

## Outdoor Fitness Training Permit

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 and love sport or enjoy

Being a fitness operator with a permit gives you the exciting opportunity of undertaking fitness activities in some truly unique environments. Equally, organising group sports sessions can really be great for fitness and socialising.

If you wish to use the parks for personal training or to run group fitness or workout sessions, you must have had a permit issued. We issue permits to operators to ensure that:

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



A limited amount of parks may be excluded temporarily for a number of reasons, so please check with the manager who oversees the site during the registration process.

### 2019/20 Fees\* \*\* (12 Months)

#### 1 client

No charge

#### 2-10 clients

1-3 sessions per week £220+VAT

4-5 sessions per week £330+VAT

#### 11-20 clients

1-3 sessions per week £440+VAT

4-5 sessions per week £550+VAT

#### 21 -30 clients

1-3 sessions per week £660+VAT

4-5 sessions per week £770+VAT

\*Sessions are up to 90 minutes. Maximum of one session in the morning, one session in the afternoon on any one day

\*\*Taster sessions for those who wish to take on a two month trial are discounted by 50% of the advertised fee.

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 period the permit has been issued for to the value of £5 million.
- Risk Assessment - evidence that all risks have been considered should be included in a risk assessment to mitigate potential risk.
- Emergency / First Aid Plan - evidence 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.