

Group Fitness and Personal Training Policy



Town of Cottesloe

Council Policy: POL/112	Group Fitness and Personal Training		
Reference	<i>Strategic Community Plan 2013-2023</i> Priority Area: 1 Major Strategy: 1.3	<i>Corporate Business Plan 2020 - 2024</i> Priority Area: 1 Major Strategy: 1.3	
Responsible Officer	Executive Manager Corporate Services and Governance		
Policy Area	Corporate Services – Community		
Council Adoption Date	15 December 2020	Version Number	V1
Amendment Dates		Next Review Date	2023

This Policy replaces all previous policies related to this topic and should be read in conjunction with the Town’s Group Fitness and Personal Training Guidelines.

1. Policy Purpose

- 1.1. This Policy aims to ensure that Town of Cottesloe (the Town) facilities are used in a way that is appropriate for each space.
- 1.2. This Policy aims to minimise disruption to residents and other users of the Town’s facilities.
- 1.3. This Policy aims to regulate the use of the Town’s facilities for profit making activities.

2. Policy Scope

This Policy applies to all Group Fitness Sessions and Personal Training Sessions carried out on a Town facility.

3. Policy Requirements

- 3.1. Trainers are required to obtain a permit from the Town in order to conduct a Group Fitness Session or Personal Training Session on a facility controlled by the Town and to pay fees and charges in respect of the permit in accordance with the Town’s schedule of fees and charges.

- 3.2. Group Fitness Sessions and Personal Training Sessions will not be permitted in high activity areas and/or areas of cultural, environmental or natural significance.
- 3.3. Permit holders are required to adhere to the Group Fitness and Personal Training Guidelines.
- 3.4. Permits should not be issued under this Policy for Group Training Sessions of more than 20 participants including trainers or for Personal Training Sessions of more than 4 participants including trainers.
- 3.5. Any other organised fitness training greater than 20 participants may be subject to apply through the Town's event application process, as determined by the Town.
- 3.6. Applications for permits and the number of permits to be issued will be determined by the Chief Executive Officer (CEO) or their delegate.
- 3.7. The Town reserves the right to terminate a permit issued under this Policy without notice, pursuant to Town of Cottesloe Local Government Property Law 2001 Clause 3.12.

4. Exemptions

- 4.1. Exempt from this policy are Cottesloe based not for profit sporting club/s, undertaking training for their competition or club duties, at their regular training facility.

5. Definitions

5.1. Personal Training

For the purposes of this Policy and the Guidelines, a Personal Training Session is an organised gathering of a group of up to 4 people, including a trainer(s), where the trainer(s) (whether for payment or without charge) provides guidance and instruction on personal fitness activities.

5.2. Group Fitness

For the purposes of this Policy and the Guidelines, a Group Fitness Session is an organised gathering of a group of more than 4 people, including a trainer(s), where the group participates in a range of exercises under the guidance and instruction of a trainer(s) (whether for payment or without charge).

- 5.3. **Facility/Facilities** – Any building, reserve or public open space that is owned by the Town or under the Town's care, control or management.

6. Other Relevant Procedures/Key Documents include:

- 6.1. Local Government Property Local Law 2001 (Consolidated)
- 6.2. Group Fitness and Personal Training Guidelines
- 6.3. Group Fitness and Personal Training Application Form
- 6.4. Schedule of Fees and Charges