

# Code of Conduct for Fitness Instructors

## **The purpose of the code of conduct is:**

- *To avoid conflict between those undertaking licensed fitness activities in the park and other park users.*
- *To protect the park.*
- *To ensure access to and use of public open space is preserved for all visitors.*
- *To provide the opportunity for visitors to benefit from, enjoy and engage in fitness training in a variety of outdoor environments.*
- *To work alongside a licence agreement to ensure that fitness operators are complying with current health and safety regulation and best industry practice for the safety and enjoyment of all participants.*
- *To ensure that all Fitness Licenced operators are fully insured and hold liability for participant's safety, Whitlingham Country Park accept no liability for any activity related to outdoor fitness training as part of the licence.*

## **THE CODE**

The Fitness operator / licensee shall not have exclusive rights over any area of the Country Park and shall ensure that right of way is given to members of the general public visiting the Park.

No large items of keep-fit equipment shall be used in the park other than hand held equipment e.g. Jogging weights, Kettle bells and resistance bands.

Fitness operators / Licensee's shall leave the Park in a clean and tidy condition and be liable for any loss of or damage to any property through their direct improper use.

The Fitness Licensee shall abide by the Park Regulations.

The Licensee shall ensure that the Park furniture is not used for the purpose of fitness training i.e. benches, tables, trees, gates, fences etc. To keep all pathways clear and accessible to all users.

The Fitness operator / Licensee shall not display, produce or distribute any sign or advertisement. The restriction of advertising applies to all boards, hoardings,

flags, posters, etc. displaying any organisation or company or brand name of any goods, including those of the Licencee / Fitness Operator.

The Fitness Operator / Licencee must ensure that no particular area of the Park is overused to the extent that it causes unreasonable wear and tear to the fabric of the park e.g. waterlogged, obviously worn and muddy areas.

**You are not permitted to use:**

- Areas within the park where training activities have a negative impact on other park users, residents and Licencee's; e.g. intrusive noise, aggressive language, etc.
- Areas of high pedestrian activity such as pathways and car parks.
- Areas clearly marked as sensitive locations such as; waterside and picnic areas, long grass, meadowland, conservation areas, etc.
- Areas closed for renovation or upgrading.
- Any park structures, including trees, and furniture must not be used for training purposes.
- Park 'No Go' Activities.

**The following activities are not to be conducted by personal trainers / Group Licencee's:**

- Amplified music or audio equipment, whistles and loud shouting or other intrusive noise-generating activities.
- Aggressive, intimidating or unreasonably noisy training activities that interferes with the comfort of other visitors.
- Use of objects that mark out an area to imply exclusive use.

As a licence holder you agree to abide by these guidelines at all times. Non compliance to the above Code of Conduct means you are at risk of losing your Fitness licence and being asked to leave the park with immediate effect.