

INFORMATION SHEET

USE OF RANDWICK COUNCIL RESERVES, PARKS AND BEACHES BY COMMERCIAL FITNESS GROUPS AND PERSONAL TRAINERS

Randwick City Council has a policy for the use of Council Reserves, Parks and Beaches by Commercial Fitness Groups and Personal Trainers.

1. Why have a policy?

Personal fitness training is one of the strongest growth segments in the fitness industry. An increase in the number of commercial fitness trainers using public reserves has raised various issues including:

a) **Equity of access:**

- potential conflict between general park users and commercial fitness groups
- level of demand of a particular location e.g. beaches
- monopolisation of areas and exploitation of public land by commercial operators.

b) **Impacts on the parks, reserves and facilities:**

- trainers and fitness groups (especially groups of more than 5) are causing wear-and-tear to parks and recreational facilities.

c) **Public liability concerns:**

- some trainers have insufficient or no insurance to cover client injuries.

All trainers conducting classes on Council land should be aware that injuries sustained during these classes are the responsibility of the participant or the trainer. Council recommends all trainers have appropriate insurance cover to protect their personal liability and Council's licencing process has been implemented to assist trainers with checking insurances. Trainers who undertake classes without Council's consent do so at their own risk.

- it is desirable for the trainers to be registered with Fitness Australia.

Regulating the use of public reserves (parks and beaches) by organised or commercial fitness groups and personal fitness trainers will assist in managing the above issues.

2. Are all public reserves covered in the policy?

Yes. All lands including beaches, parks, and public reserves within the Randwick City are maintained and managed by Council.

3. What activities are permissible and not permissible under the policy?

The following activities are permissible and require a temporary licence:

- gym sessions (with or without weights, fit balls, skipping ropes and/or individual personal gym equipment)
- 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

The following activities are not allowed:

- aggressive and intimidating activities including excessively loud voice calls or instructions
- activities involving amplified music or amplified audio (voice) equipment
- the erection of temporary structures
- The use of articles or any other activities which may affect the safety of the public and other users.

4. Who should apply under the policy?

If you are providing fitness services activities and/or instruction to people on public land and receiving a commercial benefit then you must apply for a temporary licence.

The policy does not apply to Local Sporting Clubs, Local Schools, Surf Life Saving Clubs, Corporate Groups and Defence Forces.

5. What is a temporary licence?

A temporary licence is an approval by Council that allows trainers and fitness groups operate in a designated Council area, at a specific time with the approved number of people in a group.

- An annual application/administration fee and an annual license fee is applicable.
- Fees are due on an annual basis and are for a 12 month period.
- All applications are subject to an evaluation process for approval.
- An approval is valid for one year.
- All sessions are designated a specific location for a 2 hour period.

For instructions on how to get a temporary licence or for information on Council's Policy on the Use of Council's Reserves by Commercial Fitness Groups and Personal Trainers go to Randwick City Council website under the section of 'Fitness groups and trainer'.

<http://www.randwick.nsw.gov.au>

If you have any comments or require further information:

- post to: General Manager, Randwick City Council, 30 Frances Street, Randwick NSW 2031
- or email general.manager@randwick.nsw.gov.au