



PHYSICAL RESOURCE REQUIREMENTS

1. A Fitness (Gym) Facility - located on the school premises.

The Fitness (Gym) Facility must have:

- A variety of equipment - cardiovascular, free weight, pin-loaded and circuit.
- A variety of exercise modes and equipment (e.g. weights, gym, pool, and an outdoor environment).
- Adequate space to cater for groups / multiple trainers using the facility.
- Specific equipment for fitness assessments (outlined below).
- Key health and safety equipment and/or aids.
- A variety of programs and services available.

2. Fitness assessment equipment.

The School (Third Party) must have the following fitness equipment:

- Tape measures
- Sit and reach tools
- Bicycle, treadmill or rowing ergometer
- Heart rate monitors
- Electronic blood pressure machine
- Body weight scales
- Skinfold callipers
- Stop watches

If you require any of the Fitness equipment above, click on the following link to source these items at discount prices!

[VISIT BINNACLE SHOP](#)

NOTE: PHOTOS OF THE ABOVE ITEMS #1 AND #2 REQUIREMENTS MUST BE PROVIDED UPON REQUEST.

3. Additional school requirements:

The School (Third Party) must have:

- Personal computers with office software and internet.
- Equipment repair and maintenance resources (e.g. ball pumps, cleaning equipment).
- Maintenance storage facilities.
- Access to a primary school (or junior year levels of high school) to run one (1) Community Fitness program for students across Term 2 (must be organised by the Program Deliverer).
 - The venue/facility for this Community Fitness Program must include a range of sport and recreation activities and equipment.

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- ☑ Access to a range of clients (including older clients) with different requirements, including:
 - One adult client per student [this is necessary for the conduct of a program scheduled in **Terms 5-6** (minimum of 5 sessions)].
 - This program – to be recorded in each student’s Log Book - must be supervised by the Binnacle Assessor OR another qualified Fitness Professional (minimum Certificate III in Fitness) either at the school gymnasium or an alternative Fitness Facility venue sourced by the school. This venue must have adequate insurances in place.
 - One ‘Older Adult’ client (age 50+) per student [this is necessary for the conduct of a gentle exercise program scheduled in **Terms 5-6** (minimum of five sessions)].
 - One session to be directly assessed by Binnacle Assessor (forms the Major Practical Assessment), with a real older adult client.
 - Remaining four sessions – to be recorded in each student’s Log Book - must be supervised by the Binnacle Assessor OR another qualified Fitness Professional (minimum Certificate III in Fitness) - either at the school gymnasium or an alternative Fitness Facility venue sourced by the school. The venue must have adequate insurances in place.

We strongly recommend that the whole program (five sessions) is delivered to a real-life older adult client (50+), however we will allow four of the five sessions to be simulated with a peer or instructor.

These ‘adult’ and ‘older adult’ programs have been scheduled for outside of class hours [on the basis that adult clients (e.g. teachers) have restricted availability]. For example, this would generally be scheduled before or after school. If these adult clients can be sourced during lesson time, then we are happy for this to happen at that time. **All other practical experience is scheduled within class time.**

4. Other (recommended) requirements:

The School (Third Party) is **recommended** to have:

- Anatomical and physiological information and resources (posters, charts, magazines, etc).
- Human skeleton model or other anatomical models (Binnacle will provide digital copies of Content Cards which may be printed and used as a learning resource).
- Access to school WHS and risk management policies and procedures (Binnacle will provide generic fitness facility Policies and Procedures if your school does not allow access to their own).

If you are not currently meeting these PHYSICAL RESOURCE requirements, please describe (on Page 21 of the ‘Binnacle Signed Agreement’) - action(s) to be taken to ensure these are met prior to program delivery.

First Aid training equipment *(if First Aid competency delivered via Binnacle program)*

The School (Third Party) must have:

MANDATORY EQUIPMENT	MINIMUM (*Suggested) QTY
Adult CPR Manikin	1 manikin per 4 students*
Infant CPR Manikin	1 manikin per 4 students*
CPR Faceshield or Clean Face	1 per student for each manikin
Alcohol Wipes	Tub
AED Trainer	1 trainer per 4 students*
Gloves (S, M, L)	Box of each size
Epipen Trainers	1 trainer per 4 students*
Asthma Puffers (Placebo)	1 trainer per 4 students*

MANDATORY EQUIPMENT	MINIMUM (*Suggested) QTY
Asthma Spacers	1 trainer per 4 students*
Asthma Spacer Mouthpieces	1 per student
Triangular Bandage	1 per student (new)*
Roller Bandage	1 per student (new)*
Spare Clean Bandages/Slings	Assortment
Workplace Compliant First Aid Kit – stocked	1 per class*
Pillows and Blankets	Assortment
Simulated Hazards	As per workplace



If you are not currently meeting these FIRST AID PHYSICAL RESOURCE requirements, please describe (on Page 21 of the 'Binnacle Signed Agreement') - action(s) to be taken to ensure these are met prior to program delivery.

HUMAN RESOURCE REQUIREMENTS

1. Nominated Fitness Program Deliverer(s):

Each Fitness Program Deliverer **must be:**

- HPE/Fitness trained
- Timetabled to the class every lesson

Each Fitness Program Deliverer **must:**

- Currently hold, or will complete prior to commencing delivery, the Certificate IV in Training and Assessment (TAE40116 or TAE40110*) qualification.

** Where you hold TAE40110, two new core units must also be held:*

- TAEASS502 Design and develop assessment tools (or equivalent); and
- TAELLN411 Address adult language, literacy and numeracy (LLN) skills (or equivalent)

- Demonstrate vocational competence*, by:

- Holding Certificate IV in Fitness or above (e.g. Bachelor Degree in Human Movement **but not** straight Physical Education), prior to student official enrolment; and completing a (free) non-accredited Vocational Competence Update (VCU)* specific to Binnacle's Certificate III in Fitness. VCU is designed for Binnacle Program Deliverers to demonstrate their **current** knowledge and skills specific to each unit of competency comprising the qualification(s) being delivered.

*** VCU Fitness Eligibility**

Teacher must first hold a prior VET qualification (Certificate III or higher) and/or Degree in that industry area plus verifiable evidence of:

- **At least two years consecutive industry experience in the application of the skills and knowledge in the area of community fitness.**
- **At least one year consecutive post qualification fitness industry experience in the application of the skills and knowledge at the level of Certificate IV in Fitness (or above).**

- Holding a current (within 3 years) Provide First Aid certificate (forms part of Binnacle's VCU).
- Holding a current coaching accreditation (sport-specific Level 1 equivalent or higher) or the Australian Sports Commission's Community Coaching General Principles accreditation (forms part of Binnacle's VCU).

- Complete their Binnacle Profile, which includes:

1. Work History:

- Teaching history, specific to Fitness
- Industry related history, specific to Fitness

2. Industry Currency:

- Minimum of one Fitness industry visit **plus** one other Fitness-specific professional development activity, **per semester**.

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3. VET Currency:

- Minimum of one VET specific professional development activity, **per semester**.

Each Fitness Program Deliverer (and/or qualified Fitness Trainer) must:

- Coordinate and/or **oversee*** the 'outside classroom timetable' commitment
 - **TERMS 5-6:** A minimum of five weeks per student [approximately 45 minutes per week (adult client program)]. We recommend no more than six students conducting training sessions at one time.

Example Plan

- *Six students commence 5-week program in first block – Weeks 6-10 of Term 5.*
- *Another six students commence 5-week program in second block – Weeks 1-5 of Term 6.*
- *If class numbers exceed 12 students, then other arrangements can be made to accommodate and lessen the load for the Binnacle Assessor. These include:*
 - *Having multiple qualified staff members supervise these outside class sessions.*
 - *Adding one extra 45-minute session a week available to students (e.g. two afternoons a week).*
 - *Using Term 5 to complete additional blocks for students (spreading the load over two terms).*
 - *Keeping the gym open for 90 minutes one day a week and having a group of students use the first 45-minute time slot, followed by a second group of students in the next 45-minute time slot.*
- **TERMS 5-6:** A minimum of five sessions (older adult client program). **One session to be directly assessed by Binnacle Assessor (forms the Major Practical Assessment), with a real older adult client.**
 - We strongly recommend that the whole program (five sessions) is delivered to a real-life older adult client (50+), however we will allow four of the five sessions to be simulated with a peer or instructor.

These 'adult' and 'older adult' programs have been scheduled for outside of class hours [on the basis that adult clients (e.g. teachers) have restricted availability]. For example, this would generally be scheduled before or after school. If these adult clients can be sourced during lesson time, then we are happy for this to happen at that time. **All other practical experience is scheduled within class time.**

2. If First Aid competency delivered via Binnacle program:

Each First Aid Program Deliverer must hold:

- Current Provide First Aid Certificate (within 3 years)
- Current CPR certificate (within 12 months)

Each First Aid Program Deliverer must maintain:

- Industry currency - ongoing participation as a First Aid Officer (e.g. sport teams and excursions)

If you are not currently meeting these HUMAN RESOURCE requirements, please describe (on Page 21 of the 'Binnacle Signed Agreement') - action(s) to be taken to ensure these are met prior to program delivery.