

SCHOOL PHYSICAL RESOURCE REQUIREMENTS

2024 Sport, Fitness and Recreation Programs

The tables below outline the Sport, Fitness and Recreation program-specific physical resource requirements (including 'access to client' requirements) required of the School (Third Party).

** The Sport and Recreation qualifications (SIS30115 Certificate III in Sport and Recreation and SIS20115 Certificate II in Sport and Recreation) were superseded on 12 December 2022. Binnacle Training intends to add the respective new qualifications (SIS30122 Certificate III in Sport, Aquatics and Recreation and SIS20122 Certificate II in Sport and Recreation) to our scope of registration in Term 3, 2023, with the view of offering these new qualifications to all new 2024 cohorts. In anticipation of these new qualifications being added to our scope, the physical resources listed relate to these new qualifications (SIS30122 and SIS20122).*

SCHOOL PHYSICAL RESOURCE REQUIREMENTS	2024 Sport, Fitness and Recreation Programs				
	Short Courses	Certificate Programs			
	Introduction to Sport + Introduction to Fitness	SIS20122 Certificate II in Sport and Recreation*	SIS20321 Certificate II in Sport Coaching	SIS30122 Certificate III in Sport, Aquatics and Recreation* <small>(with optional SIS20122 Certificate II in Sport and Recreation*)</small>	SIS30321 Certificate III in Fitness <small>(with optional SIS20122 Certificate II in Sport and Recreation*)</small>
Sport and Recreation facilities, equipment, and access to participants – located at the school.					
A sport-specific training or competition environment.	☑	☑	☑	☑	☑
Facilities where a range of sport-specific officiating and coaching activities can be conducted.	☑	☑	☑	☑	☑
Activity-specific resources and equipment appropriate for <ul style="list-style-type: none"> • one or more specific sports; plus • one or more specific recreation (non-sporting) activities 	☑	☑	☑	☑	☑
WHS, emergency response and first aid procedures for one or more specific sports.	☑	☑	☑	☑	☑
Access to coach supervisors and foundation level participants to be coached.	☑	☑	☑	☑	☑
WHS equipment and resources, including Personal Protective Equipment (PPE) relevant to the workplace.	☑	☑	☑	☑	☑
First aid kit - equipment and consumables suitable to replicate industry standards of operation.	☑	☑	☑	☑	☑
Computers or tablet devices with office software and internet; including <ul style="list-style-type: none"> • access to device user information, electronic files, information and data. 	☑	☑	☑	☑	☑



Access to school WHS and risk management procedures; including relevant WHS data files.	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	N/A
Communication equipment (e.g. mobile phone, two-way radio) for emergency response.	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	N/A
Repair equipment and maintenance tools, equipment and consumable resources (e.g. ball pumps, cleaning equipment); including access to: <ul style="list-style-type: none"> manufacturer instructions for repair and maintenance of activity equipment; template repair and maintenance records, reports and fault tags. 	N/A	<input checked="" type="checkbox"/>	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Strength and conditioning facilities and equipment (i.e. designated fitness facility and/or indoor centre) which includes: <ul style="list-style-type: none"> a range of exercise equipment including cardiovascular, resistance and flexibility; access to strength and conditioning specialists (e.g. strength and conditioning coach, sport-specific coach). 	N/A	N/A	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Emergency and Rescue equipment specific to the recreation activity and environment – including, but not limited to, communication equipment, PPE, whistles/torches.	N/A	<input checked="" type="checkbox"/>	N/A	N/A	N/A
Access to individuals (these individuals may be class peers who participate in simulated activities, set up for the purpose of assessment) with whom the student will interact to respond to conflict.					
Access to a primary school participant group (or junior secondary) for a Community Sport, Fitness & Recreation (SFR) Program - in Term 6 of the program (2 consecutive sessions) - 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.	N/A	N/A	N/A	<input checked="" type="checkbox"/>	N/A
Sport Specialty (NRL, Netball, Rugby Union, Other) schools only: Must also have access to events, games or competitions where students will assist as officials (e.g. Gala Days).	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

SCHOOL PHYSICAL RESOURCE REQUIREMENTS

SIS30321 Certificate III in Fitness ONLY

A Fitness (Gym) Facility – located on the school premises.	Fitness assessment equipment – located on the school premises. If you require items from the list below, click on the following link to source many of these items at discount prices. VISIT BINNACLE SHOP
A variety of exercise modes (including with and without equipment).	Tape measures (such as a stadiometer to measure height)
A range of exercise equipment including cardiovascular, resistance and flexibility.	Sit and reach tools
A variety of exercise areas including resistance, cardio, flexibility, circuit and outdoor.	Stationary bicycle, treadmill or rowing ergometer
Adequate space to cater for groups/multiple trainers.	Heart rate monitors
Key health and safety equipment and/or aids.	Blood pressure monitor
A range of programs and services.	Body weight scales
A first aid kit.	Stop watches
<p>Access to Adult (age 18+ years) and Older Adult (age 55+ years) Clients - Terms 6 and 7*</p> <p>The School (Third-Party) <u>must have</u> access to the following adult and older adult clients – with <u>all 9 sessions</u>, 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 Program Deliverer.</p>	
<p>6 x 1-ON-1 GYM-BASED SESSIONS: Each student is required to instruct six gym-based sessions (minimum session duration of 30 minutes) for the following individual clients in Term 6 (adults age 18+ years) and Term 7* (adults age 18+ years and older adults age 55+ years):</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> 1 x female adult (age 18+ years) – minimum of 2 sessions <input checked="" type="checkbox"/> 1 x male adult (age 18+ years) – minimum of 2 sessions <input checked="" type="checkbox"/> 1 x older adult (age 55+ years) – minimum of 2 sessions 	
<p>3 x GROUP EXERCISE SESSIONS: Each student is required to instruct three group exercise sessions (minimum session duration of 45 minutes) for the following client groups (with a minimum of 6 participants in each group) in Term 6 (adults age 18+ years) and Term 7* (adults age 18+ years and older adults age 55+ years):</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> A group that is predominantly comprised of <u>female adults</u> – minimum of 1 session (i.e. a minimum of 6 participants with at least 4 x female adults) <input checked="" type="checkbox"/> A group that is predominantly comprised of <u>male adults</u> – minimum of 1 session (i.e. a minimum of 6 participants with at least 4 x male adults) <input checked="" type="checkbox"/> A group that is predominantly comprised of <u>older adults</u> – minimum of 1 session (i.e. a minimum of 6 participants with at least 4 x older adults aged 55 years or over) 	

* Specific to Terms 6 and 7 of the Certificate III in Fitness program. This may be scheduled by the School (Third-Party) earlier, or spread across three terms, but has been programmed by Binnacle in Terms 6 and 7 (final practicals).

SCHOOL PHYSICAL RESOURCE REQUIREMENTS

2024 First Aid

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First Aid training equipment					
If the First Aid competency will be delivered via the Binnacle Program – refer to mandatory items in table below	N/A	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

FIRST AID & CPR School Physical Resource Requirements			
First Aid training equipment – located at the school:			
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 Face shield 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