

Fitness Class/Training in Parks & Open Spaces

Name of fitness class/trainer _____

Fitness class location _____

Official use Only		
Reference Number	Date	Department Reference
.....

Name of fitness organisation _____

Contact name _____

Contact address _____

Postcode _____ Tel No. – Day _____

Tel No. – Eve _____ Mobile No. _____

E-mail address _____

Web Site Address _____

Description of activity _____

Date and times of activity _____

How much does the fitness class cost? Adults.....

Concessions..... Children * (Include age range).....

Approximate number of people expected to attend.....

Please tick if the activity involves any of the following: -

- | | |
|---|-------------------------------|
| Use of hand weights | Use of pushchairs/prams |
| Use of dumb bells | Use of music ** |
| Use of resistance bands | Use of benches/steps |
| Use of bicycles | Use of punch bags |
| Working with children/vulnerable adults * | |
| Other: (please specify) _____ | |

*** If you are working with children and/or vulnerable adults please attach an up to date copy of your Enhanced Criminal Records Bureau check.**

**** All music must be covered by PRS and not cause nuisance to park users/neighbour**

Fitness Qualification

Which fitness qualification do you have, please specify? A copy of your fitness qualification is required along with the application form _____

Public Liability Insurance

Relevant Public Liability Insurance is required by the instructor; please supply a copy of this with your application form.

First Aid

The fitness instructor must hold a relevant first aid certificate which should be forwarded along with the application form.

PARQ

Fitness instructors should complete a pre activity readiness questionnaire (PARQ) to ensure that participants are able to join in the class. Please provide a copy of your PARQ along with the application form.

Litter

Please note that any litter generated from the event must be picked up and taken away from the site.

Toilet facilities

The majority of parks and open spaces do not have any toilet facilities; therefore it may be necessary to inform the participants of this fact.

Site Plan

The fitness instructor may be required to provide a site plan detailing the location within the park/open space to be used.

Please send the completed form together with any supporting documentation to the following address:

**Vision Redbridge Culture & Leisure
210 Wash Lodge
Valentines Park
Cranbrook Road
Ilford
Essex
IG1 4TG**

Tel: 020 8708 3578

I have enclosed, where necessary, the following:

Fitness qualification certificate

PARQ form

Public Liability Insurance

Risk Assessment

Copy of enhanced CRB

First Aid Certificate

This document is an application to conduct a fitness class within the parks & open spaces of the Vision - Redbridge Culture & Leisure, and does not give permission to conduct the activity. The form is to be completed and returned giving a months notice of the fitness class anticipated start date.

Signed.....Date.....