

COMMERCIAL FITNESS ACTIVITY & PERSONAL TRAINING PERMIT SYSTEM POLICY



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 people 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 the 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.

QUALIFICATIONS & INSURANCE

The minimum level of qualifications to be eligible to receive a permit, include:

- Qualifications and Registration recognised with National Fitness Industry Body. Any qualification delivered by a peak sporting body where the service provided falls outside fitness training or coaching will be at Council's discretion. Certificate III or IV will not be accepted.
- Level 2 First Aid.
- Current CPR.
- A valid Certificate of Currency must be provided to Council. Public Liability Insurance must have a minimum cover of \$20,000,000. Professional Indemnity insurance must have a minimum cover of \$10,000,000.

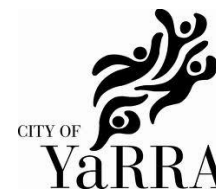
SCOPE

This policy applies to all individuals and groups that intend on conducting personal training sessions on any City of Yarra 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:

- Local Sporting Clubs
- Local Schools

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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.
- ✗ Training is not to take place before 6am daily and not after 8pm.
- ✗ Training must not take place under tree canopies to prevent compaction of soil and damage to root systems.
- ✗ Training is not permitted on sports grounds when sporting clubs have allocated use.
- ✗ No personal training will be permitted on sports grounds during the renovation periods. Signage will be erected during these times.

The following conditions apply:

- All activities are to take place on the nominated spaces throughout all Council parks and gardens.
- The maximum numbers of participants must not exceed those specified for each of the categories of park as follows:
 - Category A – 6 people
 - Category B – 15 people
 - Category C – 20 people
- No pegs and or markers are to be put into the ground.
- No 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 park's proximity.
- Temporary signage in the form of an 'A frame' measuring 600mm wide by 1000mm height (including 100mm legs) may be permitted during the training session only and must be within sight of the personal trainer.
- A temporary table 1000mm by 1000mm maximum size may be used during training sessions for administration.
- No structures such as lights or moveable park furniture (e.g. chairs or benches) are to be used.
- Personal training activities may be conducted near sport pavilions between 6am - 8am (Monday to Fridays) at all other times personal training activities are not permitted within a 10 metre distance of sport pavilions.
- 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:
 - Walking or bicycle tracks
 - Playgrounds and related equipment
 - Public Toilets
 - Cricket nets
 - Monuments

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PARKS & CATEGORIES

Park	Category A up to 6 people	Category B up to 15 people	Category C up to 20 people
◆ Victoria Park	*	*	*
Coulson Reserve	*	*	*
Quarries Park	*	*	*
Fairfield Park	*	*	*
Rushall Reserve	*	*	*
KB Reserve	*	*	*
∞ Edinburgh Gardens	*	<i>Limited Permits 4pm- 8pm 5 permits: 4pm- 6pm 5 permits: 6pm- 8pm Maximum 10 permits</i>	<i>No Permits after 4pm</i>
Burnley Park	*	*	
∞ Citizens Park	<i>ONLY Limited Permits available for 4 sessions: 1. Mon- Fri: 6am- 8am 2. Mon- Fri: 8am- 4pm 3. Sat/ Sun: 7am -8.30am 4. Thur: 7pm- 8pm (Winter season: April to Sep) Maximum 3 permits per session</i>		
Alan 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	*		
McConchie Reserve	*		
O'Connell Reserve	*		
KEY ◆ Council Land Parks NB. All remaining 18 are Crown Land Parks ∞ Limited Permits Available			

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.