

Purpose

To outline the procedures that all personal training groups and businesses must follow in order to obtain a permit for permission of use for various locations in parks and gardens within the City of Yarra.

Personal Training is a form of physical activity that is growing in popularity. This activity can involve one client or large groups at the one time. The activity also involves using a range of fitness equipment.

Whilst all parks and gardens are an available resource to the local community, it is important that such activities as those encompassed throughout a personal training session do not impose on other locals using the park or deteriorate the quality or condition of the park by over using particular areas.

The increase in personal training activities throughout the municipality has raised a number of issues that are addressed throughout this policy, they include;

- Equity of access issues.
Potential conflict with displaced users, management of demand, domination and monopolisation of areas and exploitation of public land by commercial operators have posed large problems.
- Impact on the asset and inappropriate use of monuments.
Trainers, especially large groups are causing wear and tear to recreational facilities that are used by all in the local community.
- Noise to nearby residents
- Public Liability concerns.

Although all qualified personal trainers are required to have public liability insurance, this insurance may not cover some activities that may be conducted by some businesses.

This policy establishes a framework to ensure that personal training activities are conducted in a manner that minimises their impact on the municipality's parks and gardens and amenity of nearby residents. This will be achieved by outlining the conditions of use for personal training in City of Yarra's parks this will include the type of equipment that is permitted and those areas that have been determined as the most suitable sites for this type of activity.

Scope

This policy applies to all individuals and groups that intend on conducting personal training sessions on any of City of Yarra's parks or gardens.

Any individual or business that intends on running personal training and/or instruction activities on public land and is receiving a commercial benefit must apply to gain a permit for personal training.

This does not include the following groups:

- Local Sporting Clubs
- Local Schools

Types of activities permitted within this policy:

- Running drills
- Boxing and pad training
- Organised aerobic activity
- Yoga, Tai chi and Pilates classes and like activities
- Circuit training
- A combination of any of the above.

Types of activities not permitted as part of this policy:

- Activities that involve amplified music or voice equipment.

Conditions of use of parks for personal training activities

- All activities are to take place on the nominated spaces throughout all Council parks and gardens.
- Maximum numbers of participants are not to exceed 10 persons per group per training session.
- Permits are subject to payment and approval prior to use.
- A valid copy of Certificate of Currency must be provided to Council. This Public Liability Insurance must have a cover of \$10,000,000.
- Training is not to take place before 6am daily and not after 8pm.
- There is not to be any pegs, markers etc that are put into the ground.
- No sounds such as music, loud speakers or mega phones to be used throughout a training session. The noise from a personal training session should not be heard from outside of the parks proximity.
- No heavy structures such as amplifiers, lights, signage, moveable park furniture (eg: chairs or benches) are to be used.
- The minimal amount of distance that must be kept throughout personal training activities from other structures in a park is 4 metres, these structures may include but are not limited to;
 - a) Paths – Walking or bicycle tracks.
 - b) Playgrounds and related equipment.
 - c) Pavilions and Public Toilets
 - d) Monuments.

This permit does not imply exclusive use of the Park by the Personal Trainer –the ground shall be used in common with Council and other persons authorised by Council. The Personal Trainer shall use the Park to conduct personal training activities as specified within the approved permit in accordance with days and times approved by Council.

Council reserves the right to suspend or cancel your use of the Park during times when:

- the grounds are unsuitable for the prescribed activity;
- where increasing damage and deterioration to the ground surface could result from excessive usage, or
- Where programmed maintenance needs to be undertaken.

Council retains the right to authorise shared or casual use of the Parks by any other club, community group, or organisation.

Council recognises in certain circumstances there are constraints or limited opportunity for commercial fitness activity in the municipality. Council will permit commercial fitness activity use on the prescribed parks in the City, when not in use for games, club or school training or competition, or other approved event.