

Outdoor Training Guidelines



Addendum - March 2020

Fitness Australia requires Personal Trainers delivering outdoor training to follow recommendations of the Australian Health Protection Principle Committee, which advises the Australian Government, in order to reduce the risk of spreading COVID-19.

Outdoor training should follow these precautions:

- Consider the size of the space, the number of people in it, and how much room people have to move around safely - as a general rule, people should be able to keep 1.5 metres apart and one person per four square metres
- Make hand hygiene products and suitable rubbish bins readily available
- Conduct frequent cleaning and waste disposal.*

Vigilant hygiene and cleaning practices should be followed.

Consider encouraging clients to:

- Bring their own drink bottles (which should not be shared) and equipment e.g. exercise mats
- Remind clients at each commencement of session of the required changes in activities and interaction between staff and other participants throughout this period
- Support clients and celebrate success verbally and/or with positive gestures ensuring social distancing rather than high fives or handshakes.

Social distancing is a public health practice that aims to keep sick people from coming into contact with healthy people.



Ensure that a distance of at least 1.5 metres is maintained between staff and members.



No physical contact between patrons, contractors and staff ie. no shaking hands or high-fives.



* Australian Government, Department of Health (March, 22, 2020) <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-public-gatherings-and-visits-to-vulnerable-groups>