SPORT
EXERCISE
& 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.’
Getting involved in sport at Bristol is something we hope every student can do. From aspiring Olympians, to inter-University competition, to forming a 5-a-side team or just trying something you’ve never done before, we have something to offer you.

We believe that taking part in sport and exercise is an essential part of your well-being, with proven benefits to your academic studies and happiness.

Together with the Students’ Union (UBU), we work hard to make sure that at any time during your studies here there is a way for you to stay active in a way that suits you; if training four times a week helping the University to win national competitions is your thing, we’d be delighted. If having a go at a new sport on a Wednesday afternoon just because it’s nice to be outside is more your style, that’s fantastic too. We have lots on offer throughout the year so why not try it all?

We look forward to welcoming you to Bristol.

Simone Hinks, Director - Sport, Exercise & Health

We have 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, and recently refurbished 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.

Looking for something new? We’ve got the lot! Aerobics, Tums and Bums, BodyPump, Body Conditioning, Zumba, Body Combat, Yoga, Pilates and Circuits.

‘The Pulse’ fitness advisors will give you all the motivation you need to lose weight, get fit and stay healthy.

‘Fresh Sport’ - your first taste of the action
Saturday 27 and Sunday 28 September.
Sign up online at bris.ac.uk/sport/freshsport

The University works closely with the Students’ Union to provide a range of facilities, programmes and activities for all of our students. We have something for everyone – from performance sport, exercise for health or simply having fun with friends!
OUR FACILITIES
INDOOR CENTRE

THE PULSE GYM
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 are available from our qualified instructors. There is also a free weights area.

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 Martial Arts Clubs and the Fencing Club.

SPORTS HALL
The double-court sports hall is used for Trampolining, Five-a-side Football, Basketball, Volleyball, Badminton, Netball, Cricket nets, Circuit training and Table Tennis. The 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.

The Indoor Centre for Sport, Exercise and Health, is conveniently located in the main University precinct in Tyndall Avenue.

Contact: (0117) 928 8810
www.bristol.ac.uk/sport
Facilities

There have been some massive improvements and additional sporting facilities added over the last few years offering students a wider choice of activities throughout the University.

**SPORTS MEDICINE CLINIC**
The Centre also houses the Sports Medicine Clinic where a multi-disciplinary team of clinicians are available to relieve pain, improve performance and prevent injury.

**SQUASH COURTS**
The University has a contract for exclusive use of the four glass backed courts at Bristol Grammar School and two courts at Kingsdown Squash Courts. These are less than a five minute walk from the centre. They are used by the men’s and women’s squash clubs for training, matches and for casual use.

Highly qualified professional staff are always on hand to offer help and advice at all levels on exercise, nutrition and health.
The Boathouse
The University Rowing Club is based at Saltford, halfway to Bath on the River Avon. The 2014/2015 season will see the club make use of the brand new £1 million boathouse facility (set for completion in August 2014.) The stretch of the River Avon at Saltford is one of the most tranquil in the South West. The Rowing Club is extremely successful, with over half of its members learning to row for the first time at the University, and competing in all major national rowing events. The scheme has been supported by Sport England, British Rowing and sponsors/Alumni of University of Bristol.

Activity Zone
The Activity Zone incorporating a set of outdoor gym equipment and multi-sport games area for football and basketball has been installed for use by all students between Wills and Durdham Halls.

Residences
The University is in the process of upgrading its sports recreational activities at each of its Residences. These activities such as Zumba, Aerobics, Boxing training, Pilates, Tennis, Table Tennis, 5-A-Side football, Basketball, Netball, Jogging and Squash will now be available to all students.

Langford Gym
For students studying at Langford Veterinary School. £60,000 has been invested on a small gym to provide students who live away from the main campus an opportunity to stay fit and healthy during their study programme.

Additional studio space (The Space) Indoor Centre
Additional studio space has been built to accommodate quiet activities such as Yoga and Pilates.

Free Weights Gym Indoor Centre
A brand new designated free weights gym was opened last year and has been a huge success with students.

Olympic Weight Lifting Room (Coombe Dingle Sports Complex)
Coombe Dingle Sports Complex boasts one of the most specialised strength and conditioning facilities in the region. This is free to use for those students who hold a Peak membership or are in the Sport Performance Squad.
The Pulse Health and Fitness Suite is one of the best equipped gyms in Bristol with 75 cardiovascular stations, large stretch/core area and a large comprehensive free weights area with the latest Cybex equipment.

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. The Pulse also has 3 group exercise studios which offer a wide variety of classes to suit all types of exerciser. Our highly trained Health and Fitness Advisors offer personal training, small group sessions and targeted programmes for issues from back care to stress management. With a range of competitive membership options and a convenient city centre location why not come and see for yourself.
FITNESS SERVICES

GROUP EXERCISE CLASS PROGRAMME
A range of over 50 classes per week in term time including: Body Balance, Zumba, HIT, Spinning, Circuits, Yoga, Body Balance and more!

PERSONAL TRAINING
We have an experienced team of Fitness Professionals who can ensure you exceed your goals in the shortest time and at the best rates in Bristol.

SPORT SPECIFIC ADVICE
Our team includes Instructors with specific experience in the following sports: Cycling, Gymnastics, Football, Rugby, Surfing, Running, Golf and more.

MEDICAL REHABILITATION
If you are recovering from a serious medical condition including back issues, cardiac illness, depression, cancer, muscle or skeletal injury etc. we have specialist who can help.

FITNESS TESTING
A range of fitness test can be carried out by our team including body fat percentage, flexibility, strength, VO2 max, Cycle efficiency, blood pressure and lung function.

TAILORED GROUP CLASSES
If you do not find the classes you would like on our program come and speak to us about delivering your class, at your time or at your venue.

NUTRITIONAL SUPPORT
We offer personal diet advice for weight loss and strength gains which aims to deliver long term effects.

Contact: (0117) 928 8810
www.bristol.ac.uk/sport
The Swimming pool is situated on Queens Road within the Richmond Building. The pool has undergone a major refurbishment. The work includes a new entrance, reception, changing rooms, plus new heating, lighting and ceiling in the pool hall. The swimming pool endeavours to provide a wide and varied programme, catering for all standards of swimmers and the various aquatic sports one would expect.

The swimming pool has 6 lanes and at full length is 32m long. The pool also has a moveable bulkhead, which enables the pool to be divided into 2 parts. Generally the pool is set at 25m, thereby giving us a competition swimming length and a teaching area. The depth of the pool ranges from 1.2m at its most shallow point to 4m at the deepest.

For further information and timetables www.bristol.ac.uk.sport
Bookings/Reception 0117 331 8577 • m.taylor@bristol.ac.uk
Visitors who have a disability and require assistance should inform reception in advance of their visit.
PROGRAMMES

- **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. For swimmers who are competitive at National level there is additional training with the United Bristol Swimming Club.

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

- **Waterpolo (men & women)**: Water polo coaching is provided by the University water polo club. Both the men and women’s teams compete at BUCS championship level.

- **Triathlon**: Bristol University Triathlon club has one session a week plus close links with BAD TRI for the more serious competitor.

- **Sub-Aqua**: Instruction is provided by the University Underwater Club.

- **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 not water confident.

- **Lifesaving Club**: The lifesaving club train at the University pool and compete in BUCS events.

- **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.

- **Accessible changing room**: Visitors who have a disability and require assistance should inform reception in advance of their visit.
COOMBE DINGLE

The Coombe Dingle Sports 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.

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. Students with a sports pass can use the Strength and Conditioning Suite free after they have received the mandatory induction.
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 sports club times.

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 sports club allocation time and in intramural 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 intramural events and leagues throughout each term. Even if you are not directly involved with a sports club you will still benefit by having the Sport & Activity Pass when you come to play recreational sport.

**Sports Medicine Clinic**
This is part of the main clinic based at the Indoor Sports Centre providing physiotherapy and sport 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).

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**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
- Bar and Café
A multi-disciplinary sports medicine team where clinicians work together to
• relieve pain • improve performance • prevent injury

Resolving your injuries, eliminating pain and your return to complete fitness
is our priority. We have 2 clinics – one in Clifton at the Indoor Sports Centre,
Tyndall Avenue, and one at the University’s outdoor sports facility in
Stoke Bishop at the Coombe Dingle Sports Complex.

• Expert, comprehensive service – all under one roof • Pain, injury treatment and prevention
• Improving performance to give you a competitive edge
PHYSIOTHERAPY AND OSTEOPATHY
In pain? Injured?
Our experienced team use a scientific approach to:
- Pain, stiffness and inflammation
- Rehabilitation and exercise
- Injury prevention
- Sports performance
- Private Medical Insurance approved (e.g. BUPA, AXA PPP)

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.

SPORTS PHYSICIAN
Sports Physicians are doctors with specialised training in non operative Sport and Exercise Medicine. If injuries or issues are related to physical activity or exercise, they can help.

NUTRITION
The clinic can offer group and 1:1 nutrition sessions by arrangement. Please contact us for details.

FREE OPEN CLINICS
Not sure who to see? Want some general advice?
We offer 5-10 minute free consultations with a sports physiotherapist or osteopath to discuss symptoms. Booking essential.

PHYSIOTHERAPY, OSTEOPATHY, SPORTS MASSAGE, ACUPUNCTURE
UOB STUDENT: FIRST APPOINTMENT £36
UOB STUDENT: FOLLOW-UP APPOINTMENT £30

SPORTS PHYSICIAN
UOB STUDENT: FIRST APPOINTMENT £60
UOB STUDENT: FOLLOW-UP APPOINTMENT £50

Sports Specific Screening (e.g. Running Analysis, High Performance Screening) Available on Request.

Contact: (0117) 928 8810
www.bristol.ac.uk/sport/sportsmedicine
healthy-living@bristol.ac.uk
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. We offer classes (introductory to advanced) and equipment based pilates.

**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.

**PILATES PRICES: LEVEL 1-3**

UOB STUDENT WITH A SPORTS PASS £7.50  
UOB STUDENT WITHOUT A SPORTS PASS, £8.50

**PILATES PRICES LEVEL 4, ANTENATAL AND SMALL EQUIPMENT CLASSES**

UOB STUDENT WITH A SPORTS PASS £8.50  
UOB STUDENT WITHOUT A SPORTS PASS, £9.50
Bookings are available to all students on a range of facilities and programmes allowing you to book a court or class. For further details please visit our website.

**Indoor Sports Centre**
Members can book classes seven days in advance in person at the reception desk. As classes are free and in great demand fines (£3.00) are in place for non attendance so please ensure you cancel your class well in advance.

**Sports Medicine Clinic**
Bookings can be made by phoning 0117 9288810 or in person at the reception desk. If you need to cancel an appointment you must give more than 24 hours notice (not including weekends). If you fail to attend a pre-booked appointment, a £20.00 charge will incur.

**Sports Hall**
Bookings can be made in person at the reception desk. As the sports hall is in great demand fines (£3.00) are in place for non attendance. Teams will be required to pay the full hire charge if cancellations if less than 24 hours notice of cancellation is given.

**Squash**
Use of the Bristol Grammar School glass backed squash courts and Kingsdown Leisure Centre are free to Sport and Activity Pass holders. Bookings can be made at the reception desk.

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

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**Student U Card**
Your student ID card is also your Sport & Activity Pass.

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Contact: (0117) 928 8810
www.bristol.ac.uk/sport
There are two types of student membership, Peak and Off-Peak.

The Student Sport & Activity Pass (Peak and Off-Peak Membership) provides free access to all centrally managed facilities:

- Sports Hall
- ‘The PULSE’ Health and Fitness Suite
- Studios
- Free Weights Gym
- Squash Courts
- Jogging Track
- Recently Refurbished Swimming Pool.

The Sport & Activity Pass provides you with an opportunity to meet new friends and socialise in a facility that is a great place to unwind after a day in the lecture room. An extensive selection of exercise classes, a wide selection of specialist activities and participation programmes are provided to enhance your health and wellbeing whilst studying at the University of Bristol.

Student Membership

Student membership prices are set based on one to two visits per week over the academic year, regardless of the facilities and programmes you choose to use. You can visit as many times as you wish therefore the greater the use the greater the value. In place of a complicated list of facilities and programmes all showing the same entry fee (gym only, pool only, etc) we have combined ours under one simplified system - under two membership categories. The Bristol Sport and Activity Pass is therefore not a multiple price card but one that, for example, simply measures a student swim at the same rate as a gym session or a squash or a sports hall or outdoor activity session.

Members of any student club, who uses University facilities for training and matches, receives University coaching or participates in BUCS must purchase a relevant sport and activity pass. This helps pay for the performance services, facility time and professional coaching.

Pay As You Go (PAYG)

The PAYG option provides access to the Sports Hall (£5.00) and the Swimming Pool (£4.00) at off-peak times only. Students may also sign up for independent activity programmes run throughout the year and use the services run by the Sports Medicine Clinic. Students who have elected not to purchase a Sport & Activity Pass will not be allowed admission to ‘The PULSE’ Health and Fitness Suite, Free Weights Gym, Squash Courts and Exercise to Music classes.

Due to the increase of students over the last few years access to the sport facilities has become limited, students are therefore advised to purchase a sport membership before they arrive.
OFF-PEAK MEMBERSHIP

If you want access at less busy times then our Off-Peak membership package will include free access to all centrally managed facilities and Exercise to Music Classes at restricted times of the day, 7.00 am – 3.30 pm Monday – Friday with full access on Saturdays 8.00 am – 8.00 pm and Sundays 8.00 am – 10.00 pm (Note: The Sports Hall and Studios are reserved on Wednesday afternoons for BUCS sport).

The Off-Peak Membership package includes free access to:
• Centrally managed sporting facilities as listed on page 16
• Gym Induction
• Discounted Sports Medicine Clinic services
• Exercise to Music classes (not including pilates)
• Discounted indoor and outdoor tennis courts at the University’s Coombe Dingle Sports Complex

<table>
<thead>
<tr>
<th>OFF-PEAK MEMBERSHIP*</th>
<th>Fee</th>
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<tbody>
<tr>
<td>4 year pass</td>
<td>£640.00</td>
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<tr>
<td>3 year pass</td>
<td>£480.00</td>
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<tr>
<td>2 year pass</td>
<td>£320.00</td>
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<tr>
<td>1 year pass</td>
<td>£160.00</td>
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<tr>
<td>Erasmus Student (6 months)</td>
<td>£75.00</td>
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</tbody>
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Students studying on a 4/5 year programme
UoB students on a 4-year programme with a mandatory year away can purchase a 3-year sport membership. UoB students on a 5-year programme with a mandatory year away can purchase a 4-year sport membership.

Instalment options available for all membership categories please refer to the website for information www.bris.ac.uk/sport/memberships/obtainingasportspass/

UBU Sport and Health Membership

You are required to pay a mandatory joining fee (£20) to become a member of a sports club. This membership fee helps to cover the cost of insurance and travel. You will also be asked to pay a mandatory joining fee for your chosen sports club. Club prices vary in accordance with the range of activities on offer. Details are available at www.ubu.org.uk/activities/sports

Conditions

It is compulsory for all users of the ‘The PULSE’ Health and Fitness Suite and the Free Weights room to have an induction. Inductions are provided by professional staff and are given to ensure you use the equipment safely. Once you have purchased a pass the only small extra payment you have to make are for:
• courses or participation programmes that involves specialist instruction
• discounted rates to use the indoor and outdoor tennis courts and the services provided by the Sports Medicine Clinic (physiotherapy, osteopathy, sports massage therapy).

Please note: Students who purchase a Peak membership package cannot downgrade to an Off-peak membership. However, students who have elected to purchase an Off-peak membership may upgrade to a Peak membership package.

Payment for your Sport and Activity Pass

All students are advised to apply online www.bristol.ac.uk/sport/membership/obtainingasportspass before the start of term to get the best value from their Sport and Activity pass. NB your card is valid until the 30th September unless in your final year when it is 31st July.

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 (medical note must be provided). All refunds will incur a £10.00 administration fee. For a full set of terms and conditions visit www.bristol.ac.uk/sport/memberships/termsandconditions.

If you purchase a sports pass and decide it is not for you, refunds can be made up until the 13th October. After this date, despite date of purchase no refunds can be made. Please comply with the Terms and Conditions when making a purchase of a Sport and Activity pass.

Contact: (0117) 928 8810
www.bristol.ac.uk/sport
The Performance Sport programme is set up to support, and develop the journey of athletes, who are combining sporting and academic excellence whilst at the University of Bristol.
THE PROGRAMME

The programme will offer you a number of benefits:

• A highly qualified team of staff to assist your sport and individual development
• Lifestyle mentor for the year
• Regular meetings and various sport speakers/practical workshops
• Individual athlete profiling
• Full body screening
• Use of the Olympic conditioning and weight room
• Full peak time sports pass for 2014-15
• Physical preparation 1:1 and team sessions

Applications* for the squad are available at bristol.ac.uk/sport/high-performance

Scholarships Available through Sports Performance:
VC Scholarship Scheme (closing date Jan 2015)
Lloyd Robinson Scholarship
Dave Attwood Rugby Scholarship Scheme
Graduate and Undergraduate Rowing Scholarships

All information can be found at bristol.ac.uk/sport/high-performance/scholarships

Please contact:
Matt Paine, Sports Performance Manager
Call or text 07762 751471 or email matt.paine@bristol.ac.uk

* The process opens in October 2014 for entry 2015-16.
An interview with the Performance team will then take place in 2015.

“Despite the fact that the Squad has members from many different sports there is a fantastic team spirit and everyone is on hand to give help and support to other members of the Squad. Such a strong team spirit is unique to the Squad at Bristol and being surrounded by other like minded athletes has encouraged me to push myself in order to achieve my goals, both in sailing and my degree.”

Anna Carpenter - Sailing (History)

“The sport performance squad is a truly fantastic program to be on. I mean what other program puts your picture up in the gym and makes you famous around Bristol University! Being in the sport performance squad gives you the opportunity to carry out your chosen sport at the highest level as well as balancing your academic studies. There are many benefits to the squad such as a mentor who you can speak to for advice, a strength and conditioning coach who works specifically to what exercises you need, a free sports pass to gain access to the gym and so many others. Overall I’ve loved my first year and I’d recommend joining the squad.”

Vinal Patel - Table Tennis (Maths and Economics)
Within the Performance Sport structure we offer 18 clubs professional coaching support that helps to develop, lead and create positive environments where students can learn, improve and have fun whilst taking part in the BUCS league action each week.

We introduced a Kick Start Clubs initiative this year, which meant that clubs given additional support could progress to being a Performance Club in the future; this may come in the form of coaching, facilities or additional training.

We are striving to create a culture within sport at Bristol, where we can combine academic and sporting excellence across all areas of Performance Sport.

**Performance Clubs 2014-15**

- Ladies Hockey
- Men’s Hockey
- Basketball
- Volleyball
- Water polo and Swimming
- Trampoline and Gymnastics
- Squash
- Men’s and Mixed Lacrosse
- Tennis
- Rowing
- Badminton
- Netball
- Rugby Men’s
- Fencing
- Snow sports
- Cricket
- Ladies Lacrosse
- Ultimate Frisbee

**Kick Start Clubs 2014-15**

These are clubs that applied this year and we believe with some investment, support and student drive they could become a future Performance Sport Club in the coming years.

- Women’s Rugby
- Triathlon and Pentathlon
- Cheerleading

Sporting scholarships are also available for student athletes in a variety of sports.

The University consistently produces outstanding results in the BUCS (Inter-University) sports competition. Bristol finished 13th in 2013/14.

Contact: (0117) 928 8810
www.bristol.ac.uk/sport/high-performance
If you are interested in some competitive, team sport but without the need to join a club, we provide opportunities for you to compete in eight sports on a weekly basis. This not only helps to keep you active and healthy but it also provides a fun but competitive sporting opportunity each week.

To be able to compete in the Intramural competition you will need to sign up for your Hall team, or create a team amongst your friends. Intramural sport is organized through UBU and all the information you need will be available through the UBU website at http://www.ubu.org.uk/activities/sports/intramural.

**UBU ACTIVE**

If you don’t want to join a sports club or team, but want to keep fit, try something new, get back into sport or just have fun with your friends then UBU Active is for you! The project is funded by Sport England and provides opportunities in sports ranging from Touch Rugby to Rounders and Lacrosse to Volleyball.

There are taster sessions, sports festivals, competitions and coaching opportunities. Even better still, all activities are either free or very cheap, with no membership required.

Back for its fifth year, the ever popular Fit and Fabulous programme, organised by UBU Sport & Health, provides activity sessions for female students. It provides opportunities to get involved in activities like Zumba, Boxercise, dance and self-defence.

For more information about Intramural, Fit & Fabulous or UBU Active email kathryn.pacey@bristol.ac.uk or go to www.ubu.org.uk/activities/sports.

Keep up to date with the UBU Active Contact: www.ubu.org.uk/sport
COMMUNITY SPORT DEVELOPMENT

Our students also play a significant role in the wider community. Our programme engages with over 20 local Bristol schools and many of the city’s clubs. You will be able to gain the nationally recognised Community Sports Leaders Award (CSLA) and undertake volunteer coaching within schools. Over 2000 children are presented with the opportunity to use the University’s sporting facilities each year at the Festival of School Sport, which continues to help lift the aspirations of each child involved.

Leadership Through Sport
Getting involved in sport offers you more than just the benefits of being physically active; helping to run a club, lead a team, or coach others is a great way of developing and honing skills that are useful in many areas of life. Each year a small group of students take part in a ‘Leadership Through Sport’ programme helping them to examine their skills, attitudes and experience around Leadership in a sporting context.

For more information about this programme, contact matt.edwards@bristol.ac.uk

Coach Education
Putting something back...and gaining more
With help from charitable donations to the University, we are able to offer significant bursaries to students undertaking coaching qualifications with a view to helping run student clubs or volunteering in the community. Becoming a coach or developing existing skills provides a fantastic learning experience, is great for enhancing job applications, and perhaps most of all offers a rewarding experience of being able to contribute to the development of sport.
Contact: (0117) 331 1167 www.bristol.ac.uk/sport/development

Community Sport Volunteer Scheme
Pass on Your Passion...
The Community Sport Leadership programme comprises a set of 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 School 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 Robbie Fox, Community Sport Development Officer on (0117) 331 1006 robbie.fox@bristol.ac.uk

Contact: (0117) 331 1006 www.bristol.ac.uk/sport/development/community
**Healthy Living**

**Be well @ Bristol**
The University of Bristol encourages students to take a proactive approach to their health and wellbeing. We offer a range of healthy living interventions and initiatives throughout the year to help you make positive lifestyle choices for the benefit your physical and mental health. There is no “one size fits all” approach to health. We want to share our knowledge and experience, and offer support to help all find what works for them.

“Health is created and lived by people within the settings of everyday life; where they learn, work, play and love” (WHO, 1986)

**Move Well**
Are you doing at least 150 minutes per week of moderate intensity physical activity? It isn’t always easy to find time and motivation to fit activity into our busy lives. However, you can choose to change your lifestyle so that being active is built into your day and not just bolted on. There are lots of ways to get active that don’t require specialist skill, equipment or memberships - even trainers are optional! We support a range of opportunities, whether it is walking, running, cycling, swimming and so on. Activities and promotions take place throughout the year.

**Eat well**
A good diet is a balanced diet - one that contains a variety of food from each of the different food groups in the right proportions for your health needs. What we eat affects both our physical and mental health - our energy levels, our ability to concentrate, as well as risk of chronic diseases such as cancer, diabetes and obesity. So it’s worthwhile taking the time to follow some simple guidelines, shop sensibly and learn to enjoy preparing and eating food to ensure we give our minds and body the fuel it needs. Advice, support and promotions will pop-up throughout the year, and our monthly ‘Farmers’ Market’ will give you the chance to buy local good food right in the heart of the University.

**Live well**
Living a healthy life involves many choices. These choices can have a big effect on your quality of life, your work and studies, how you feel about yourself and of course your health and wellbeing - now and in the future. A combination of things help - being active, eating well, sleeping well, managing stress and having fun. The key is finding a balance, having realistic expectations of yourself and others around you.
The University Precinct

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.

Sports Medicine Clinic
General Enquiries: 0117 928 8810
www.bristol.ac.uk/sport/sportsmedicine

Swimming Pool
General Enquiries: 0117 331 8577
www.bristol.ac.uk/sport

Coome Dingle
General Enquiries: 0117 962 6718
www.coombedingle.co.uk

Centre for Sport, Exercise and Health
General Enquiries: 0117 928 8810
www.bristol.ac.uk/sport

UBU
General Enquiries: 0117 954 5800
www.ubu.org.uk/activities/sports

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.
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.

### YOUR SPORT & ACTIVITY PASS GIVES YOU...

#### PEAK MEMBERSHIP

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Friday</td>
<td>7.00 am – CLOSE (10.00 pm Gym)</td>
</tr>
<tr>
<td>Saturday</td>
<td>8.00 am – 8.00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>8.00 am – 10.00 pm</td>
</tr>
</tbody>
</table>

- Free access to centrally managed sporting facilities: ‘The PULSE’ Health & Fitness Suite, Sports Hall – Indoor Centre, Free Weights Gym, Squash Courts and Swimming Pool
- Gym Induction
- Discounted Sports Medicine Clinic services
- Exercise to Music Classes (not including pilates)
- Use of the Olympic Weights Room at Coombe Dingle (specified times)
- Strength & Conditioning advice for Performance Sports Clubs
- Discounted indoor and outdoor tennis courts at the University’s Coombe Dingle Sports Complex

#### OFF-PEAK MEMBERSHIP

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday – Friday</td>
<td>7.00 am – 3.30 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8.00 am – 8.00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>8.00 am – 10.00 pm</td>
</tr>
</tbody>
</table>

- Free access to centrally managed sporting facilities: ‘The PULSE’ Health & Fitness Suite, Sports Hall – Indoor Centre, Free Weights Gym, Squash Courts and Swimming Pool
- Gym Induction
- Discounted Sports Medicine Clinic services
- Exercise to Music classes (not including pilates)
- Discounted indoor and outdoor tennis courts at the University’s Coombe Dingle Sports Complex

You can purchase your Sport & Activity Pass online at: [www.bristol.ac.uk/sport/membership/obtainingasportspass](http://www.bristol.ac.uk/sport/membership/obtainingasportspass)
SPORT EXERCISE & HEALTH
Tyndall Avenue
Bristol BS8 1TP
Tel: (0117) 928 8810
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
www.bristol.ac.uk/sport/sportsmedicine

COOMBE DINGLE SPORTS COMPLEX
Coombe Lane, Coombe Dingle
Bristol BS9 2BJ
Tel: (0117) 962 6718
Fax: (0117) 962 6724
www.coombedingle.co.uk

UNIVERSITY SWIMMING POOL
Students’ Union
Queen’s Road
Clifton, Bristol BS8 1LN
Tel: (0117) 331 8577
www.bristol.ac.uk/sport

UBU SPORT & HEALTH OFFICE
Students’ Union
Queen’s Road
Clifton, Bristol BS8 1LN
Tel: (0117) 954 5800
Fax: (0117) 954 5876
Email: ubu-sport@bristol.ac.uk
www.ubu.org.uk

WWW.BRISTOL.AC.UK

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