass Pitches
- Netball Courts
- Cricket Nets

are available by contacting the Sports Administrator on 0117 962 6718

- Above prices are inclusive of vat
- Appropriate footwear must be worn.

Important – Please note that the management reserves the right to cancel, adjust or amend the programme (including tournaments and events) and/or prices without prior warning.



# Swimming Pool



The Swimming Pool is situated alongside the Students' Union Building, with its own entrance on Richmond Hill Avenue. It enjoys the reputation of being one of the best pools in Bristol.

The Swimming Pool aims to provide a wide and varied programme to cater for all standards of swimmers and the various sports and activities one would expect from a swimming pool. The swimming pool has 6 lanes is 32m long and has a moveable bulkhead, which enables the pool to be divided into 2 parts which allows us to achieve maximum use of the pool. The depth ranges from 1.2m to 4m. The temperature of the pool remains a constant 28c (82f).

## Competitions

BUCS Swimming Galas and Waterpolo Tournaments are regularly held at the University Pool.

## Staffing

Poolside staff are fully qualified lifeguards.

## Programme

The programme includes:

**Early Bird Swim Sessions:** Monday - Saturday for those who like to work out before 9 am.

**Recreation Swimming:** Monday to Friday the pool can be used for recreation swimming during any available slots in the morning and during the afternoons.

**Lane Swimming:** The lanes are graded as follows: two slow lanes, two medium and two fast lanes. If you need any help or advice please ask for our SWIM-FIT PROGRAMME leaflet and SWIM-FIT RECORD CARD.

**Swimming lessons:** We cater for children and adults from non-swimmer to those requiring specific attention. Please enquire/enrol at reception.

**Competitive Swimming Training:** Available through the University Swimming Club and Bristol Central Swimming Club. There is also a Masters Swimming Club who have weekly training sessions.

**Synchronised Swimming:** Taught and coached at national level with the Bristol Swimming Club.

**Waterpolo (men & women):** Waterpolo coaching is provided by the University Waterpolo Club and Bristol Central Swimming Club to national level.

**Triathlon:** This fast growing sport now has 3 swimming sessions week.

**Sub-Aqua:** Instruction is provided by the University Underwater Club on two nights a week.

**Canoeing and Bat Polo:** Sessions are twice a week and instruction is taught by the University Canoe Club.

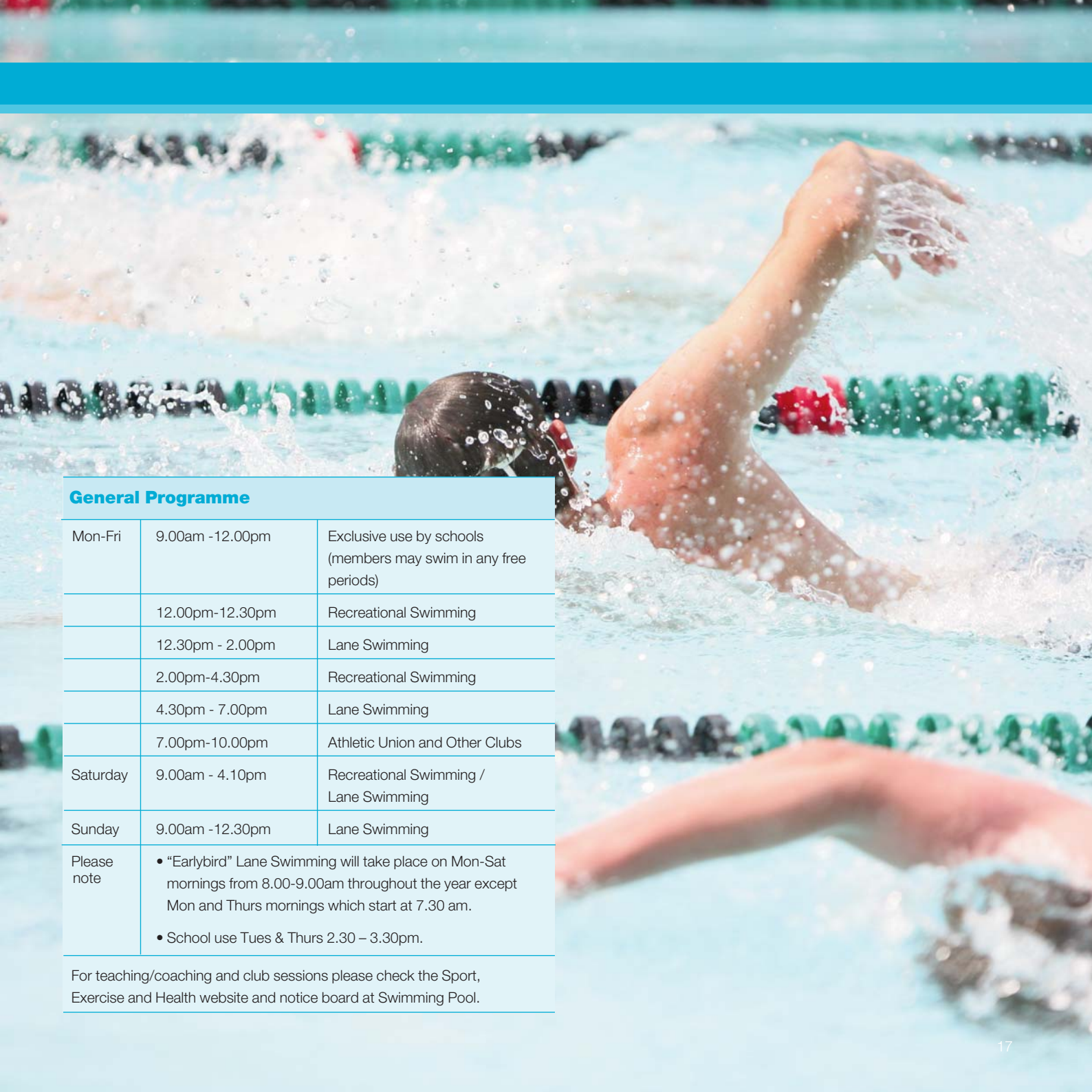
**Aqua Exercise:** Aerobics in the shallow end to music. Suits all levels of fitness for both people who can swim and those who are water confident.

**Lifesaving Courses:** Courses are arranged during term time. Please enquire/enrol at swimming pool reception.

## Instruction

Teaching and coaching is provided in most aspects by centre staff, or within Athletic Union Clubs, or by close liaison with local competitive clubs who use the pool.

Enquiries: 0117 954 5809 • [www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport) • [m.taylor@bristol.ac.uk](mailto:m.taylor@bristol.ac.uk)



### General Programme

Mon-Fri	9.00am -12.00pm	Exclusive use by schools (members may swim in any free periods)
	12.00pm-12.30pm	Recreational Swimming
	12.30pm - 2.00pm	Lane Swimming
	2.00pm-4.30pm	Recreational Swimming
	4.30pm - 7.00pm	Lane Swimming
	7.00pm-10.00pm	Athletic Union and Other Clubs
Saturday	9.00am - 4.10pm	Recreational Swimming / Lane Swimming
Sunday	9.00am -12.30pm	Lane Swimming
Please note	<ul style="list-style-type: none"><li>• “Earlybird” Lane Swimming will take place on Mon-Sat mornings from 8.00-9.00am throughout the year except Mon and Thurs mornings which start at 7.30 am.</li><li>• School use Tues &amp; Thurs 2.30 – 3.30pm.</li></ul>	

For teaching/coaching and club sessions please check the Sport, Exercise and Health website and notice board at Swimming Pool.



# Sports Development



## **Just Sport**

***Are you interested in learning a new sport...improving your sport... meeting a new set of people...getting active.....?***

Sport, Exercise and Health offers coached courses at beginner and improver level, in a range of sports, including tennis, squash, trampoline and swimming. Learn the technical and tactical elements of sport and make the sessions as fun or as serious as you like, whilst learning from our high quality coaches. Courses run in 6-week blocks and discounts are available to Sport & Activity Pass holders.

***No dress code, no getting picked last, no worries. Just Sport.***

For more information on the above programmes, contact the Sports Development team on 0117 331 1109 or visit [www.bristol.ac.uk/sport/development](http://www.bristol.ac.uk/sport/development)

## **Coach Education**

The ***Joint University Initiative for Coach Education (JUICE)*** offers students and staff at Bristol and UWE the opportunity to develop sport skills. The programme offers coaching courses in a variety of sports, higher level courses for experienced coaches and generic coach development courses. Officiating courses are also available for anyone wishing to umpire or referee.

Taking part in JUICE develops your CV, enhancing your ability to secure sports related work, either in a paid or volunteering capacity. With these qualifications you will show future employers initiative and effective communication skills.

***Get ahead of the pack, pass on your knowledge and love of sport and learn the necessary skills to deliver coaching in a safe and effective environment.***

**[www.juiceprogramme.co.uk](http://www.juiceprogramme.co.uk)**



## **Community Sport Volunteer Scheme**

***Pass on Your Passion...***

The Community Sport Leadership programme comprises a set of three Sports Leaders UK-accredited courses, which gradually build experience, skills and knowledge in relation to leadership in community sport. These run at various times through the year, the mainstay being the Level 2 Community Sports Leaders Award which takes place once in the Autumn term and again in the Spring term, leading up to the Bristol Festival of Youth Sport.

Participants develop practical, fun ways of engaging and leading children and young people, and through required volunteering time making an essential contribution to community sport in Bristol.

If you would like more information please contact Matt Edwards on 0117 3311185 or [matt.edwards@bristol.ac.uk](mailto:matt.edwards@bristol.ac.uk).

Contact: (0117) 331 1167 • [www.bristol.ac.uk/sport/development](http://www.bristol.ac.uk/sport/development)

# Intramural Sport at Bristol

## What?

The Intramural Programme is a joint effort between UBU Sport & Health and Sport, Exercise & Health. Intramural literally means 'within walls'. It represents the sporting competition that takes place within the university, with teams from halls, departments, societies and groups of friends in a wide variety of leagues and tournaments. It is aimed at students of all abilities.

We are proud of Bristol's Intramural Programme. It is one of the largest in the country - the 11-a-side football league has over 60 teams playing every Wednesday on the Bristol Downs! The year finishes with the 'Summer Sports Send-off' – a week-long festival of sporting tournaments after exams finish in the summer.

## Why?

It allows students to compete at a more relaxed level of commitment and standard of play, compared to that within some AU clubs. It allows participants to get to know others in their hall or department in a fun, recreational, non-academic way. Sport is a great way to relax, unwind and stay healthy, so we encourage as many students as possible to get involved.

## How?

Most of the leagues start in October. You can play for your Hall of Residence, your department or alternatively, you can form your own team based around a group of friends. There is a Sports Representative from each hall, most departments and some student societies whom you can contact to find out more.

- [www.ubu.org.uk/sport](http://www.ubu.org.uk/sport)

## NEW in 2011/12

### Participation Pathways Project

The University has been awarded funding by Sport England under its Active Universities Themed Round.

The funding will help provide a coordinated multi-sport programme for students to try something fun and new and to give them an opportunity to further their involvement in that new activity.

The sports will be staged throughout the academic year so that you can dip in and out but allow us to establish a consistent presence to the project.

This programme is not for sport regulars – they are looked after through the intramural programme and Athletic Union club system – they turn up rain or shine, attend the gym, pound the courts – many going on to represent the University in their chosen sports.

We want to reach all of you that might not want to play week-in/week-out but do enjoy healthy activity through occasional sport and as a result might want to take it further after having your first taste!

Predominantly based away from the University core sporting facilities within Halls of Residences and elsewhere we hope to make the programme more accessible, easy to reach and well publicised.

A project coordinator will be overseeing the programme and further information will be available in October at Fresher's Fair.





# High Performance Programme

## Academic and Sporting Excellence Our Goal

Our squad is a select group of elite athletes from all sports. Our programme helps them to balance a sporting career and academic success. Squad members have access to expertise in all areas of their training and preparation for top class performance.

### Voices from the Squad

*"I'm very lucky to be part of the High Performance Squad and receive the support I need to train and compete to my best. For me the most valuable part of being in the squad is the free access to physiotherapy and massage to keep me injury free.*

*I have been on the squad for a few years now and I still enjoy the regular meetings and the support I receive."*  
Oli Mott - Duathlete

*"This is my second year on the squad, and I am really enjoying it this year. I am also a TASS athlete here at the University so I am very privileged when it comes to both financial support and also mentoring."* Dan Goldie - Barefoot Water-Skier

### High Performance Team

There is a dedicated team to help you:

- High Performance Manager
- Performance Sport Development Officer
- EIS accredited sports medicine clinicians
- Strength and Conditioning Coaches
- Accredited Sports Nutritionist & Psychologist
- Professional Coaches
- TALS trained mentors.

### We are committed to:

- Delivering an athlete centred programme for you with dedicated staff support
- Providing access to experts in sports nutrition and psychology
- Matching athletes with a TALS trained mentor to help balance sport and study.
- Giving access to wide range of sports medicine services
- Delivering workshops to improve your performance

- Providing quality strength and conditioning sessions
- Offering financial support for competition expenses
- Creating a team ethic within the High Performance Squad

### Sports Scholarships

If you are competing at national level, you may be eligible for a Sports Scholarship.

### High Performance Squad

We offer an individually tailored support plan, equivalent to a sports bursary of £1000 p.a.

### Vice Chancellor's Award

Awards of up to £3000 p.a. made to new students who show exceptional talent in sport or the arts. Applications close in January each year.

### Lloyd Robinson Scholarship

The Lloyd Robinson Sports Scholarship up to £1000 to assist exceptional athletes in times of financial hardship.

### Other Available Scholarships





We offer several Rowing Scholarships and Harry Jeavons-Fellows Rugby Scholarships each year, ranging from £250 to £1000.

The National Talented Athlete Scholarship Scheme may also provide funding of £3500 p.a. per athlete.

### So, the ball is your court...

Whatever your goals, we can and will support you. Please contact us to discuss your personal situation.  
Gordon.Trevett@bristol.ac.uk Tel: 0117 331 1168  
Matt.Paine@bristol.ac.uk

### The results speak for themselves

#### **Eboni Beckford-Chambers, Netball**

Selected for the England Senior Netball Team (2008)

#### **Andrew Bridgeman, Adam Bellamy and Dave Butler, Rugby**

Members of the England Rugby Students Squad (2009)

#### **Emily Cousins, Equestrian**

Dressage Gold at the Youth Olympics (2009)

#### **Peter Randolph, Matt Steeds, Mark Roberts and Ed Walton, Rowing**

European Universities Championships Rowing, Gold Medal (2007)

#### **Dave Attwood, Rugby**

England U21 Six Nations (2007)

#### **Josh Hill, Power Lifting**

World Junior U20's Champion (2007)

#### **Will Hopton, Rackets**

Currently in the Rackets World Top 10 (2009)

#### **Josh Lewsey, Rugby**

England, World Cup Championship (2003, 2007)

#### **Hannah Mills, Sailing**

Gold, World Championships (2006)

#### **Oliver Mott, Duathlon**

Silver, U23 World Long Distance & European Championships (2006)

#### **Nick Nieland, Javelin**

Gold, Commonwealth Games (2006)

#### **Georgina Twigg and Dilly Newton, Hockey**

Olympic Hockey Gold at the Youth Olympics in Australia (2009)

#### **Danny Williams, Waterpolo**

Bronze, Commonwealth Games Winner (2006)



For further details about the Scholarships and how to apply for membership of the High Performance Squad visit the website. Details about TASS can be found at [www.tass.gov.uk](http://www.tass.gov.uk). Applications should be made directly to the national governing body of the sport.



## Healthy Lifestyles

The University of Bristol encourages students to take a proactive approach to their health and well being. We want to be recognised as a 'Healthy University', and so offer a wide range of health promoting services and programmes to students who recognise the value of a healthy 'student experience'.

Sport, Exercise and Health does not take a "one size fits all" approach to health. We don't "prescribe" health and wellbeing or tell students what to do. We share our knowledge and experience and support anyone wishing to make healthy lifestyle choices.

### Refuel – Refresh - Relax

We know that there are certain times during the academic year when it's harder to make healthy choices. One such time is the revision and exam period when health takes a back seat as it slides down the list of priorities. To help students manage this time better, we developed a programme encouraging students to make positive choices around their diet, activity levels and relaxation techniques for the sake of both their health and their studies.

### Healthy Halls

Health begins at home! We've linked with Halls of Residence to offer a programme of events and activities to encourage first year students to be active, eat well and make healthy lifestyle choices, all within the comfort of their own hall. The programme ranges from exercise classes and dance taster sessions to cookery courses, health checks, and more.

### Well Wednesdays

We want everyone at the University to do something positive for their health and wellbeing every Wednesday. We have lots of discounts and events to make Wednesdays your **Wellness Day**.

### Pedometer Challenges

Research shows that walking 10,000 steps a day will significantly improve health, build stamina and burn excess calories. It also has a positive effect on stress levels and is a great way of spending quality and healthy time with family and friends. Plus, as a sustainable mode of transport you can travel around safe in the knowledge that you are helping the environment as well as your health. That's why we run Pedometer Challenges for students who want to walk their way to health.

### Support to Stop Smoking

As NHS trained Smoking Cessation advisors we run free Support to Stop Smoking sessions throughout the year. Prescriptions for Nicotine Replacement Therapies such as gum and patches are also available.

We're here to help students make good choices for the sake of their health, their degree and their overall university experience.

If you would like more information please contact the Healthy Lifestyles Team on 0117 331 1166 or visit [www.bristol.ac.uk/sport/healthyliving](http://www.bristol.ac.uk/sport/healthyliving)



# Frequently Asked Questions



## How can I become involved in Sport at University?

There are many ways, depending on your competitive level and commitment. Here are a few options:

### 1. Enrol on a "beginners" sports course

The University's Centre for Sport Exercise & Health organise a range of courses for people who want to try a new sport. Courses are advertised on the Centre's website ([www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)). They include courses for beginners in Squash, Swimming, Trampolining, Tennis and Volleyball. This is an ideal step towards Intramural sport.

### 2. Take part in the Intramural Programme.

The main purpose of Intramural sport is to allow students to compete at a more relaxed level of commitment and standard of play. A programme of intramural sports events can be found on the Intramural website ([www.bristolintramural.co.uk](http://www.bristolintramural.co.uk)) or email [au-chair@bristol.ac.uk](mailto:au-chair@bristol.ac.uk)

### 3. Join an Athletic Union Sports Club

During Freshers' week, each club has a stand at the Freshers' Fair held in the Students' Union. A list of Athletic Union Clubs can be found on their website ([www.bristolau.co.uk](http://www.bristolau.co.uk)) or speak to the Athletic Union Chair, ([au-chair@bristol.ac.uk](mailto:au-chair@bristol.ac.uk)) Tel 0117 954 5874

### 4. Get a coaching qualification

Sport Exercise & Health also organises a series of courses to meet the needs of students who want to become qualified coaches and officials. A list of these courses can be found at: [www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport). Funds are normally available to students who are involved in running an Athletic Union Club.

### 5. Become a member of the High Performance Squad

The High Performance Squad's mission is to help talented student athletes continue with their sporting careers without compromising academic progress. Any Bristol University Student - who has competed at regional level or above, in an Olympic sport or a major field game - may apply to become a member of the Squad. Application forms for the High Performance Squad may be downloaded from: [www.bristol.ac.uk/sport/high-performance/app-form.html](http://www.bristol.ac.uk/sport/high-performance/app-form.html)

## Q. How and where can I make a booking?

(Members Only)

Sports Hall & Squash Court bookings can be made 7 days in advance in person at the Indoor Centre Reception.

Sports Medicine Clinic bookings can be made over the phone or in person at Reception in the Indoor Centre during opening hours. (Open to non-members)

Tennis Bookings can be made 8 days in advance by phone or in person to Coombe Dingle.

There is not a booking system for casual use of the Pool - check opening times for details.

## Q. How often can I book?

As often as you like, but not for more than one timeslot. This is to prevent back to back bookings, thus restricting use by others.

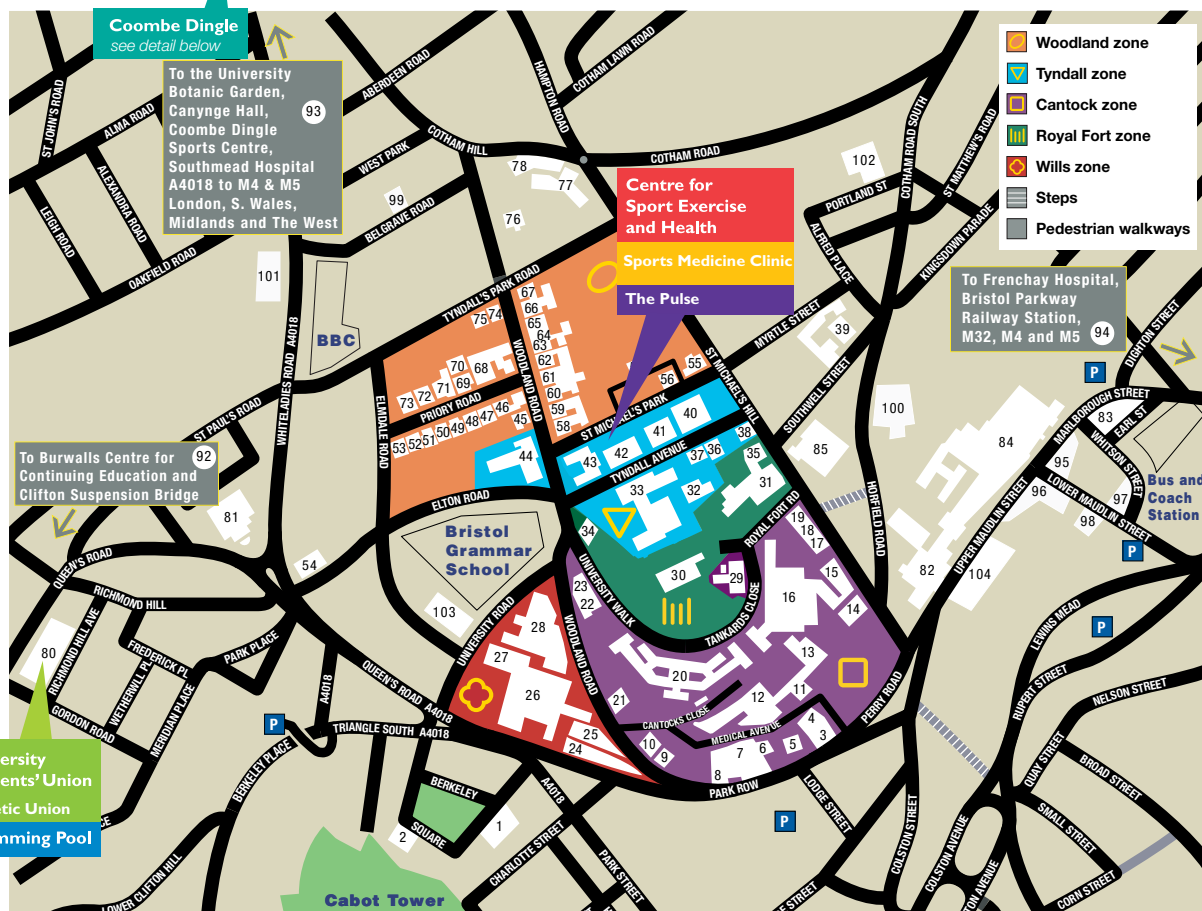
## Q. Can I bring a guest and how much will it cost?

External Guests allowed, one per card holder. Guests are required to pay £5.00 to play Squash and to use the Sports Hall. External Guests are NOT allowed in the Pulse Fitness Suite.





# University Precinct



## Centre for Sport Exercise and Health

General Enquiries: 0117 928 8810 [www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)

## Coombe Dingle

General Enquiries: 0117 962 6718  
[www.coombedingle.co.uk](http://www.coombedingle.co.uk)

## Sports Medicine Clinic

General Enquiries: 0117 928 8810  
[www.bristol.ac.uk/sport/sportsmedicine](http://www.bristol.ac.uk/sport/sportsmedicine)

## Swimming Pool

General Enquiries: 0117 954 5803  
[www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)

## Athletic Union

General Enquiries: 0117 954 5874/5  
[www.bristolau.co.uk](http://www.bristolau.co.uk)

Coombe Dingle Sports Complex is situated in the heart of Stoke Bishop and may be reached by car, public transport or on foot. It has close proximity to the M4/M5 motorway and the City Centre.

# Your Sport & Activity Pass gives you...

## Free access to...

- the Pulse gym and fitness suite
- badminton, basketball courts and jogging track at the Indoor Sports Centre
- the University's swimming pool
- studios, playing fields and the swimming pool when used as part of an AU (Athletic Union) club
- squash courts at Bristol Grammar School and Kingsdown Sports Centre

## Significant reductions on:

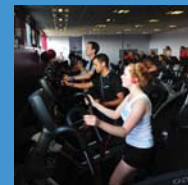
- all exercise classes at the Pulse gym
- the University's Sports Medicine Clinic
- indoor and outdoor tennis courts at the University's Coombe Dingle Sports Complex
- all University of Bristol sport and activity courses and health courses
- Bristol and Clifton golf club
- Real tennis and rackets at Clifton College



**A 3 year Sport & Activity Pass is the equivalent of £12 per month for the whole of your degree course...  
...you will not find better value anywhere else in Bristol.**

## Examples of prices for students without a sports pass

- Pulse gym and fitness suite: £5 per visit
- Swimming pool: £3.50 per visit
- Studio classes: £5 per visit
- Physiotherapy: £26 with student pass, £32 without



INVESTOR IN PEOPLE



Sport, Exercise  
and Health

# www.bristol.ac.uk/sport



## **Sport, Exercise and Health**

Tyndall Avenue  
Bristol BS8 1TP  
Tel: (0117) 928 8810

[www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)

## **Sports Medicine Clinic**

Tyndall Avenue  
Bristol BS8 1TP  
Tel: (0117) 928 8810  
Fax: (0117) 331 1105  
Email: [healthy-living@bristol.ac.uk](mailto:healthy-living@bristol.ac.uk)

[www.bristol.ac.uk/sport/sportsmedicine](http://www.bristol.ac.uk/sport/sportsmedicine)



## Sport, Exercise and Health

*Operated by OVAL (717) LTD*

*Photographs courtesy of the Athletic Union, Jack Willingham, Martin Bennett and Pinder Gill*

## **Coombe Dingle Sports Complex**

Coombe Lane, Coombe Dingle  
Bristol BS9 2BJ  
Tel: (0117) 962 6718  
Fax: (0117) 962 6724

[www.coombedingle.co.uk](http://www.coombedingle.co.uk)

## **University Swimming Pool**

Students' Union  
Richmond Hill Avenue  
Clifton, Bristol BS8 1BG  
Tel: (0117) 954 5803/9

[www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)

## **UBU Sport & Health Office**

Students' Union  
Queen's Road  
Clifton, Bristol BS8 1LN  
Tel: (0117) 954 5874/954 5875  
Fax: (0117) 954 5876  
Email: [auchair-ubu@bristol.ac.uk](mailto:auchair-ubu@bristol.ac.uk)

[www.bristolau.co.uk](http://www.bristolau.co.uk)