

# Personal Trainers and Commercial Group Fitness

## Information Pack

### Background

Following the revision of the City of Subiaco Local Government Property Local Law 2014 personal trainers and commercial fitness groups are required to obtain a permit to train, coach or teach members of the public in the city's parks and reserves.

### Aim

The aim of the permit system is to provide a fair and equitable system which provides the ongoing promotion of health, wellbeing and physical activity within public open space while ensuring that there is minimal impact to surrounding residents and the broader community.

### Approved Training Areas

The following areas within the City of Subiaco have been identified as suitable for personal training and commercial group fitness training:

- JH Abrahams
- Lake Jualbup
- Rosalie Park Sports Fields
- Mabel Talbot - Northern Side
- Mueller Park

The number of participants permitted in the park at any one time and the operating hours vary within each park or reserve. More information on this can be obtained in the attached management guidelines.

### Eligibility Criteria

All personal trainers must apply for a personal trainer permit through the City of Subiaco using the relevant permit application 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 and/or VETAB providers such as TAFE, Universities and Nationally Recognised Training institutions/colleges
2. Current Senior First Aid Certificate
3. Are a registered professional with Fitness Australia as an Exercise Professional (Personal Trainer specialisation) or Business Member
4. Current Public Liability Insurance to a minimum of \$10 million and \$5 million Professional Indemnity Insurance for the life of the permit

In addition to the above, if working with children:

- Complete a Working with Children Check or provide a copy of their WWC card
- Provide a copy of certification in having completed accredited courses specific to children's fitness training.

## Permit Application Process

The City of Subiaco Personal Training and Commercial Fitness Training permit allocation is processed as follows:

1. Personal Training Permits will be issued and remain valid for the following periods: 6 months or 12 months.
2. Permits will authorise each trainer to use public open space for commercial fitness training activities in accordance with this policy on a non-exclusive basis.
3. 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.
4. Council officers will determine the number of permits to be issued per location upon application.
5. Personal trainers must have the approved 'permit' on hand during personal training sessions and make it available to authorised officers upon request.
6. Ensure that signage, if issued, is visible during all training sessions.

The permit process is managed by the city's recreation services department who can be contacted on telephone number 6229 6600.

## Documents Attached

The following documents are attached to provide additional information;

- Management Guidelines for Personal Trainers and Commercial Group Fitness
- Application Form