

## Fitness Training Licences

Bromley Parks are used by people of all ages and of different fitness levels as part of a healthy lifestyle, from lunchtime joggers to those who are fitness fanatics.

Being a licensed fitness operator gives you the exciting opportunity of undertaking fitness activities in some truly unique environments.

If you wish to use the parks for personal training or to run group fitness sessions you must be licensed. We licence operators to ensure that:



- Ability to access and use public open space preserved for all visitors.
- Park visitors can benefit from, enjoy and engage in fitness training in a variety of outdoor environments.
- Fitness operators hold appropriate qualifications (based on industry best practice), and are fully insured and hold liability for participants' safety.

The parks which you would be licenced for in Bromley include:

- |  |                                  |                                  |
|--|----------------------------------|----------------------------------|
| - Chelsfield Green                     | - South Hill Woods               | - Crystal Palace Park            |
| - Hayes Common                         | - Biggin Hill Recreation Ground  | - Croydon Rd Recreation Ground   |
| - Jubilee Park                         | - Farnborough Recreation Ground  | - Elmers End Recreation Ground   |
| - Keston Common                        | - Glentrammon Recreation Ground  | - Blake Recreation Ground        |
| - Scadbury Park                        | - Goddington Park                | - Cator Park                     |
| - St Pauls Wood Hill Recreation Ground | - Hoblingwell Recreation Ground  | - Havelock Recreation Ground     |
| - Well Wood                            | - Norman Park                    | - Martins Hill Recreation Ground |
| - Alexander Recreation Ground          | - High Elms Country Park         | - Mottingham Recreation Ground   |
| - Betts Park                           | - St Mary Cray Recreation Ground | - Penge Recreation Ground        |
| - Church House Gardens                 | - Whitehall Rec                  | - Queensmead Recreation Ground   |
| - Kelsey Park                          | - Chislehurst Recreation Ground  | - Shaftesbury Park               |
| - Coney Hall Recreation Ground         |                                  |                                  |
| - Harvington Recreation Ground         |                                  |                                  |

### 2017/18 Fees for Sessions (12 Months)

#### 2 or less clients

No charge

#### 3-10 clients

1 x session per week £200+VAT

2 x sessions per week £300+VAT

#### 11-20 clients

1 x session per week £400+VAT

2 x sessions per week £500+VAT

#### 21 -30 clients

1 x session per week £600+VAT

2 x sessions per week £700+VAT

*Maximum number of sessions permitted in the morning and again in the afternoon per week*

Our Current certified instructors are:

**Sevenoaks Bootcamp Ltd**

**Guardian Fitness**

**Fitfun Bootcamp**

**Military Fitness Ltd**

**Bethaney Phillips**

**Stephen Lambert**

**Pro Impact Fitness Ltd**

**TAG Fitness**

**Pro Impact Fitness Ltd**

**Knights Fitness**

**Miracle Fitness Bootcamps**

**The Fitness Link**

If your instructor isn't on the list and not identifiable, then they are not certified and potentially unsafe to practice as a fitness instructor. Please [contact us](#) for more information.

Please note that we are required to carry out the following checks to ensure you can be fully certified.

- Background Checks known as the Disclosure and Barring Service (DBS) – trainers must supply relevant copies of individual checks if working with children and vulnerable adults.
- Qualifications - copies of Personal Training certification at REPs level 3 or equivalent.
- Insurance and public liability - copies of individual insurance and public liability for the duration of the license period to the value of £5 million.
- Risk Assessment - confirmation that all risks have been considered should be included in a risk assessment to mitigate potential risk.
- First Aid plan - confirmation that a first aid plan is in place in the event that any accidents occur during the session



If your instructor isn't on the list and not identifiable, then they are not certified and potentially unsafe to practice as a fitness instructor. Please [contact us](#) for more information.