



Outdoor Fitness Training COVID -19 Guidelines

All personal trainers that are registered to operate within the City of Port Phillip will be required to implement and enforce the following guidelines to ensure the health and wellbeing of the community due to COVID-19 as outdoor fitness training returns.

Please communicate the following guidelines to all participants as it is important that everyone plays their part to ensure the safety of the community.

[Fitness Australia](#) have developed guidelines for outdoor fitness training and can be used as a point of reference.

GUIDELINES:

- Encourage participants to download and use the COVIDsafe app
- Any participant that is experiencing flu like symptoms should not attend and get tested for COVID-19
- All PT's and participants to maintain social distancing of 1.5m at all times and throughout session. No contact between participants is permitted
- Participants must bring their own towel and drink bottle to each session
- Maximum of 10 participants may take part per outdoor fitness session (recommend an online booking system to keep track of the number of participants)
- An accurate record of all attendees (including parents/carers) for the purposes of contact tracing must be kept, including full name, phone number, date and time of attendance and confirmation whether they have downloaded COVIDSafe App
- All will be required to adhere to hand hygiene protocols and/ or sanitise prior and after fitness sessions
- If weights (dumb bells, Kettle bells or Tor bars) are to be used throughout session, highly recommend the same piece of equipment is used by the same participant throughout the entire session to reduce contact. Please ensure equipment is properly sterilised with alcoholic/ antibacterial wipes prior and after sessions
- No clients to socialise after sessions 'Get in, train and get out'

- Allow sufficient time between sessions to allow the crossover of participants and eliminate a gathering
- PT's will be required to have a portable first aid kit for minor incidents (Highly recommend a mask for emergency situations)
- If there are any COVID-19 reports in your group, you must report to Council and contact the Sport and Recreation Participation Officer on 9209 6677 or recreation@portphillip.vic.gov.au

***NOTE**

- Council is implementing advice in line with the Australian and Victorian Government requirements and recommendations to help limit the impact of COVID-19. Personal Training permits may be altered at any time due to new restrictions or guidelines that are enforced by the Australian and Victorian Government or COVID-19 Sports and Health Committee.
- Please note that public spaces such as playgrounds, park benches and outdoor fitness stations cannot be used for training purposes.

Reference links:

Sport and Recreation Victoria - Return to play

<https://sport.vic.gov.au/our-work/return-to-play>

Fitness Australia – Outdoor Training Guidelines

https://bp-fitnessaustralia-production.s3.amazonaws.com/uploads/uploaded_file/file/422274/Outdoor-Fitness-Training-Guidelines-updated.pdf

Fitness Australia - Addendum Outdoor Training Guidelines

https://bp-fitnessaustralia-production.s3.amazonaws.com/uploads/uploaded_file/file/461136/Outdoor-Fitness-Training-Guideline-ADDENDUM-20200515.pdf

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Responsible service/department

Open Space and Recreation

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