



# Commercial Fitness Activity Personal Trainers Policy and Permit System

## POLICY

Approval Date

Last Revised: 15 April 2010

### **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.



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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.
- All activities are to take place on the nominated spaces throughout all Council parks and gardens.
- Maximum numbers of participants are not to exceed 20 persons per group per training session in Category C nominated Parks.
- Permits are subject to 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. Public Indemnity must have a minimum cover of \$5,000,000.
- The minimum level of qualifications to be eligible to receive a personal trainers permit include:
  - National Fitness Industry Training Package recognised training for example Certificate Four in Fitness,
  - Diploma of Fitness or relevant higher degree for example Bachelor of Human Movement or Bachelor of Exercise Science. Any other qualifications may be acceptable on council's discretion.



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- Fitness Australia or Kinect Australia Registration
- Level 2 First Aid
- current CPR
- 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.
- Temporary signage in the form of an 'A frame' measuring 600mm by 900mm may be permitted during the training session only and must be within sight of the personal trainer.
- Personal training is restricted on sports grounds when sporting clubs have allocated exclusive use.
- No personal training will be permitted on sports grounds during the renovation periods. Signage will erected during these times.
- No structures such as amplifiers, lights or 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 10 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) Cricket nets
  - e) Monuments
- Commercial Fitness Activity will be permitted in the following parks

### **Breaches**

- Council reserves the right to expel person(s) or terminate a training session due to any breach or condition of the Permit and/or misconduct by patrons. Any breach may result in revocation of the Permit and enforcement action.



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### Related documents and attachments

Park	Category A up to 6 people	Category B up to 15 people	Category C up to 20 people
Victoria Park	*	*	*
Coulsen Reserve	*	*	*
Quarries Park	*	*	*
Fairfield Park	*	*	*
Rushall Reserve	*	*	*
Edinburgh Gardens	*	From 4.00pm-8.00pm 5 permits will only be issued between: 4.00pm- 6.00pm & 5 permits between 6.00pm- 8.00pm	From 6.00am-4.00pm
Burnley Park	*	*	
Citizens Park	*	*	
KB Reserve	*	*	
Allen Bain Reserve	*	*	
Hardy Gallagher	*	*	
George Knott Reserve	*	*	
Alphington Park	*		
Darling Gardens	*		
Atherton Gardens	*		
Dights Falls	*		
Gahan's Reserve	*		
Halls Reserve	*		
Mayors Park	*		
Smith Reserve	*		
Loys Paddock	*		
Mc Conchie Reserve	*		
O'Connell Reserve	*		



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The fee structure for the Commercial Fitness Activity

Category	Fee/ year	Criteria
A	\$50	Per business/ applicant per Park applied for.
B	\$200	1 session per week per park. The permit issued per park would include all trainers if a business has multiple trainers.
	\$400	Up to 3 sessions per week per park. This would include all trainers if a business has multiple trainers.
	\$500	4 or more sessions per week per park. The permit issued per park would include all trainers if a business has multiple trainers.
C	\$300	1 session per week per park. The permit issued per park would include all trainers if a business has multiple trainers.
	\$450	Up to 3 sessions per week per park. This would include all trainers if a business has multiple trainers.
	\$625	4 or more sessions per week per park. The permit issued per park would include all trainers if a business has multiple trainers.