



Frequently asked Questions about the North Sydney Council Outdoor Fitness Training Code of Conduct.....

Is outdoor fitness training permitted in North Sydney Council Area?

Yes it is. However if you are a trainer it is expected that you will have signed up to the NSC Outdoor Fitness Training Code of Conduct.

Do fitness trainers have to pay a fee to use North Sydney parks, reserves or open space areas?

No, at present there are no fees for using NSC public parks, reserves and open spaces for Fitness Training. However it is expected that all trainers, using these outdoor areas, sign up to the NSC Outdoor Fitness Training Code of Conduct.

What is the NSC Outdoor Fitness Training Code of Conduct?

The Code was adopted by Council in November 2011. It aims to

- eliminate negative behaviour that interferes with the amenity of local residents and park users
- ensure access to public space is preserved for all members of the community
- protect public open space and public domain for community use
- provide the opportunity for the community to benefit from, enjoy and engage in fitness training in a variety of outdoor environments

What are the training times for Outdoor Fitness training?

Organised outdoor fitness training is permitted between the hours of 6.00am and 9.00pm.

How big can a training group be?

Groups must not be bigger than 10 people (including trainers).

What if my group is larger than 10 people?

You will need to arrange to reduce your training group size to 10.

Can I train anywhere in North Sydney?

Fitness Trainers can use North Sydney Council parks, reserves and open spaces, for outdoor fitness training. However the Code does have a number of areas where training activities are not permitted.

Are there areas that can't be used for Fitness Training?

The Code identifies a number of areas which may not be used for fitness training. These include:

- within marked sports fields (you can still use the areas outside the field markings on our sportsgrounds)
- within 50m of residential properties before 7am
- in areas of parks, reserves and open space formally booked by other groups for programs and events or social gatherings
- areas of high pedestrian activity eg: shopping strips, footpaths etc
- within 20m of war memorial monuments and cemeteries
- within 10m of children's playgrounds (unless on designated fitness equipment provided within the playground)
- within Bushland areas (unless on existing footpaths)

- areas closed for renovation or upgrading
- areas where training activities have a negative impact on neighbouring properties and/or other park users e.g. aggressive language, intrusive noise
- park structures and furniture (eg buildings, shelters, fountains, walls, seats, picnic tables, signs bubblers etc) trees, plants and garden beds

Are there any activities that can not be conducted by a Fitness Trainer in North Sydney Council parks, reserve and open spaces?

Yes. The Code prohibits the following activities:

- amplified music or amplified audio (voice equipment), whistles and loud shouting or other intrusive noise generating activities
- aggressive, intimidating or noisy training activities including military style squad training
- activities which require the use of large sized specialist resistant and/or load bearing, training equipment such as bars, benches, logs, tyres, heavy ropes, etc
- soliciting of funds, sale of merchandise, advertising of goods or services (including use of banners, A-frames or other signs etc)
- use of objects (e.g. witches hats, cones, ropes etc) that mark out an area to imply exclusive use

Where can I find a Copy of the Code?

You can find the Code and/or the Trainers declaration at: www.northsydney.nsw.gov.au/fitnesstrainers

I am a personal Trainer, how do I sign up for the Code?

Download the Code and the Personal Trainers Declaration from the website.

Complete your details and bring the form into Council in person.

You will be issued with an armband that must be worn whenever you are working as a personal trainer in the NSC area.

How do I know if my trainer has signed up to the Code?

All outdoor fitness trainers operating in the North Sydney Area who have registered for the Code will wear a numbered arm band.

Does signing to the Code mean Council endorses that Trainer?

No, it should be noted that Council offers no endorsement nor is liable for any damage or loss the Trainer may suffer by act, default or neglect of any other person. Nor does it imply that Council has made any assessment of a Trainer's ability to supply training services.

What if a trainer breaches the Code of Conduct?

In the first instance any breach or complaint can be made to a Council Ranger or to Council's Customer Service Centre. The number on the armband can be used by Council in order to investigate and act on any breaches by the trainer. This may include the trainer being permanently removed from conducting fitness activities on public open space in the North Sydney area.