ADDENDUM

Fitness Australia requires Personal Trainers delivering outdoor training to follow the recommendations of the Australian Health Protection Principle Committee and National Cabinet, in order to reduce the risk of spreading Coronavirus (COVID-19).

National Cabinet have released a three-stage plan to gradually remove baseline restrictions and make Australia COVID-safe. The below guidelines reflect the requirements of Personal Trainers to adhere to in stage one, subject to public health advice.

Outdoor training should follow these precautions:
- Confirm all trainers and clients don't have any Coronavirus symptoms, returned to Australia in the past 14 days or have been in close contact with a person diagnosed with coronavirus;
- Consider the size of the space with a minimum of 4 square metres per person, number of individuals*, and how much room people have to move around safely - with a minimum requirement of 1.5 metres apart for physical distancing;
- Make hand hygiene products and suitable rubbish bins readily available;
- Disinfect all equipment (public and private) before and after use by each individual; and
- Clearly communicate the importance of following these procedures to clients.

*For the maximum number of individuals (including trainer/s) in a group training refer to your state/territory jurisdictional regulations: https://fitness.org.au/state-by-state-covidroadmap

Consider encouraging clients to:
- Bring their own drink bottle (which should not be shared) and equipment e.g. exercise mat
- Remind clients at each commencement of the 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 positive gestures ensuring social distancing rather than high fives or handshakes.