Fitness Training in Parks and Gardens

REQUIREMENTS

This document sets out the minimum obligations Operators must meet to use City of Yarra parks and gardens for personal training, group fitness, and running clubs/groups, at no cost to the applicant.

PURPOSE

This document outlines the requirements that all personal trainers, group fitness operators and running clubs/groups must follow when using parks and gardens within the City of Yarra. This activity can involve one client or large groups at a time and may involve a range of fitness equipment.

Whilst all parks and gardens are a resource available to the local community, it is important that these activities do not impose on other park users or deteriorate the quality or condition of parks through overuse of set areas.

Growth in personal training, group fitness and running group activity across the municipality has raised several issues addressed in this document, including:

- Equity of access.
- Potential conflict with other park users, including domination or monopolisation of areas and exploitation of public land by commercial operators.
- Impact on park assets and inappropriate use of monuments.
- Wear and tear on recreational facilities used by the whole community, particularly from large groups.
- Noise to nearby residents.
- Public liability considerations.

Operators are no longer required to hold a permit to use Council parks and gardens for these activities, and there is no cost to operate. Operators must, however, continue to comply with the requirements in this document, to ensure no damage to parks, gardens and other open spaces and to protect fair access for the whole community.

DEFINITIONS

The following terms are used throughout this document:

Term	Meaning
Personal Training	One-on-one or small-group fitness instruction delivered by an individual trainer or business for a fee or other commercial benefit.
Group Fitness	A fitness session (e.g. circuit training, boot camp, yoga, Pilates, Tai Chi) delivered to multiple participants at the same time by an operator.
Running Club / Running Group	An organised running session led or coordinated by an individual or business, including run coaching sessions and social or training-based running groups.
Operator	Any individual or business delivering personal training, group fitness, or a running club/group in a City of Yarra park or garden for commercial benefit.
Registration	The process by which an Operator notifies Council of their intention to use a park or garden under these Requirements. Registration is free and does not constitute a permit.

Term	Meaning
Category A / B / C Park	A classification applied to each park or garden, setting the maximum number of participants permitted for a single session at that location (see Parks & Categories).
Certificate of Currency	A current certificate issued by an insurer confirming the Operator's insurance cover and expiry date.
Events Permit	A separate permit required for organised events, which may apply where a running group or fitness activity involves 50 or more participants.
Officer	A City of Yarra employee authorised to administer and enforce these Requirements.

SCOPE

This document applies to all individuals and businesses that intend to conduct personal training, group fitness or running club/group sessions on City of Yarra parks or gardens for commercial benefit. It does not include:

- Local sporting clubs.
- Local schools.

Types of activities covered by this document:

- Running drills and running clubs/groups.
- Boxing and pad training.
- Organised aerobic activity.
- Yoga, Tai Chi, Pilates and like activities.
- Circuit training.
- A combination of any of the above.

Running clubs and fitness events: where a running group or fitness event involves 50 or more participants, an Events Permit may be required in addition to these requirements.

REGISTRATION

A registration is required to use City of Yarra parks and gardens for personal training, group fitness or running club/group activities, and there is no cost to Operators.

Registration remains open at any time of year — there is no fixed application window.

Priority where a limit applies: where a participant or registration limit applies to a location, priority is determined at the Officer's discretion, generally on a first-in, best-dressed basis, reflecting that registration is open at any time.

QUALIFICATIONS & INSURANCE

The following qualifications are required for Operators:

- Certificate III in Fitness (Group Fitness), or equivalent qualification recognised by a National Fitness Industry Body.

  or

- Level 1 Running Coach accreditation, or equivalent recognised by a national sporting body, is recommended for anyone leading a running club/group.

- Level 2 First Aid.
- Current CPR.
- A valid Certificate of Currency must be provided to Council. Whether Public Liability Insurance (minimum $20,000,000) and Professional Indemnity Insurance (minimum $10,000,000) remain a requirement is being confirmed with Compliance.

OPERATING HOURS

Training may take place between 6:00am and 9:00pm daily subject to availability.

ACTIVITIES NOT PERMITTED

- Activities that involve amplified music or voice equipment (no change to existing policy).
- Training under tree canopies, to prevent compaction of soil and damage to root systems.
- Training on sports grounds when sporting clubs have allocated use.
- Training on sports grounds during renovation periods

PARTICIPANT & GROUP SIZE LIMITS

Category A/B/C participant limits

- Category A (up to 6)
- Category B (up to 15)
- Category C (up to 20)

Running groups:

Registration is required for running groups under 50 people using one specific site such as an athletics track, sportsground or park.

Groups of 50 or more people (running groups or fitness events) that use multiple locations may require a separate Events Permit

CONDITIONS OF USE

- All activities are to take place in the nominated spaces throughout Council parks and gardens.
- No pegs or markers are to be put into the ground.
- No speakers or megaphones to be used during a session.
- Noise from a session should not be heard from outside the park's proximity.
- Temporary signage in the form of an 'A frame' measuring 600mm wide by 1000mm high (including 100mm legs) may be used during the session only and must be within sight of the trainer.
- A temporary table up to 1000mm by 1000mm may be used during sessions for administration.
- No structures such as lights or moveable park furniture (e.g. chairs or benches) are to be used.
- Activities may be conducted near sport pavilions between 6am-8am Monday to Friday; at all other times, activities are not permitted within 10 metres of sport pavilions.

A minimum distance of 10 metres must be always kept from other park structures, including but not limited to:

- Walking or bicycle tracks.

- Playgrounds and related equipment.
- Public toilets.
- Cricket nets.
- Monuments.

PARKS & CATEGORIES

Park	Category A (up to 6)	Category B (up to 15)	Category C (up to 20)
♦ **Victoria Park** Victoria Park Oval*	*	*	*
Coulson Reserve Coulson Reserve Soccer Pitch*	*	*	*
Quarries Park Ramsden Street Oval* Walker Street Reserve Soccer Pitch*	*	*	*
Fairfield Park	*	*	*
Rushall Reserve	*	*	*
Kevin Bartlett Reserve Bastow 2 Soccer Pitch* Fletcher 2 Soccer Pitch Loughnan Oval	*	*	*
Edinburgh Gardens WT Peterson Oval* Alfred Crescent Oval*	*	*Limited access 4pm - 8pm*	*No access after 4pm.*
Burnley Park Burnley Park Oval*	*	*	
Citizens Park Citizen's Park Oval*	*	*	
Alan Bain Reserve Soccer Pitch	*	*	
Hardy Gallagher Reserve	*	*	
George Knott Reserve George Knott Soccer Pitch*	*	*	
♦ **Alphington Park** Alphington Park Oval*	*		
Darling Gardens	*		
Atherton Gardens	*		
♦ **Dights Falls**	*		
♦ **Gahan's Reserve**	*		
Halls Reserve	*		
Mayors Park	*		
Smith Reserve	*		
Loys Paddock	*		
McConchie Reserve	*		
O'Connell Reserve	*		
KEY:			

Park	Category A (up to 6)	Category B (up to 15)	Category C (up to 20)
♦ Council Land Parks NB. All remaining Parks are Crown Land Parks. *Limited Places Available. All listed **Ovals** and **Soccer Pitches** are subject to availability during the following times only: - *Mon- Fri: 6am- 4pm* - *Sat/ Sun: 6am -8.30am*			

BREACHES & DISCIPLINARY ACTION

Council reserves the right to expel person(s) or terminate a training session due to any breach or condition outlined in this document and/or misconduct by patrons. Any breach may result in revocation and enforcement action.