

RESTRUCTURING ORIAM MEMBERSHIPS

PROPOSER

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WHAT WILL WE DO?

1. The Student Union will lobby the Sports Union for a faster review of the Oriam student membership fees.
2. Lobby the University to support the Sports Union so changes can take place before September 2022.

WHAT IS THE BACKGROUND TO THIS?

1. A survey of 360 students in October 2021- January 2022 found:
 - a. Paying £162 upfront for membership affects them financially (169 students).
 - b. Upfront payment prevents students from joining Oriam (155 students).
 - c. It's very unlikely or somewhat unlikely that students will join Oriam if nothing changes (208 students)
 - d. Students would prefer monthly contracts (253 students).
2. To develop a positive wellbeing, we need to help students act on those factors they can control having access to playing a sport, in a safe environment, where they can connect and find purpose, is a must do on the list of priorities. As such, to answer [the] question: "how much sports plays a role in the well-being of students": on a scale from 1 to 10, no less than a 9".¹
3. Performing sports team increase students' **overall psychological wellbeing**, can increase **self-esteem**, **self-confidence**, and provide them with a strong **sense of belonging**. Team sports can lead to increased levels of overall **motivation and determination** as well as developing more **meaningful social relations**, e.g.,

¹ Dr Anna Sedda, Associate professor in Psychology department. Letter attached.

friendships which can lead to students feeling more integrated, **experience lower degrees of loneliness**, etc.²

4. Performing a sport can lead to improved academic performance. A report of the University of Cambridge Sports Service (2019) found that UG students who participated in university-level sport performed as well as or in some cases better than the UG population.³
5. Students have expressed that the current pricing has prevented her from joining the gym or the sports club. One student said “The upfront cost of joining Oriam has definitely deterred me from joining Sports Clubs at uni, which is a huge part of uni life for so many. I definitely think it should be priced more fairly in some way and made more accessible”.

WHAT BELIEFS MOTIVATE THESE ACTIONS?

1. A lot of students have struggled to make friends or get into a group due to online learning. Sports clubs are a great way to meet new people, but the upfront payment prevents some students from accessing the gym and sports clubs.
2. More flexible contracts, such as 3-month contracts or Off-Peak membership, will allow more to get involved in sports in a way that works around their studies and finances.
3. Sports should be as accessible as possible for students.

² Dr Mioara Cristea, Assistant professor in Psychology department

³ Sport.cam.ac.uk. 2022. *Sport & Academic Performance | Sport at Cambridge*. [online] Available at: <<https://www.sport.cam.ac.uk/sap>> [Accessed 2 March 2022].