



# CHICHESTER

RACQUETS & FITNESS CLUB

ESTABLISHED 1964

CLUB RULES & INFORMATION

SEPTEMBER 2009 EDITION

# CLUB MEMBERSHIP CATEGORIES

## Full Membership

Full Members shall be entitled to use all the facilities of the Club subject to the provision of the Club Rules.

## Off-Peak Membership

Off-Peak Members may use the Club facilities as follows:

**Gym:** between 0700 & 1700 Mondays to Fridays, and anytime at weekends.

**Racquets:** between 0900 & 1715 Mondays to Fridays, and between 1200 & 1415 and after 1715 at weekends.

**Dome:** between 0900 & 1715 Mondays to Fridays, and after 1715 Saturday and 1300 Sunday.

## Student Membership

Persons over the age of 18 may apply for Student Membership. They must be in full-time education and provide confirmation from their school/college or university. Student members may use the Club facilities subject to the provision of the Club Rules.

## Junior Membership

Persons under the age of 18 may apply for Junior Membership. Junior Membership for under 12 and under 8 will only be permitted if a parent or guardian is also, as a minimum, a Social Member. Junior Members under 8 qualify for free membership. Juniors under 12 must be supervised by a parent or responsible adult at all times. Junior members must be under the stated age on 1st October

in the current subscription year. Juniors are not permitted in the Clubhouse after 2100 except by permission of the Management, and may not sit at the bar at any time. Junior Members can use the Club Racquet facilities at the same times as Off-Peak Members, subject to any additional flexibility laid down by the Tennis or Squash Committees from time to time. They may also use unbooked courts during peak hours, providing there are no Adult Members wishing to use them. The Gym can only be used by those over 16 in off peak periods.

## Social Membership

Social Members are entitled to use the facilities of the Clubhouse, but not the Courts and Gym, except as a paying guest (for details see Booking Fees).

## Temporary Membership

Persons who are precluded by distance or other circumstances from making full use of the privileges of membership may apply for Temporary Membership which will be on terms and at such subscriptions as the Management Committee deem fit. Temporary Membership shall not exceed three months in any one year.

## Gym Induction Fee

Before any new Member can use the Gym facilities, they are required to have an induction session, for which there is a fee of £5. Personal assessments and training are also available.

# BOOKING FEES

TENNIS DOME:

**Members:** The Indoor Tennis facilities are bookable, and charged at the rates currently advertised from approximately Oct -April.

**Non-Members** may pre-book the dome within 72 hours of the playing time, and play in Off-Peak periods subject to paying the court fees as displayed on the booking sheet.

GUEST/SESSION FEES:

**Guest/Session fees:**

£5.00 Adults, £3 Juniors & Students & £4 for the Wet Suite, must be paid at Reception to the use of the facilities.

All Guests, including Social, MUST sign the Visitor's Book. Junior members are not permitted to sign in Social guests.

# CLUB HOUSE RULES

## 1. DRESS CODE

**Jacuzzi/Steam Room/Sauna** These are mixed facilities and are available to members over 16; swimwear must be worn at all times.

**Gym** Athletic style clothing and clean footwear must be worn.

## Racquet Sports

Only Tennis and Squash style clothing may be worn on court. Footwear must be Tennis and Squash approved, which can include the cross-trainers, although in the case of the Squash Courts and the Gym they must be non-marking. Black-soled or ridge-soled shoes are not permitted. Vests or singlets are not permitted other than in the Gym. T-shirts, polo shirts or sweatshirts must be worn on court irrespective of the weather or temperature.

**AFTER PLAY MEMBERS MUST CHANGE OUT OF THEIR PLAYING ATTIRE BEFORE ENTERING THE BAR/LOUNGE/DINING AREA AND MAY NOT BE BARE-CHESTED OTHER THAN IN THE CHANGING ROOMS AND WET SUITE. SPORTS BAGS ARE NOT PERMITTED IN THE BAR/LOUNGE AREA**

## 2. ETIQUETTE

**Court Etiquette:** Members are asked to show consideration to other players and to observe court etiquette e.g. by not crossing any other tennis courts where play is in progress.

**Gym Etiquette:** Members are asked to wipe down the machines after use – suitable cleaning spray is provided.

## 3. CONDUCT OF MEMBERS

Members expect the highest standards of behaviour of fellow Members and their Guests, both on and off the premises. Any contravention of this policy will be dealt with by the Management under the procedures laid down, which are available for inspection at any reasonable time.

## 4. SMOKING

Smoking is prohibited throughout the Clubhouse.

## 5. SOCIAL EVENTS

When social events are taking place, the Bar/Function area may be closed to Members who have not purchased a ticket for the event after a specified pre-advertised time.

## 6. CAR PARK

Current Car Park stickers must be displayed in your vehicle at all times. Failure to do this may result in wheel clamping. Valid Membership Fobs must be used to enter the Car Park. Regular gate checks will be made to ensure that only Members are using the Club Car Park. Visitors to the Club must report to Reception to collect a 'Permit to Park' ticket. Parking for Social, Student and Junior Members is only permitted whilst using the Club facilities.

## 7. SECURITY/MEMBERSHIP FOBS

**Members must carry their Membership Fobs at all times.** Membership Fobs open the Club's Car Park barrier, front door and the Reception turnstiles. Failure to use Membership Fob will delay gaining access to the Club whilst the Member's identity is verified and he/she must then sign in. Membership fobs are not transferable.

## 8. GUESTS

Members may introduce Guests under their own responsibility by 'signing them in' in the guest book (except when Guests are attending Club Social functions, for which the records of their tickets purchase shall be deemed a valid entry). Such admissions may not exceed six times in any one subscription year except when attending Club Social functions. On such occasions, Guests shall be deemed to be Temporary Members for the period of that function, and shall enjoy the rights and privileges of Social Membership only.

## 9. BAR AND RESTAURANT

Only food and drink purchased at the Club may be consumed on the premises.

**NB:** The Club cannot be held responsible for the loss of personal possessions left on Club premises.

# COURT BOOKING PROCEDURES

**MEMBERS PLAYING SQUASH, RACKETBALL OR TENNIS ARE REQUESTED TO CHECK IN WITH RECEPTION ON ARRIVAL. FAILURE TO DO SO MAY INVOLVE A FINE BEING IMPOSED**

MEMBERS ARE PERMITTED TO BOOK TENNIS AND SQUASH COURTS ONE WEEK IN ADVANCE AT THE FOLLOWING TIMES WHICH MAY BE VARIED AT THE DISCRETION OF THE APPROPRIATE COMMITTEE

## **TENNIS** From 0900 daily:-

Pre-booked approved by the Tennis Committee

Club Evenings - Tues & Thurs - 1800 - 2100

Club Afternoon - Saturdays - 1415 - 1800

Ladies Morning - Weds - 0945 - 1200

Junior Evening - Fri 1730 - 1900

## **FINES**

A £5 fine will automatically be imposed within 10 days when a court is cancelled within 48 hours of the playing time and is not re-used, for 'No shows' and for non-payment of tournament entry fees by the end of the tournament.

## **CLUB COACHES**

Justin Pollard - Tennis 01243 811997

Mike Phillips - Squash/Racketball 07790 541084

Lee Strange - Personal Fitness 07703 112599

## **SQUASH/RACKETBALL** From 1000 daily.

**NB:** If a court, which has been booked, is not being used within 10 minutes of the start time, it can be released for the use of other Members.

RACKET RE-STRINGING AVAILABLE THROUGH CLUB RECEPTION

## CLUB OPENING HOURS

### **THE CLUB**

Mondays - Saturdays 0900 - 2300

Sundays 0900 - 2130

### **THE GYM**

Weekdays 0700 - 2200

Saturdays 0800 - 2000

Sundays 0900 - 2000

### **THE WET SUITE**

Weekdays 0700 - 2130

Weekends 0900 - 2000

### **THE BAR**

Mondays - Fridays 1100 - 1430 & 1700 - 2300

Saturdays 1100 - 2300 Sundays 1200 - 2130

The Club will not permit alcohol to be consumed within the Club premises more than 30 minutes after closing time.

### **THE CLUB RESTAURANT**

Tuesday - Thursday 1100 - 1430 & 1800 - 2100

Friday 1100 - 1430 & 1800 - late

Sat 0900 - 1500

Freshly made sandwiches and hot snacks are available from the Bar and/or Reception, during the Club's opening hours.



Oaklands Park, Chichester, West Sussex, PO19 6AR

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Visit our website for full details at [www.crafc.co.uk](http://www.crafc.co.uk)