

YOUR // SELF ISOLATION EQUIPMENT

Thank you for hiring from our uea+sport equipment hub! We hope the equipment aids in keeping you and your flat physically active and mentally stimulated throughout the current period.

Please read the following instructions carefully before using the equipment:

Someone with my flat has a positive test, can they use the equipment?

Anyone with a positive test/symptoms should not be using shared equipment.

What activities can we do with the equipment?

The equipment included with the bags have been provided for you to undertake a range of different activities and fun games. You can do traditional sports or exercises, make your own up or using the game cards provided by accessing this link:

Can we share the bag with another flat?

No! As you are in isolation you can not share any items of equipment with anyone outside of your flat. Only individuals within your flat who are self-isolating can use the equipment.

Should we clean the equipment after each use?

Yes! You have been provided with a pack of wipes which need to be used to wipe down the equipment after you have used the equipment.

What should I do if myself or a member of my flat gets hurt while we are using this equipment on the UEA campus?

If someone injures themselves while using the equipment and you require assistance please contact campus security.

What should we do if something breaks while we are hiring the equipment?

We expect there to be some wear from the equipment being used, so if something does break please let us know via email or when we collect the equipment. Please do not use anything which is broken. If we feel that equipment has been misused and that this the reason for the breakage, you will be accountable to be charge for the damage.