



FACTSHEET What you need to know about joining Healthy Sunshine Coast

Healthy Sunshine Coast is an initiative of Sunshine Coast Council. The program aims to increase the health and wellbeing of our community by providing a range of free and low cost opportunities to encourage people to become more active in their daily lives.

The program also supports the sustainability of our local fitness industry and aids ongoing economic recovery of the region by opening up the program to more providers in the region.

Programming for Healthy Sunshine Coast 2021 is underway with the proposed official launch date of **Monday 1 February**.

Due to the Coronavirus (COVID19) pandemic, the way the community programs operate moving forward has changed. With ongoing requirements to be operate in a CovidSafe way to ensure the safety of everyone in our community, Healthy Sunshine Coast has changed some aspects of how Service Providers are engaged and how participation is managed.

Healthy Sunshine Coast is currently inviting community minded fitness professionals to assist in the delivery of the program which focuses on physical activities in a group setting

[Expressions of Interest \(EOI\)](#) are open and will remain open until the program's schedule is filled. Before completing the online form, please read the information provided on this factsheet as it outlines how the program operates and what opportunities are available.

You are NOT required to upload supporting documents to the form. Once you submit this form we'll contact you within 5 working days to discuss your EOI. [Complete an online form.](#)

Program Requirements

Industry professionals entering into a Services Agreement with council are required to have:

- Current qualifications/certification directly aligned to the activity being undertaken
- Public Liability insurance to minimum \$20 million dollars covering intended activity
- First Aid and CPR current certificates (when providing a physical activities)
- Commission for Children Blue Card (if working with children ie 18 years & under)
- Operate under a Health & Safety plan including appropriate CovidSafe planning
- Booking, Attendance and Records Management processes in place
- ABN and operate their business within the Sunshine Coast Local Government Area

Note: Council and community venues require providers to enter into formal hire agreements and have Public Liability insurance. Providers will need to adhere to all health and safety procedures and other requirements as outlined in each venue's Terms & Conditions of Hire.

PROGRAM GUIDELINES

Our program is designed to make regular exercise accessible for a wide variety of people and cater for people with varying levels of fitness. Ideally activities should be low to medium intensity/low impact and structured to accommodate entry level/beginners with options to step up as fitness improves.

Our program's focus is on offering large, face-to-face group fitness classes which attract and motivate people while connecting them with others in their local communities. One-on-one or small classes and health advice sessions for individuals are not delivered in this program. Activities for children (toddler, pre-school or primary school age) are not currently included in the program.

Programmed Activities should:

- suit people just starting exercise or returning after a period of inactivity
- allow for people with disabilities or mobility issues to attend, where appropriate
- welcome people from First Nations, CALD and multicultural backgrounds
- be available to adults of all ages OR focus on a key sector ie. seniors, youth, men, women
- run weekly, throughout the year (excluding Public Holidays, Easter & the festive period)
- be hosted within the Sunshine Coast Local Government Area

To support people unable to access commercial gyms and attend full cost fitness classes, programmed activities must be affordable and offer flexible attendance. Based on 30, 45 or 60 minute class duration, depending on style of class:

- Low cost participation ie. no more than \$5 per class
- No additional fees ie. no joining, access or booking fees
- No contracts, annual memberships or advance pass purchases

OUTDOOR – COUNCIL PARKS

Our Participant Program Survey indicated that more people are interested in participating in outdoor classes than ever before. So our aim is to offer lots of classes in local council parks throughout the region. Service Providers who join our program will be granted a Commercial low use/low impact permit at no charge (permits normally attract an application fee and space usage fee - and annual renewal fees). **Instructors retain all income from participants.**

Simply offer at least ONE low cost class, per week, in a park suitable and approved for your type of activity. You are welcome to choose more than one park and request more than one day or time.

[Normal permit conditions apply](#)

Before completing an EOI form, you will need to consider what type of outdoor activity you'd like to offer and key target group, name of park or preferred area/location. If you're flexible in your choice of location or unsure of what park to nominate we can assist you find a suitable park by telling us your preferred suburb or area or you can check out council's [Beaches & Parks Directory](#).

INDOOR – COMMUNITY VENUES

Our aim is to help activate community spaces such as halls run by not-for profit organisations as these are the heart and hub of most communities. The program is able to provide a contribution to the cost of community hall hire with assistance prioritised in areas where access to locally based physical activities is limited and in remote/rural areas where attendance levels are traditionally lower. **Service Providers retain all income from participants** and may receive a contribution to venue*hire:

- Coastal areas (east of Bruce Highway) - up to \$25 per week
- Hinterland areas (west of Bruce Highway) - up to \$35 per week

** program is unable to support hire of commercial/business premises or venues outside Sunshine Coast LGA.*

Before completing an EOI, you will need to consider type of indoor activity you'd like to offer and key target group, name of hall or preferred area/location. If you're flexible in your choice of venue or have not been able to find suitable availability we help find something in your preferred suburb or area. We can also connect you to Community & Neighbourhood Centres and other organisations who would like to host regular physical activities. Otherwise check out council's [Community Halls Directory](#).

FREE ACTIVITIES

Our program is able to offer a limited selection of weekly activities which are free for people to attend. These are generally very popular and attract locals and visitors and are usually aimed at people of all ages. They take advantage of council's lesser known or more unique facilities and precincts:

- large outdoor spaces like Maroochy Bushland Botanic Garden and Bankfoot House in Glasshouse Mountains
- niche indoor spaces like Arts & Ecology Centre, Caloundra Gallery and Mary Grigor Centre
- places where commercial fitness permits are not generally available like Kings Beach Amphitheatre and the Lakeside Stage at Kawana

While these classes are free to attend, to operate within ongoing Health & Safety requirements, Service Providers are responsible for bookings, attendance and records management. In return, Service Providers will receive a weekly subsidy to run the class of up to \$100 per week. There are a limited number of free classes available to facilitate due to budget constraints.

Note: Once free classes are well established, a Service Provider may be able to offer additional low cost classes at their nominated location, subject to approval.

AQUATIC ACTIVITIES

Our Participant Program Survey indicated that many people would like more opportunities to participate in more affordable aquatic fitness and water based classes. Always popular, our previous options were limited to Seniors sessions in one community pool. In 2021, we want to explore new opportunities by partnering with other swimming centres, community pools and swim clubs across the region. If you are qualified to instruct classes in the pool and are interested in assisting us to partner with facilities, simply get in touch [via email](#).

ONLINE & Digital Delivery

Our recent Participant Program Survey indicated the majority of people were only interested in returning to face-to-face classes at this time. With the abundance of free and paid offerings already online, the program is not planning to deliver custom or licensed online content at this time.

PARTNERS

The program partners with University Sunshine Coast, TAFE QLD and community based recreation clubs to support the program outcomes and the delivery of other council priorities. From time to time, there will be additional opportunities for Healthy Sunshine Coast Service Providers to engage in extended program delivery.

PROMOTION OF EXISTING FITNESS ACTIVITIES

Already working in community fitness and just need to boost attendance?

If you are running your own affordable health or fitness programs then we would love to help promote these to the broader community. As long as your activity meets the standard program requirements, Healthy Sunshine Coast will list your activities on its website's Community *Healthy Places & Spaces Guide*. It's a great way to boost attendance, attract new visitors and lets newcomers in your area discover what's on locally.

Have a 2020-21 council permit to carry out commercial fitness classes? If you offer free or low cost outdoor classes you may be eligible to promote your activity.

Operating fitness classes in a local hall or community centre? If you offer free or low cost indoor classes you may be eligible to promote your activity.

To be promoted in the guide, you are not required to complete an Expressions of Interest form, you simply need to complete a Guide Entry Form [Request a Guide Entry Form](#)

BENEFITS & SUPPORT

What support does council offer? Healthy Sunshine Coast supports Service Providers with the benefits of the program's wide ranging Marketing, Advertising & Communications Plan and:

- Program logo and QR code for own use
- Signage (indoor and outdoor)
- Advertising material – postcards/flyers/posters
- Activities featured on the program's webpages and on social media channels
- Link to Provider's own website &/or social media to boost personal/business profile
- Opportunities to be featured in program's eNewsletters, in council 'Good News' stories and via other council channels, as appropriate
- List approved events on council's Events Calendar (What's on Guide)

There will also be opportunities to assist council showcase the program at events throughout the year and assist provider to:

- link and collaborate with other industry members
- keep informed about other health and wellbeing initiatives
- participant in business building workshops and access to industry training

Frequently Asked Questions:

Do I need my own Public Liability insurance? Yes, sole operators and businesses should have this in place. To hold a council permit or hire community venues this is minimum requirement.

Do I need an ABN? Yes, to enter into a Services Agreement you need to provide your ABN.

Does council pay me to run classes in parks? No, not usually. Council supports Service Providers with a Commercial Low Use /Low Impact permit which normally attracts an application fee and space usage fee (and annual renewal). At times, there will be opportunities to assist facilitation where council is seeking to run a specific activity in a non-permit location and offer classes free to the community – these opportunities are limited.

I want to run park activities, do all of my classes need to be free or low cost? No, to receive a permit under the program, you only need to host one low cost class per week. Other classes you run can be at your normal fee as long as they are listed on the permit – up to five classes can be listed.

Does council pay for the cost of hall hire? Yes, sometimes. Council may provide a contribution to the cost of hiring community run facilities ie. Community halls. Providers are responsible for entering into Hire Agreements with the venues. Council doesn't support hire of commercial spaces.

I don't have a venue yet, can council assist me find one? Yes, council can assist you to locate a community group looking for activities in their hall or centre.

I don't currently have a booking or registration system, do I need one? Yes, previously we encouraged participants to just turn up and register on the day. However, providers now need to be able to ensure all activities operate safely and are CovidSafe. This means you will have to manage registrations, pre-bookings (and waitlists once you classes are full.) You'll need to have a system in place before you commence your first class.

I don't have a CovidSafe plan, do I need one? Yes, operating activities under a CovidSafe plan is a requirement of Queensland Health to keep everyone in our community safe. You'll need to understand what you need to do as a fitness provider to meet your obligations. Your responsibilities will include accurate collection and storage of contact information, attendance records as well as social distancing and hygiene. Industry Guidelines & resources are available visit [Qld Health website](#)

My classes usually cost \$10 each, can I still join the program? To be part of the program classes need to be \$5 or less. If you are willing to offer one low cost class per week you may be able to join the program by simply adding one low cost class to your current schedule.

Any other questions? Most questions can be answered through the EOI process or you can get in touch via email healthysc@sunshinecoast.qld.gov.au