

Personal Training (External Trainer)

Criteria

Any Personal Trainer wishing to deliver this service within a Fife Sports and Leisure Trust Facility must first produce the following information and copies of the following certificates at the interview with the gym manager:

- Level of certification within the REP's framework, Level 3-4
- Any associated certificates, Gym Instructor (CYMCA or other)
- Personal Training Certificate and any additional modules obtained
- Up to date Rep's registration card
- Current First Aid Certificate
- Public Liability Insurance (minimum £10 million cover)
- Disclosure Check, if required, (read only, not kept on file)
- Breakdown of service provision, (agreed PT protocols)

Breakdown of Costs

For the delivery of Personal Training within a Fife Sports and Leisure Trust facility the following costs apply:

- Entry to the gym paid by both client and Personal Trainer on each visit.
- The Personal Trainer must pay the following rent per month to the site or cluster the service will be delivered in.

Monthly Rent

- 1 site £200.00 per month
- 2 sites £250.00 per month
- 3 sites £300.00 per month
- The Personal Trainer and client are free to take advantage of any membership or discount access schemes to reduce the cost per visit.

Should you wish to advertise your service within our facilities any advertising material, (business cards or poster etc.) must be passed to the Gym Manager prior to use within any sites, Fife Sports and Leisure Trust Personal Training contract will be required in order to offer this service.

For any additional information or for any questions you may have please contact:

Stuart Bizzarri
Gym Manager E-mail: stuart.bizzarri@fifeleisure.org.uk