

Imogen Seago

ABOUT: Second year medic

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EXPERIENCE:

- o Background in volunteer work: St John Ambulance (3 years) Work with patients with dementia (4 years)
- o Practised at relaying complaints or suggestions to higher authorities from my time volunteering in a residential care home
- o Regularly use the gym so will be around if people want to approach me in person
- o Non - intimidating point of contact for any queries

MANIFESTO

- o I really want to ensure that the gym is a comfortable environment for everyone, no matter how much previous experience you have in gyms, or how you identify
- o Coordinating and enforcing Women and Non-Binary only hours (e.g. asking the women in the gym if it's still okay to be there during these times is not permitted)
- o Make the Women and Non-Binary only hours schedule more widely known
- o Encourage better gym etiquette e.g. replacing all weights after use
- o Push to get out of order equipment fixed as quickly as possible
- o Compile a list of useful resources for those who have never used a gym before (such as exercise plans/ how to use equipment)

Dana Skotarenko

Manifesto for female gym officer

Why I am a suitable candidate:

- I have a passion for fitness and dedicate a lot of my time to training in the gym alongside other sports such as rowing, rugby, boxing etc.
- I am familiar with different kinds of training including weight lifting, HIIT, tabata, LISS, etc. therefore, can help others explore new training styles.
- My knowledge of various bodyweight exercises can help those who may feel intimidated by weights or have injuries.
- My familiarity with fitness means that I am very aware of different exercise techniques and therefore, can help to guide gym users on how to use the equipment or exercise in a safe way.
- I am used to responsibility and time management as I was the president of the geography society in my sixth form and completed gold Duke of Edinburgh.
- I am very friendly and approachable as demonstrated by my active participation in sixth form debating society and my newly acquired role as an international officer. This means it will be easy for me to communicate with those who have questions about the equipment or training.

What I want to achieve:

- I value the importance of women's only hours. I want to guard this safe space by regularly checking that during that time the gym is used appropriately and people are respectful of each other.
- I also want to make sure that the rowing machine and the cable machine are fixed as soon as possible.
- I want to invest in resistance bands as they do not take up much space and can be very useful for training.
- I will make sure that the students in college know that they are welcome to ask me any questions about fitness in general, exercises and equipment use.