



# Personal Training and Commercial Group Fitness “Frequently Asked Questions”



Enquiries should be directed to:  
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T: (08) 9205 8555 | F: (08) 9205 8822 | E: [reserves@stirling.wa.gov.au](mailto:reserves@stirling.wa.gov.au)

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### **Q: Why do I need a permit to conduct personal training on public open space?**

A: The City of Stirling prides itself on the quality of its reserves, which provide an attractive and safe environment expected by the community. Permits are required to allow effective management of reserve usage, and to manage maintenance on reserves. Permits also enable the City to ensure all personal training and group fitness sessions occurring on City reserves meet fitness industry standards, and comply with relevant health and safety regulations.

### **Q: What's in it for me?**

An approved permit enables access to suitable reserves and beaches for training activities, access to floodlights and other amenities as required. You will be notified of any events or maintenance scheduled on the reserve that may interrupt your sessions and offered alternatives where required. The City will also be able to program tasks such as mowing and irrigation around your booking. Your business contact information will also be listed on the City's website with your consent. Lastly, an approved permit by the City of Stirling recognizes your business as one that meets fitness industry standards.

### **Q: How long will it take to process my application?**

A: Applications are assessed by the City's Recreation & Leisure Services Business Unit. All personal training and commercial group fitness permit applications will be processed within 15 working days of receipt. Some applications may require the approval from our Parks & Reserves Business Unit and may require a longer processing time. If this is the case, we will contact you and keep you informed of the progress.

## 2.0 Fees and Charges

**Q: Do I have to pay a fee to conduct a personal training session on the reserve?**

A: Yes, the City requires a permit for the use of public space and the fees are listed below:

<b>Personal Training Permit Fees</b>			
<b>Permit Type</b>	<b>Winter (April to September)</b>	<b>Summer (October to March)</b>	<b>12 months</b>
<b>Small Group</b> (1-4 participants)	\$ 225.00	\$ 425.00	\$ 550.00
<b>Medium Group</b> (5-10 participants)	\$ 550.00	\$ 750.00	\$ 1,100.00
<b>Large Group</b> (11-25 participants)	\$ 1,100.00	\$ 1,300.00	\$ 2,200.00
<b>Bootcamp/Short Fitness Session Fees (Maximum six weeks)</b>			
<b>Small Group</b> (1-4 participants)	\$5.00 per session		
<b>Medium Group</b> (5-10 participants)	\$10.00 per session		
<b>Large Group</b> (11-25 participants)	\$20.00 per session		

**Q: How are the fees and charges calculated?**

A: The City of Stirling fees are based on group size with options for a seasonal, annual, or short term fitness program/bootcamp permit.

For example:

A personal trainer providing sessions for a group of 12 people will be required to obtain a 'large group licence' at cost of \$2,200 for 12 months. This provides the personal trainer with access to up to 3 x reserves for up to 18 hours per week. A session is defined as up to 2 hours duration.

A personal trainer providing sessions for a group of 4 people will be required to obtain a "small group Licence" at a cost of \$550.00 for 12 months. This provides the personal trainer with access to 1 reserve for up to 18 hours per week.

**Q: If I only want to use the park for six weeks how much will this cost?**

A: Your application would be considered a Bootcamp/Short Term Fitness program, and the Bootcamp/Short Fitness Session Fees would apply (see above fees and charges table). The amount payable per session will depend on the size of the group.

**Q: Is it possible to purchase more than one permit?**

A: Yes, it is possible. The Recreation and Leisure Services team will assess each application individually and in accordance with the Personal Training and Commercial Group Fitness guidelines.

**Q: Can I pay my personal training fee after I start on the park?**

A: Sorry, unfortunately not. All fees must be paid in full prior to you commencing your personal training sessions. Contact the Reserves Booking Officer on 9205 8555 to make payment over the phone.

### **3.0 Park Availability**

**Q: I want the flexibility to use all the parks in the City of Stirling for personal training, can I do this?**

A: No, in order for the City to properly maintain and monitor reserve usage, you will be restricted to the limits of your permit.

For example:

A personal trainer providing sessions for a group of 12 people will have access to 3 reserves for up to 18 hours per week.

A personal trainer providing sessions for a group of 4 people will have access to 1 reserve for up to 18 hours per week.

<b>Permit Types</b>	<b>Group Size</b>	<b>Number of Reserves per Permit</b>	<b>Maximum Hours per Week</b>
<b>Small Groups</b>	<i>1 – 4 participants</i>	1	18 hours
<b>Medium Groups</b>	<i>5 – 10 participants</i>	2	18 hours
<b>Large Groups</b>	<i>11 – 25 participants</i>	3	18 hours

**Q: Can I choose which reserve I want to use?**

A: Yes, to an extent. In your application you will be asked to list your preferred reserve for personal training, and your second preference if your preferred location is unavailable. The Recreation and Leisure Services team will do their best to accommodate your first preference. If your first and second preferences are both unavailable, you will be offered alternative options to choose from.

**Q: Will I have exclusive use of the reserve once my permit has been approved?**

A: No, the City cannot guarantee exclusive use of any of its public open spaces.

#### **4.0 Approval**

**Q: How will people visiting the park know that I have approval from the City of Stirling?**

A: The City will supply all approved personal trainers with a corflute permit sign which must be displayed when conducting personal training sessions.

**Q: What if there is another trainer using the reserve without a permit sign?**

A: Please make a note of the day and time, and report the unauthorized use to the City as soon as possible. Your details will remain anonymous, and the City will make contact with the unauthorized user.

**Q: I don't have any formal qualifications; can I still apply for a personal training permit?**

A: Sorry, no. You must be registered with Fitness Australia as an Exercise Professional (Personal Trainer specialisation) or Business Member.

**Q: I want to deliver Yoga or Pilates sessions, not personal training, do I still need to be registered with Fitness Australia?**

A: No, you don't need to be registered with Fitness Australia. However you must be registered with Yoga Australia or Pilates Alliance Australia (depending on whether you are running Yoga or Pilates), and must hold a current approved Yoga or Pilates instructor qualification.

**Q: When and where can I collect any necessary keys?**

A: Should you require keys for your personal training sessions, these will be made available to you on the day prior to the personal training sessions. Keys can be collected from the City of Stirling, Main Administration Building, Cedric Street, Stirling between the hours of 9.00am and 4.00pm Monday to Friday.

**Q: What if my circumstances change or I no longer wish to use the park?**

A: Simply email us at [reserves@stirling.wa.gov.au](mailto:reserves@stirling.wa.gov.au) and we will make the changes. If your permit has been approved and confirmed, a cancellation fee may be applicable.

**5.0 Required Documentation**

**Q: Do you need me to provide you with any other documentation?**

A: Yes. The City of Stirling requires a copy of the following documents:

- Approved qualifications endorsed by Fitness Australia, Yoga Australia, Pilates Alliance Australia, and/or VETAB providers such as TAFE, Universities and Nationally Recognised Training institutions/colleges;
- Current Senior First Aid Certificate;
- Proof of registration with Fitness Australia as an Exercise Professional (Personal Trainer specialisation) or Business Member;
- Proof of registration with Yoga Australia or Pilates Alliance Australia (as applicable) as an accredited Yoga or Pilates instructor; and
- Current Public Liability Insurance to a minimum of \$10 million and \$5 million Professional Indemnity Insurance for the life of the permit.

Approval will only be given when copies of these documents are provided to City.

**6.0 Floodlights**

**Q: Can I use the floodlights?**

A: On some reserves, yes, floodlights are available for use. For detailed information on reserves that have floodlights and the fees and charges that apply



to floodlight use, please email [reserves@stirling.wa.gov.au](mailto:reserves@stirling.wa.gov.au). Applications for floodlights usage must be in writing and will be considered in accordance with policy, reserve suitability, availability and current condition.

## 7.0 Parking

**Q: Can we park our cars on the oval?**

A: To ensure that the City provides quality parks and reserves that meet sporting, recreational and leisure needs in a safe and enjoyable manner please ensure that all vehicles are parked in appropriate car parking areas and not on the reserve. Further information regarding the City's local parking laws can be found on the City's website.

## 8.0 Music

**Q: I would like to have music playing during my personal training sessions, are there any restrictions on volume?**

A: If music is played at your personal training sessions, the volume must be kept to a minimum so as not to interfere with other users of the park and local residents. Further information regarding noise regulations can be found on the City's website: [Environmental Pollution and Health Neighbourhood Noise Fact Sheet](#)

## 9.0 Damage

**Q: Oops, I've damaged the park surface, what happens now?**

A: All incidents need to be immediately reported to the City by contacting us on 9205 8555. Our users are also our "eyes on the park" so please also report any anti social behaviour through to our 24 Hour Security Patrol on 1300 365 356.

## 10.0 Other Questions

Please refer to the City's Personal Training and Commercial Group Fitness Guidelines or contact the City's Club Development Officer on 9205 8555 or email [reserves@stirling.wa.gov.au](mailto:reserves@stirling.wa.gov.au)



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