



PHYSICAL RESOURCE REQUIREMENTS

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

The Fitness (Gym) Facility must have:

- A variety of exercise modes (including with and without equipment)
- A range of exercise equipment including cardiovascular, resistance and flexibility
- A variety of exercise areas including resistance, cardio, flexibility, circuit and outdoor
- Adequate space to cater for groups/multiple trainers
- Key health and safety equipment and/or aids
- A range of programs and services
- A first aid kit.

2. Fitness assessment equipment – located on the school premises.

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

- Tape measures (such as a stadiometer to measure height)
- Sit and reach tools
- Stationary bicycle, treadmill or rowing ergometer
- Heart rate monitors
- Blood pressure monitor
- Body weight scales
- 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. Access to Adult and Older Adult Clients (Terms 5-7):

Each student will be instructing (6 x 1-on-1 Gym-Based sessions) + (3 x Group Exercise sessions)

The School (Third-Party) must have access to the following adult and older adult clients – with all 9 sessions, instructed by each student, undertaken on school premises (or an external fitness facility as arranged by the School) - for practical assessment purposes and assessed by the Binnacle Teacher.

- 1-ON-1 GYM-BASED SESSIONS:** Each student is required to instruct two gym-based sessions (minimum session duration of 30 minutes) for each of the following individual clients (6 x 1-on-1 sessions in total):
 - 1 x female adult (age 18+ years) – minimum of 2 sessions
 - 1 x male adult (age 18+ years) – minimum of 2 sessions
 - 1 x older adult (age 55+ years) – minimum of 2 sessions

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PLUS

GROUP EXERCISE SESSIONS: Each student is required to instruct one group exercise session (minimum session duration of 45 minutes) for each of the following client groups (three group exercise sessions in total with a minimum of 6 participants in each group):

- **A group that is predominantly comprised of female adults – minimum of 1 session**
(i.e. a minimum of 6 participants with at least 4 x female adults)
- **A group that is predominantly comprised of male adults – minimum of 1 session**
(i.e. a minimum of 6 participants with at least 4 x male adults)
- **A group that is predominantly comprised of older adults – minimum of 1 session**
(i.e. a minimum of 6 participants with at least 4 x older adults aged 55 years or over)

IMPORTANT: *These sessions 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. Sessions must be coordinated by the Binnacle Teacher (qualified fitness professional) at a fitness facility with adequate insurances in place and approved by the school (e.g. school gym).*

4. Additional school requirements:

The School (Third-Party) must have:

- Personal computers with office software and internet access.
- 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.

5. 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).
- Access to skinfold callipers as an additional Fitness Assessment equipment item.

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	MANDATORY EQUIPMENT	MINIMUM (*Suggested) QTY
Adult CPR Manikin	1 manikin per 4 students*	Asthma Spacers	1 trainer per 4 students*
Infant CPR Manikin	1 manikin per 4 students*	Asthma Spacer Mouthpieces	1 per student
CPR Faceshield or Clean Face	1 per student for each manikin	Triangular Bandage	1 per student (new)*
Alcohol Wipes	Tub	Roller Bandage	1 per student (new)*
AED Trainer	1 trainer per 4 students*	Spare Clean Bandages/Slings	Assortment
Gloves (S, M, L)	Box of each size	Workplace Compliant First Aid Kit – stocked	1 per class*
Epipen Trainers	1 trainer per 4 students*	Pillows and Blankets	Assortment
Asthma Puffers (Placebo)	1 trainer per 4 students*	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
- Be timetabled to the class for every lesson
- 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)
- Hold a Certificate IV in Fitness with a collective period of two years working in fitness instruction (or be a registered/accredited practising exercise professional with a degree and experience relevant to each of the 7 x 'Fitness Instruction' units of competency) and demonstrate vocational competence*, by:
 - 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.
 - 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

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2. Industry Currency:

- A minimum of one Fitness industry workplace visit **per semester**.
- A minimum of one Fitness-specific professional development **per semester** - participation in Binnacle Training's scheduled live events (Workshops in Term 1/2 plus ViSC in Term 4) satisfy this requirement.

3. VET Currency:

- A minimum of one VET-specific professional development **per semester** - participation in Binnacle Training's scheduled live events (Workshops in Term 1/2, plus ViSC in Term 4) satisfy this requirement.

- Coordinate and oversee the 'outside classroom timetable' commitment for the programs outlined in Section 3 of the 'Physical Resource Requirements' – Access to Adult and Older Adult Clients.

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

Each First Aid Program Deliverer must:

- Hold a current Provide First Aid Certificate (within 3 years)
- Hold a current CPR certificate (within 12 months)
- 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) – captured via Binnacle's 'Statement of Service – Provide First Aid'.
 2. Industry Currency
 - A minimum of one First Aid-specific professional development **per year** - Binnacle Training will source professional development opportunities in order to satisfy this requirement
 3. VET Currency
 - A minimum of one VET-specific professional development **per semester** - participation in Binnacle Training's scheduled live events (Workshops in Term 1/2, plus ViSC in Term 4) satisfy this requirement.

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. A Certificate IV in Fitness with a collective period of two years working in fitness instruction (or be a registered/accredited practising exercise professional with a degree and experience relevant to each of the 7 x 'Fitness Instruction' units of competency).
 3. Demonstrates vocational competence.
 4. 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.