



Business Centre:
Brown Street, Hamilton 3300
Telephone: (03) 5573 0444
Facsimile: (03) 5572 2910
TTY: (03) 5573 0458

Address all correspondence to:
Locked Bag 685, Hamilton, Vic, 3300
council@sthgrampians.vic.gov.au
www.sthgrampians.vic.gov.au

Fact Sheet

Commercial Personal Training and Fitness groups

Introduction

It is a requirement under the *Crown Land Acts Amendment (Lease and Licence Terms) Act 2009* that personal trainers and fitness groups operating on public land within Southern Grampians Shire have a permit agreement with Council. Activities which require a permit include organised commercial fitness pursuits, such as personal training, boot camps, and triathlon groups or any other group fitness class or training sessions.

Southern Grampians Shire Council places great emphasis on protecting and preserving our natural environment, including our open spaces, for the benefit of all the community. Licensing for commercial fitness activities helps us to achieve this aim by:

- Managing impacts generated by organised fitness training groups on public open space, park assets and other park users
- Ensuring equitable access to limited public space
- Regulating activities of organised fitness groups, including public liability and occupational health and safety concerns
- Balancing the needs of open space users with those of local residents and visitors

Council welcomes applications from personal trainers and fitness groups which will provide significant social and health outcomes for the community, whilst respecting the Shire's natural assets.

What activities can I run?

The following activities are permitted, subject to approval and licence agreement with Council:

- Gym sessions (with or without weights, skipping ropes, fit balls, etc)
- Boxing and pad training
- Organised aerobic activity
- Running groups
- Circuit training
- A combination of any of the above

The following activities are not permitted:

- Organised ball sports (example soccer, rugby, football)
- Use of amplified music or voice equipment
- The offering for sale of clothing, merchandise, equipment, refreshments, goods, services or products

The following restrictions apply:

- Maximum number of participants per session is 12
- Maximum number of open space allocations is three
- Maximum number of signs to be displayed is one per personal trainer or fitness group
- All permits will expire on 30 June and will be valid for up to one year only



Business Centre:
Brown Street, Hamilton 3300
Telephone: (03) 5573 0444
Facsimile: (03) 5572 2910
TTY: (03) 5573 0458

Address all correspondence to:
Locked Bag 685, Hamilton, Vic, 3300
council@sthgrampians.vic.gov.au
www.sthgrampians.vic.gov.au

When can I operate?

Applicants must specify in their application the days and times they intend to run their activities at a particular location.

Due to restrictions on the number of personal trainers and fitness groups that can operate in the same location at a given time, no consideration will be given to applications that attempt to 'blanket book' a location (such as book from 6 am to 8 pm each day).

Where can I operate?

The following reserves have been assessed as unsuitable for personal training and group fitness classes.

Melville Oval	Hamilton
Botanical Gardens	Hamilton
Botanical Gardens	Penshurst

Activities must not take place within ten metres of any Council owned infrastructure including buildings, playgrounds, public toilets, cricket nets, fencing or monuments.

Council does not provide undercover training areas in the event of inclement weather. This is the responsibility of the trainer to cancel the session or seek an alternative indoor venue.

Council has limits to the number of personal trainers and fitness groups able to operate at the same location at a given time, and may not be able to approve all requests for licensing. Where possible, Council will attempt to find an alternative suitable location should a reserve not be available.

A licence does not grant exclusivity of the designated area. The area must remain accessible to the general public at all times.

When completing the personal training application form, please note the approved locations listed on page 4 with specific site restrictions that must be adhered to. Council will not consider any exemption to these restrictions.

No refund of permit fees will be provided for personal trainers and fitness groups wishing to cancel their permit prior to the expiry date.

Applicants should note that some Recreation Reserves within the Shire are managed directly by Committees of Management, and applications will need to be made through these committees to utilise these spaces.