

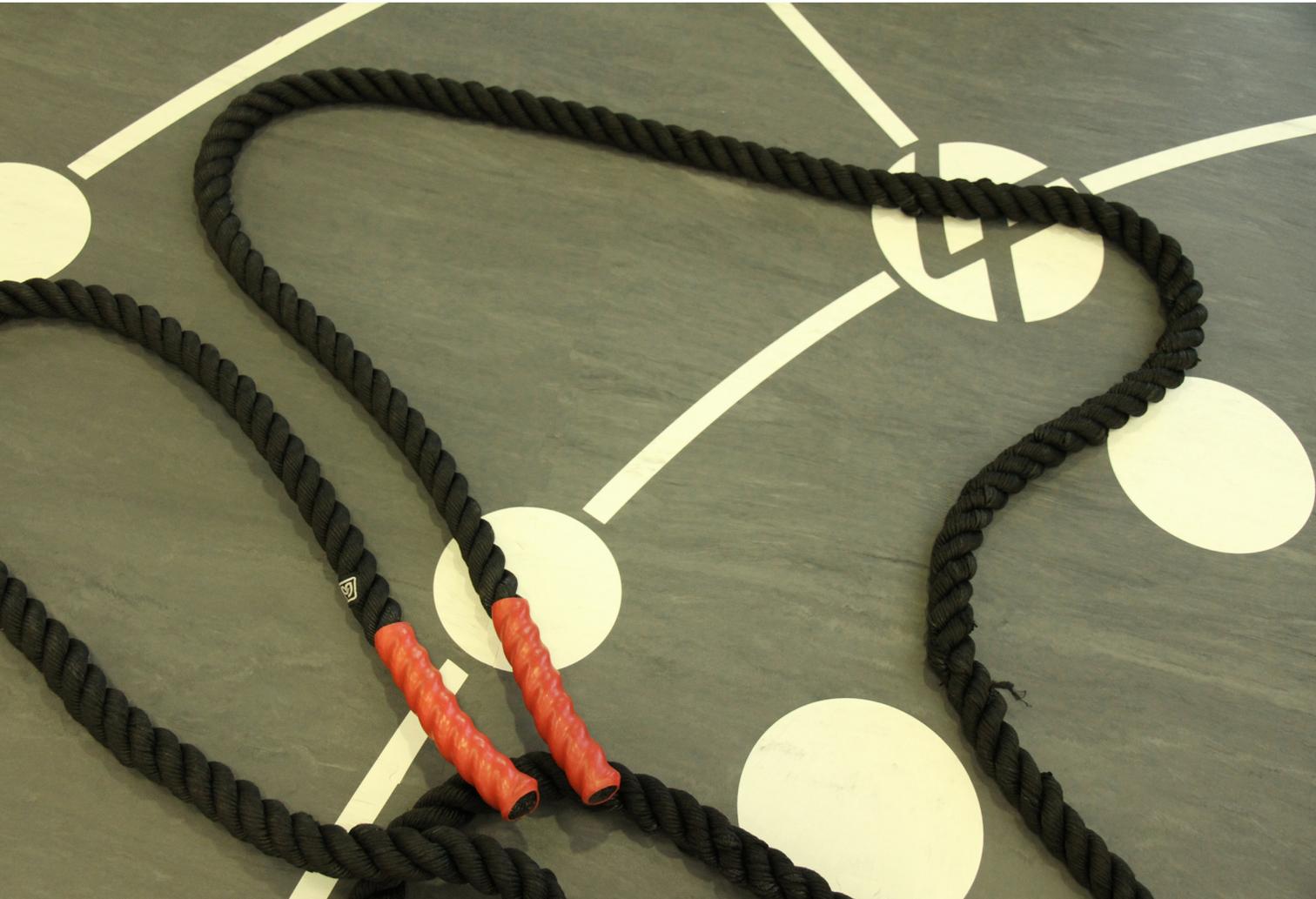


CITY OF VINCENT

# GROUP FITNESS



## Guidelines



## CONTENTS

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INTRODUCTION.....	2
AIM.....	2
APPROVED TRAINING AREAS.....	2
PROHIBITED ACTIVITIES/EXCLUSION AREAS.....	2
PERMISSABLE FITNESS ACTIVITIES.....	3
PERMIT TYPE, SIZE AND ALLOCATION.....	3
HOURS OF OPERATION.....	4
ELIGIBILITY CRITERIA.....	4
PERMIT ALLOCATION.....	4
PERMIT FEES AND CHARGES.....	5
NOISE AND DISTURBANCE MANAGEMENT.....	5
CONDITIONS.....	5
CANCELLATION OF PERMIT.....	6

## **INTRODUCTION**

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The City of Vincent recognises that physical activity is a valuable element of a healthy and vibrant community. The City is committed to providing places for people to participate in a wide range of activities that enhance physical health and well-being.

These Group Fitness Guidelines apply to all parks within the City of Vincent and will be reviewed annually to ensure they are current and relevant.

These guidelines are for commercial operators who utilise the City's parks and do not apply to not for profit or social groups who are accessing the City of Vincent's parks.

## **AIM**

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The aim of these guidelines is to provide an effective management tool for group fitness trainers who use City of Vincent parks to minimise the impact on surrounding residents and the broader community.

These guidelines will ensure:

- Equity of access of parks;
- Adequate management of the impact on City's assets;
- Adherence to fitness industry standards of service, care and safety; and
- Ongoing promotion of health, wellbeing and physical activity within the City of Vincent.

## **APPROVED TRAINING AREAS**

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The City will make available a select number of parks for Group Fitness training. For a detailed list of those parks that are available, please contact the City's Customer Service Officer – Bookings on 9273 6565.

## **PROHIBITED ACTIVITIES/EXCLUSION AREAS**

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The following activities are prohibited.

1. Aggressive and intimidating activities (whether real or perceived by participants or the general public that involve shouting, loud voice calls or instructions;
2. Activities in children's playgrounds;
3. Dragging of logs, tyres, heavy ropes and other equipment that may damage the park;
4. Erection of advertising signs, banners, stakes, ropes and tape without Council's written consent;
5. Outdoor recreational activities conducted with whistles, amplified music or megaphones which cause excessive noise;
6. Exclusive use of public outdoor fitness equipment in parks;

7. Use within 20 metres of any playgrounds or play equipment, public changeroom, toilet, kiosk or neighbouring residential property;
8. Conducting training on stairways; and
9. Suspending boxing or kicking boxing bags or any other equipment from trees and/or structures in the reserves, utilising trees, seating, picnic tables, rotundas and other park infrastructure for exercise training.

## PERMISSABLE FITNESS ACTIVITIES

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Each application for permit will be assessed in accordance with the guidelines. The following activities are an example of the type of activities that may be approved for use:

High Intensity	Low Intensity
Gym sessions (with or without weights, fit balls, skipping ropes etc)	Yoga, stretching or Pilates classes
Boxing and pad training	Tai Chi
Organised group fitness sessions	Mat work
Circuit training	
Running sessions	
Boot camps	

## PERMIT TYPE, SIZE AND ALLOCATION

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These guidelines apply to all personal or group fitness trainers with a commercial interest. The maximum number of persons per group is **20** people.

Permits are available for a six (6) month period and these permits authorise each trainer to use the designated park for fitness activities in accordance with these guidelines on a nonexclusive basis.

Permits are allocated to individual fitness professionals. However, the authorised fitness professional can nominate a duly qualified replacement in case of illness or leave. The permit holder must notify council within 24 hours of the scheduled session to specify the replacement and provide proof of accreditation.

Permit Types	Group Size
Small	Up to 5 participants
Medium	5 – 10 participants
Large	11 – 20 participants

Where multiple reserves are required, a separate reserve booking form must be submitted for each individual reserve at the time of application.

## HOURS OF OPERATION

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Permit holders are only allowed to operate during the following periods:

**Monday to Friday** : between 7.00am and 7.30pm

**Saturday and Sunday**: between 8.00am until 7.30pm

When conducting activities beyond daylight hours, personal trainers must monitor and control risks to participants, and ensure public safety is not impacted by their activities. Floodlights are available on some reserves and can be requested in writing by the personal trainer/fitness organisation. A floodlight fee is applicable to all floodlight requests.

## ELIGIBILITY CRITERIA

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The following section outlines the eligibility criteria requirements to be considered for a Personal Trainer permit with the City of Vincent.

All personal trainers must apply for a group fitness permit through the City of Vincent using the relevant booking form. The permit will be issued in a business name, endorsed by Fitness Australia and proof of the following is required:

1. Approved qualifications endorsed by Fitness Australia, Yoga Australia, Pilates Alliance Australia, and/or providers such as TAFE, Universities and Nationally recognised training institutions/colleges;
2. Current Senior First Aid Certificate;
3. Proof of registration with Fitness Australia as an Exercise Professional (Personal Trainer specialisation) or Business Member;
4. Proof of registration with Yoga Australia or Pilates Alliance Australia (as applicable) as an accredited Yoga or Pilates instructor; and
5. Current Public Liability Insurance to a minimum of \$10 million and \$5 million Professional Indemnity Insurance for the life of the permit.

## PERMIT ALLOCATION

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The City of Vincent Group Fitness permit allocation process is as follows:

1. All Group Fitness permit applications will be processed within 15 working days of receipt;
2. Group Fitness permits will be issued and remain valid for 6 months;
3. Permits will authorise each trainer to use a designated park for commercial fitness training activities on a non-exclusive basis;

4. Personal Trainers may alter the dates and times of their permit allocation in writing twice only in any given allocation period without charge, additional changes will incur a fee;
5. Council Officers will determine the number of permits to be issued per location upon application;
6. The number of permits issued per location is limited to ensure equitable usage of the area and is determined by size and suitability of the group; and
7. Personal trainers must ensure that permit signage issued by the City is visible during all training sessions.

Group Fitness Permit Fees and Charges	
	<b>6 months</b>
Small (up to 5 participants)	\$ 330.00
Medium (5-10 participants)	\$ 660.00
Large (11-20 participants)	\$ 1,370.00

## PERMIT FEES AND CHARGES

Group Fitness permit fees and charges apply to all Group Fitness and commercial group fitness businesses utilising City of Vincent reserves. Permit fees must be paid in full prior to commencement.

Where permits are required outside of seasonal periods, a pro-rata fee calculation relevant to the current seasonal fee will be applied.

## NOISE AND DISTURBANCE MANAGEMENT

Group Fitness activity operators must:

1. Be considerate to other reserve users and adjacent residents;
2. Not create any noise from training activities that unreasonably disturbs other users of the area and any adjacent residents;
3. Ensure that all noise associated with Group Fitness is not excessive; and
4. Ensure that exercise equipment used does not create any hazards or obstruction to the community.

## CONDITIONS

Personal trainers operating under a permit approved by City of Vincent must:

1. Provide only activities for which they are suitably qualified and have been approved by Council;
2. Manage the activities to minimise wear and tear on grassed areas and not conducting fitness activities that drag equipment across the ground;

3. Comply with all reasonable directions of City of Vincent Rangers or other authorised City Officers;
4. Not sublet or assign their rights under this agreement or attempt in any other manner to transfer their rights under the permit to any other person or business;
5. Always conduct themselves in a proper and orderly manner and be considerate to other users and adjacent residents when conducting training in a park;
6. Ensure the training area is restored to the same condition it was at the commencement of the training;
7. Not sell clothing / equipment / refreshments or any other goods, services or products at the park;
8. Not interfere with any Council approved or booked activity including, but not limited to a wedding, birthday party, corporate BBQ, community event, sport or sporting activity that is being carried out on any park or part thereof and the trainer acknowledges that such a booking has priority over their use;
9. Operate harmoniously with other personal trainers/fitness groups utilising the reserve and adhere to allocated areas as outlined by the City of Vincent;
10. Indemnify and hold the Council harmless from and against all damages, sums of money, costs, charges, expenses, actions, claims and demands, which may be sustained or suffered or recovered or made against the Council by any person for any loss of life or injury or damage any person may sustain during the conduct of a training session;
11. Take out and maintain in their name, for the duration of the term of the permit, approved public liability insurance for a minimum of \$10 million and produce documentary evidence of this at the time of application;
12. Agree that, notwithstanding an implication or rule of law to the contrary, the Council shall not be liable for any damage or loss that the trainer and/or their clients may suffer by the act, default or neglect of any other person or by reason of Council failing to do something on or to the public space being used; and
13. Not drive or park any vehicle on parks or footpaths.

## **CANCELLATION OF PERMIT**

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Council reserves the right to cancel a permit without notice if in its sole opinion has determined that the personal/fitness trainer has failed to comply with the direction of its officers or have breached, contravened or otherwise failed to comply with any term or condition of the permit approval.