

GUIDELINES FOR FITNESS AND PERSONAL TRAINING IN PUBLIC OPEN SPACE

July 2020

Cardinia Shire Council is developing a formal process for allowing fitness and personal training business operators to utilise public open space to deliver fitness programs. Whilst this process is being developed, fitness and personal training business operators will be able to apply for a fitness and personal training permit, free of charge, to utilise public open space. The fitness and personal training permit will expire on the 30 June 2021. During this time, Council will engage business operators and community members to seek feedback on the development of a formal permit process for the support and delivery of fitness training in public open space. Any proposed fees associated with the formal permit process will be determined as part of Council's future budget processes.

PERMIT

- There will be no costs incurred for the issue of a permit. This arrangement will remain in place until 30 June 2021.
- Council will seek feedback and assess the permit process including the introduction of a fee as part of the budget process.

PERMIT GUIDELINES

- State guidelines and regulations for the COVID-19 pandemic must be adhered to with regard to physical distancing, hygiene, cleaning requirements and participant numbers at all times.
- The approved number of patrons allowable must not exceed current state restrictions. It is the permit holders responsibility to stay informed on the changing restrictions
- Upon applying for a permit, the time, location, and activity type must be specified. The locations available for the delivery of fitness training have been assessed and identified as suitable for training activities. Any other locations must be assessed and approved by Council.
- Fitness groups are not to exceed 20 participants and must follow the maximum occupancy in line with the predetermined open space locations.
- The permit does not grant exclusive use of the designated area outside of the permitted times allocated. The reserve must remain accessible to the general public at all times.
- Operational hours:
 - Monday - Friday - 7am-8pm
 - Saturday and Sunday - 9am-8pm
 - Or where there is insufficient daylight to safely deliver sessions
 - No lighting of any kind is to be brought into permitted area.
- Noise/music: should not be heard outside of the permitted location and must comply with the Environment Protection Authority (EPA) Victoria regulations for noise. The trainer is responsible for the prevention of nuisances which may adversely affect the health, safety and welfare of persons participating in the activities, or surrounding residents and visitors to the park. More information can be found at the EPA website: <https://www.epa.vic.gov.au/for-community/environmental-information/noise>
- Training activities must not be within 15 metres of walking or bike paths, playground, public toilet, drinking tap, sporting facilities or any type of monument.

- Maintenance of parks and reserves will be required and may clash with training sessions from time to time. Maintenance takes priority and trainer must work with council staff to manage these instances.
- Site assessments: the trainer is responsible for inspecting and assessing the site prior to each session to ensure it is suitable and in line with the business operator's risk assessment.
- Promotional signage: one weighted down promotional sign may be used during sessions within close proximity to the trainer. It must be within the Council reserve in which they are operating and not on surrounding open space, footpaths, or road reserves. The sign must be taken away with the trainer upon completion of the session/s.
- Council will regularly check in with the business operators to discuss any site concerns and business progress.
- The Permit Holder agrees to indemnify and hold harmless Cardinia Shire Council its servants and agents, and each of them in connection with all claims resulting from damage, loss, death or injury whatsoever which may otherwise be brought or made or claimed by the Permit Holder, their clients and third parties against Cardinia Shire Council, except to the extent that Cardinia Shire Council is negligent.

FITNESS TRAINING ACTIVITIES

Types of activities that are permitted within the permit:

- Weight, circuit and resistance training (using types of equipment such as but not limited to: skipping ropes, medicine balls, dumbbells, weight plates, bar bells, exercise mats, fit balls, foam rollers, kettle bells, resistance bands, ankle weights)
- Boxing and pad training
- Boot camp style group class
- Organised aerobic activity
- Yoga, Thai chi, Pilates, and like activities.

Types of activities not permitted within the permit:

- Activities that involve amplified music or voice equipment
- The use of slam balls or tyres or dragging of any equipment over grass which may damage the surface
- Training must not take place under tree canopies to prevent compaction of soil and damage to root systems
- Activities that may be confronting, intimidating or violent
- Organised ball sports
- The setting up of gymnasium and motorised type equipment (e.g. weight benches, weight stacks, stationary bikes, treadmills, steppers etc.).

QUALIFICATIONS AND INSURANCE REQUIREMENTS

The Permit Holder shall, at all times during the Agreement Term, be the holder of a current Public Liability Policy of Insurance to cover legal liability to third parties for personal injury or property damage as a result of an occurrence in connection with the business of the insured, in the name of the Permit Holder providing coverage for an amount of at least \$20,000,000. The Public Liability Policy shall extend to cover Cardinia Shire Council in respect to claims for personal injury or property damage arising out of the negligence of the Permit Holder.

The Permit Holder shall, at all times during the permit term, be the holder of a current Professional Indemnity Policy of Insurance to cover Any Claim or Claims for breach of Professional Duty first made against the Permit Holder during the Insurance Year arising out of any negligent act, error or omission whenever or wherever the same was or may have been committed or alleged to have been committed by The Insured in the conduct of the Business of the insured, in the name of the Permit Holder providing coverage for an amount of at least \$10,000,000.

- Valid copies of insurances and certificates must be provided to Council upon application
- Cert III and/or IV in Fitness or equivalent. Any other qualifications or registrations may be accepted at council's discretion
- National Fitness Industry registration i.e. Fitness Australia, Physical Activity Australia, Kinect Australia Registration or other peak body/association of relevance if applicable
- Level 2 First Aid & CPR
- Risk assessment
- Covid safe plan (template can be found at: <https://www.coronavirus.vic.gov.au/covidsafe-plan>)
- If allowing children at fitness sessions, a valid Working with Children check is required
- Regular updates for qualifications, insurances, registrations will be required

PERMITTED LOCATIONS

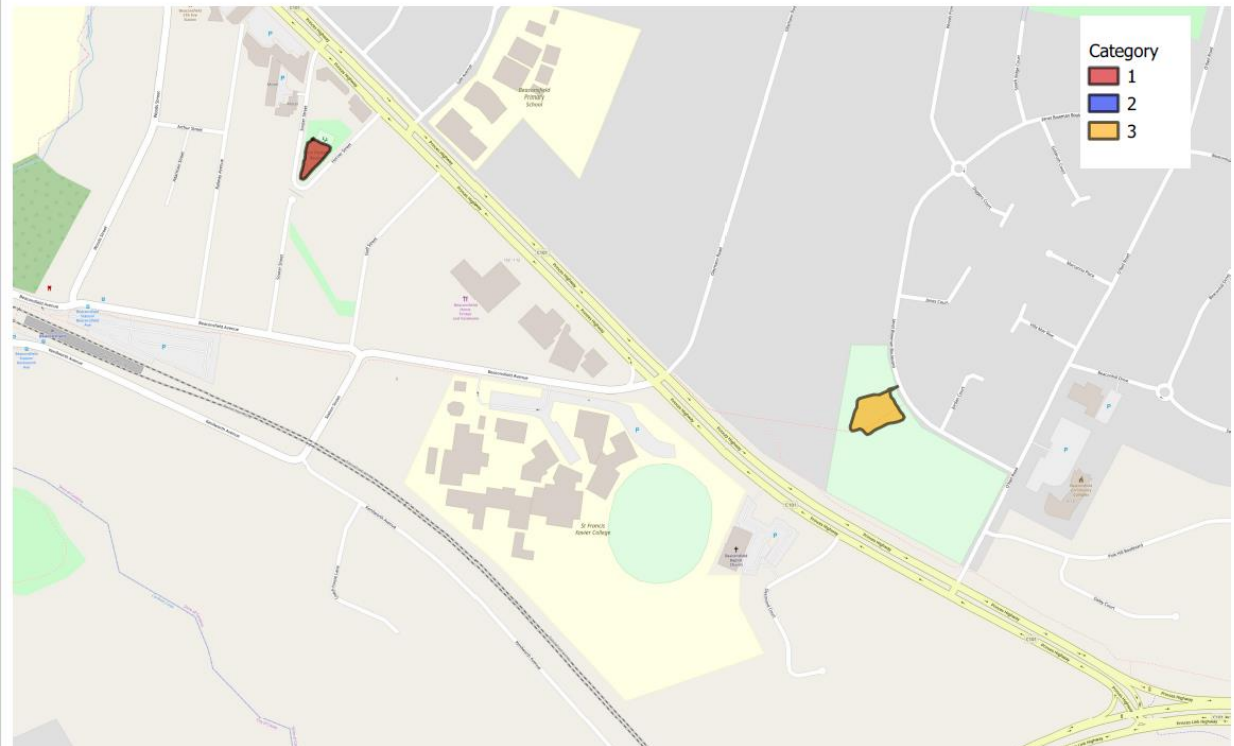
The below locations are categorised as follows:

- Category 1 – up to 5 people
- Category 2 – up to 10 people
- Category 3 – up to 20 people

LOCATION	CATEGORY 1 (5P)	CATEGORY 2 (10P)	CATEGORY 3 (20P)
Alma Treloar, Cockatoo			*
Arena Park, Officer		*	
Cochranes Park, Koo Wee Rup		*	
Corner Windermere Blvd and Bonneville Parade, Pakenham (circle)			*
Corner Windermere Blvd and Bonneville Parade, Pakenham (square)			*
Daphne Court, Pakenham	*		
Deep Creek, Pakenham			*
Devine Drive Reserve, Pakenham			*
Don Jackson Reserve (only during cricket off season)			*

Eastone Reserve, Pakenham			*
Garfield Recreation Reserve		*	
Harmony Place park, Officer		*	
Heritage Springs linear park, Pakenham		*	
Hicks Reserve, Officer (Timbertop)		*	
Jac Russel Reserve, Gembrook		*	
Jim Parks Reserve, Beaconsfield	*		
Koolangarra Park, Bunyip		*	
Lakeside, Pakenham			*
Lang Lang (opposite 31 Clarks Rd, behind the showgrounds)	*		
Mackellar St Park, Pakenham	*		
O'Neil Rd oval/park, Beaconsfield			*
PB Ronald, Pakenham			*
Puffing Billy Place Reserve, Emerald		*	
Pump Station Reserve, Officer (Tank Park)	*		
Ron Andrews Park, Pakenham			*
Stirling Circuit, Beaconsfield		*	
W B Ronald Reserve, Pakenham (Mount Bourke)		*	

Beaconsfield Personal Trainer Areas



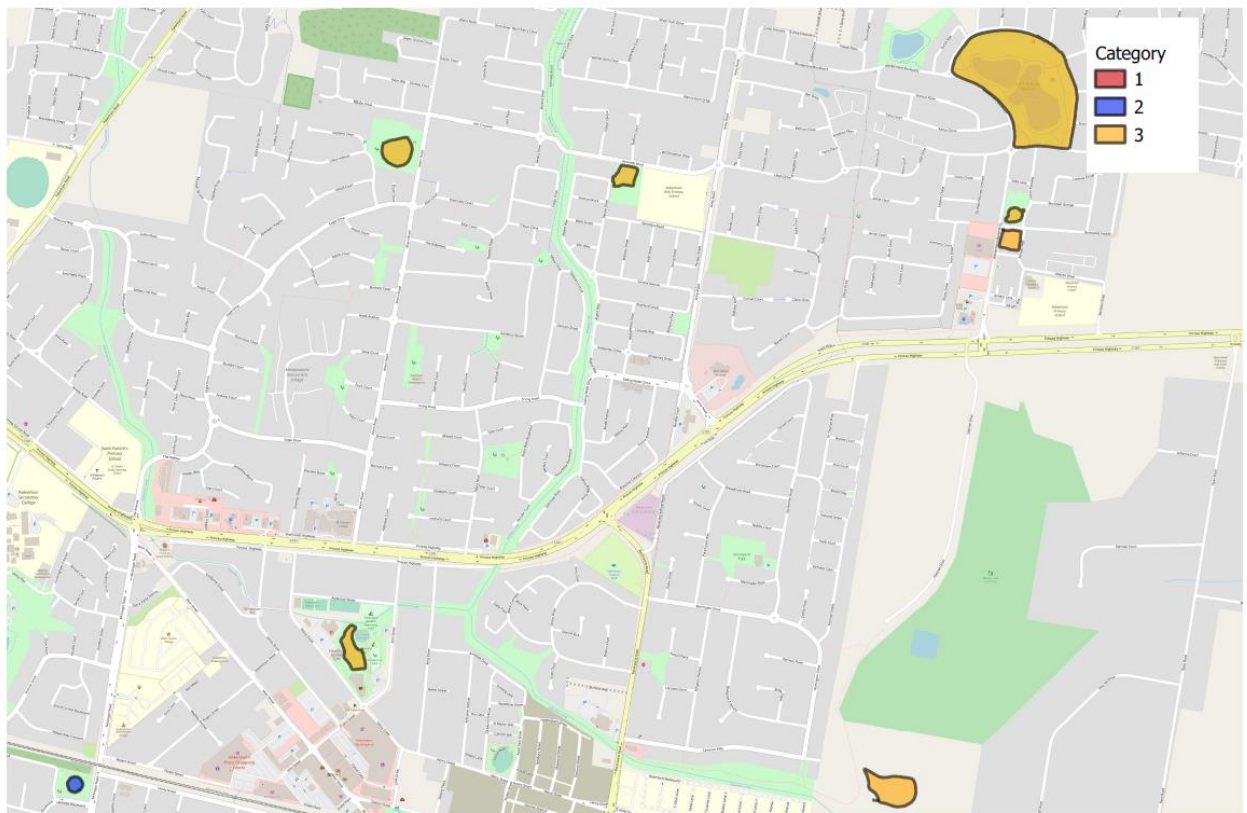
Bunyip Personal Trainer Areas



Cockatoo Personal Trainer Areas



East Pakenham Personal Trainer Areas



Emerald Personal Trainer Areas



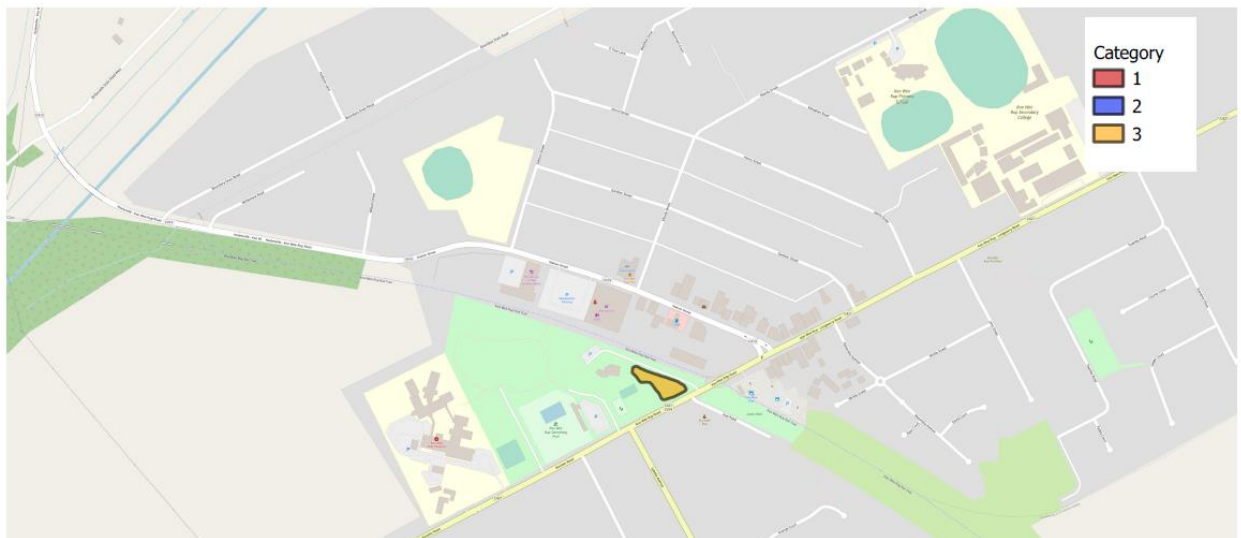
Garfield Personal Trainer Areas



Gembrook Personal Trainer Areas



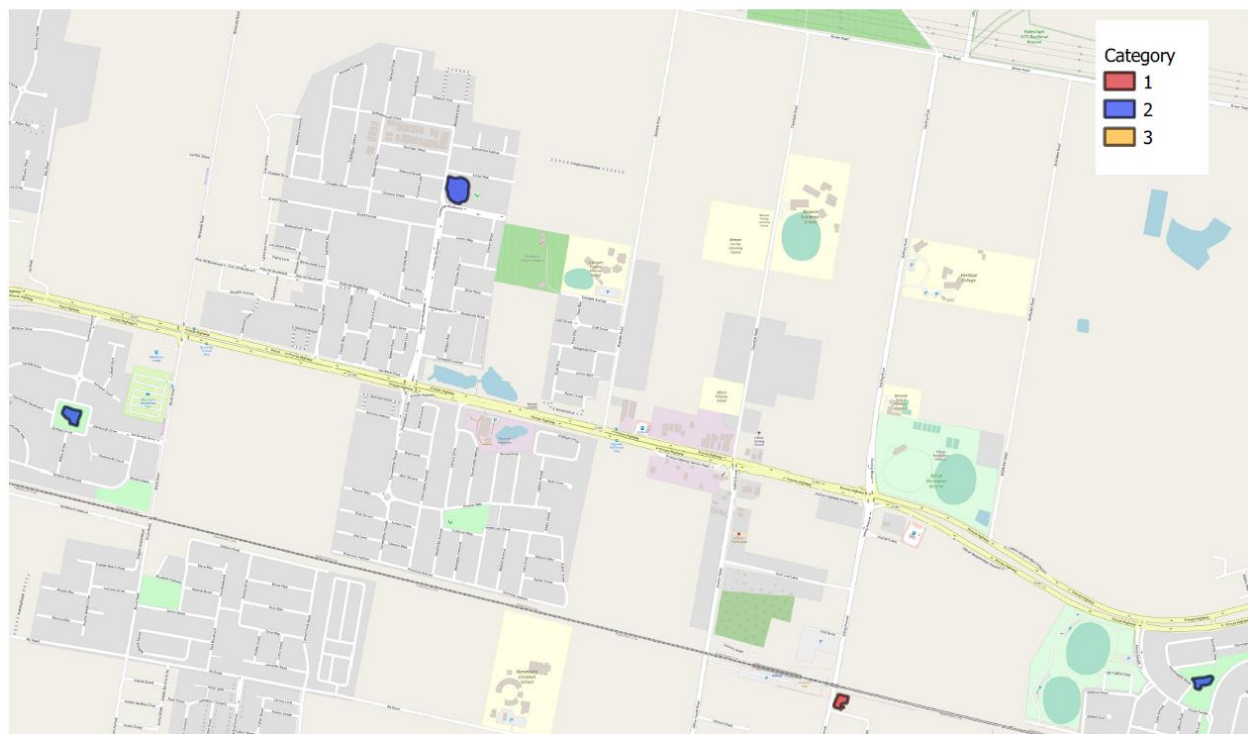
Koo Wee Rup Personal Trainer Areas



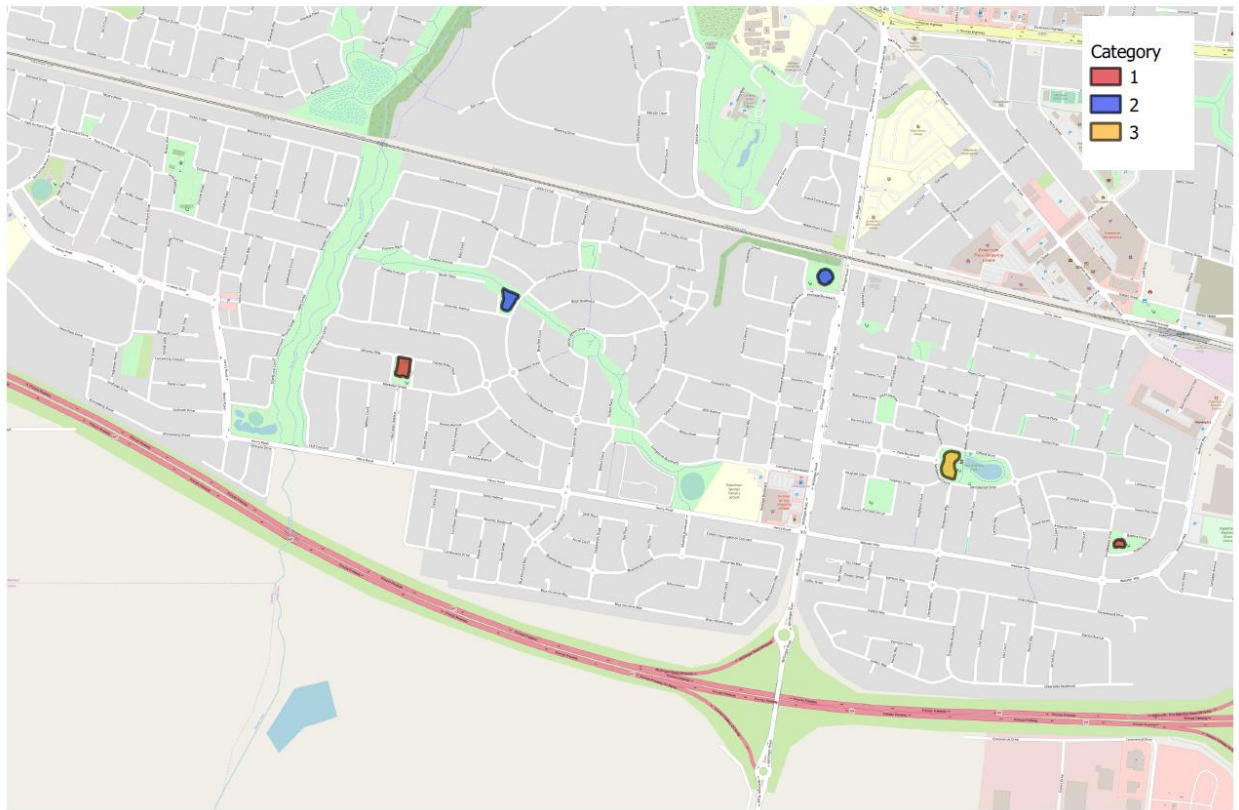
Lang Lang Personal Trainer Areas



Officer Personal Trainer Areas



South Pakenham Personal Trainer Areas



West Pakenham Personal Trainer Areas

