



PHYSICAL RESOURCE REQUIREMENTS

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

The Fitness (Gym) Facility must have:

- A variety of exercise modes and equipment including cardiovascular, free-weights, pin-loaded and circuit.
- A variety of exercise areas including weights, cardio, stretching, circuit and outdoor.
- Adequate space to cater for groups/multiple trainers using the facility.
- Key health and safety equipment and/or aids.
- A variety of programs and services.

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 listed, click on the following link to source these items at discount prices!

[VISIT BINNACLE SHOP](#)

NOTE: PHOTOS OF THE ITEMS LISTED IN SECTIONS #1 AND #2 MUST BE PROVIDED UPON REQUEST.

3. Additional school requirements:

The School (Third-Party) must have:

- Personal computers with office software and internet.
- Repair equipment and maintenance resources (e.g. ball pumps, cleaning equipment).
- Maintenance storage facilities (e.g. storeroom).
- Access to a primary school participant group (or junior secondary) for a Community Fitness Program to 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.
- Access to a range of clients (including older clients) with different requirements including:
 - **MANDATORY:** One older client (age 50+) per student for practical assessment purposes and assessed by the Binnacle Teacher.



- **RECOMMENDED:** One adult client per student for a one-on-one exercise program (additional practical experience).

IMPORTANT: These programs have been scheduled outside of class hours (on the basis that adult clients such as teachers have restricted availability during school time) however, they can be completed during class time if clients are available. Programs must be organised by the Binnacle Teacher and supervised by a qualified fitness professional (minimum Certificate III in Fitness) at a fitness facility with adequate insurances in place and approved by the school (e.g. school gym).

4. Other (recommended) requirements:

It is **recommended** for the School (Third-Party) to have:

- Anatomical and physiological information and resources (posters, charts, magazines, etc).
- Human skeleton models or other anatomical models (Binnacle will provide digital copies of diagrams which may be printed and used as learning resources).
- Access to school WHS and risk management policies and procedures (Binnacle will also provide a generic SFR Policies and Procedures Manual).

If you are not currently meeting these PHYSICAL RESOURCE requirements, please use the relevant section in the 'Binnacle Signed Agreement' to describe the actions that will be taken to ensure that these are met prior to program delivery.

First Aid training equipment *(if the First Aid competency will be delivered via the 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 use the relevant section in the 'Binnacle Signed Agreement' to describe the actions that will be taken to ensure that 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 for 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.

** If using TAE40110, then 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 the official enrolment of students; 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 that comprises the qualifications being delivered.

*** VCU Fitness Eligibility**

The 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 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. Recent Work History:

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

2. Industry Currency:

- A minimum of one Fitness industry workplace visit **per semester**.
- A minimum of one Fitness-specific professional development **per semester**.

3. VET Currency:

- A minimum of one VET-specific professional development **per semester**.

- Coordinate and oversee the 'outside classroom timetable' commitment for the programs outlined in Section 3 of the 'Physical Resource Requirements'.

2. If the First Aid competency is delivered via the 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:

- A complete Binnacle Profile, which includes:



1. Recent Work History
 - Teaching history, specific to First Aid
 - Industry related history, specific to First Aid (e.g. ongoing participation as a First Aid Officer for sport teams and excursions)
2. Industry Currency
 - A minimum of one First Aid industry workplace visit **per year**.
 - A minimum of one First Aid-specific professional development **per year**.
3. VET Currency
 - Minimum of one VET-specific professional development **per semester**.

3. Nominated Fitness Back-Up Deliverer:

This must include:

- At least one back-up deliverer who meets the conditions in Section 1 of the 'Human Resource Requirements' prior to commencing as a Binnacle Program Deliverer:
 1. A current Certificate IV in Training and Assessment.
 2. Demonstrates vocational competence.
 3. A completed Binnacle Profile.

If you are not currently meeting these HUMAN RESOURCE requirements, please use the relevant section in the 'Binnacle Signed Agreement' to describe the actions that will be taken to ensure that these are met prior to program delivery.