

# PERSONAL TRAINING LICENCE



## FACT SHEET

A Permit system is in place for commercial group fitness or personal training activities conducted on Council's Parks and Sportsgrounds. This licensing is so that approved trainers can access open space for training sessions and provide options for people to exercise whilst not impacting on the opportunity for others to use the parks and sportsground.

Organised or commercial personal training activities are only permitted in designated areas / open spaces on a non-exclusive basis. Council requires that personal trainers submit an online application to apply for, or to renew a Licence on an annual basis on 1 October and Licences are usually issued for a 12 month period. Permit fees are payable. There is a maximum group size of 18 for personal training activities. Larger size groups will require an application for sportsground hire. Additional hire fees would then apply.

## Aim

The purpose of the Hornsby Shire Council Organised and Commercial Fitness Training Licence is to:

- Ensure equity of access to Council's open spaces with realistic, consistent and co-ordinated regulations
- Reduce the impact of commercial fitness activities on asset condition and maintenance
- Address and manage public liability concerns and risk exposure to Council in relation to commercial operations on Council's open spaces
- Maintenance of outdoor physical activity options for local residents.

## Fitness Activities Included

This policy relates to any organised or commercial fitness group and personal training activity including those conducted by schools, sporting clubs, community groups and not-for-profit organisations.

Fitness sessions are limited to the normal activities of a registered personal trainer, Yoga teacher, Tai Chi instructor or the like which would include but not be limited to:

- Gym sessions (with or without weights, fitballs, skipping ropes etc)
- Boxing and pad training
- Yoga, meditation and tai chi
- Organised aerobic activity
- Circuit training, and
- A combination of any of the above.

## Fitness Activities Excluded

- Military style activities and/or aggressive and intimidating activities are not permitted
- Use of any equipment associated with an activity which could cause damage to the turf, the grounds or facilities is not permitted.

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## Eligibility

The following criteria must be met, to be eligible for a licence to operate in Hornsby Shire Council's public open space. Evidence of the same must be provided at the time of application.

- Evidence in completing accredited courses endorsed by Fitness Australia and/or VETAB providers such as TAFE and Universities specific to the type of activity to be instructed.
- Current Senior First Aid Certificate
- Current Australian Prudential Regulation Authority (APRA) approved Public Liability Insurance for a minimum of \$20 Million with Hornsby Shire Council nominated on the policy as an interested party
- Proof of Registration as a professional with Fitness Australia is preferred.

## How to Apply

You will need to lodge an online application if you wish use Council's open space, parks or sportsgrounds to provide for financial / commercial benefit:

- Commercial group fitness training
- Organised fitness training activities for groups
- Commercial personal fitness one-on-one training.

There is a maximum of three locations per application lodged.

The current fees and charges can be view on our website at the following link:

[Commercial Fitness Training Fees and Charges](#)