

Addendum

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 Coronavirus (COVID-19).

Outdoor training should follow these precautions:

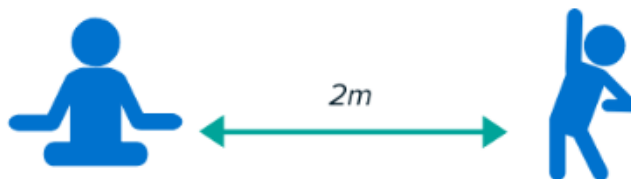
- Confirm all trainers and client/s don't have any **Coronavirus symptoms**, returned to Australia in the past 14 days or have been in close contact with a person diagnosed with coronavirus
- Consider the size of the space, the number of people in it (maximum 2, including the trainer), and how much room people have to move around safely - with a minimum requirement of physical/social distancing of two metres apart
- Make hand hygiene products and suitable rubbish bins readily available
- Disinfect all equipment (public and private) before use by each individual.

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 mat
- 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 2 metres is maintained between staff and members



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

