
Personal Training/Instruction

Purpose:

To establish guidelines and procedure to govern personal training/instruction by non-Lawrence Parks and Recreation employees.

Additional Authority:

City Code: Chapter XV, Article 2

Scope:

All facilities and parks owned by the City of Lawrence and operated by the Parks and Recreation Department.

Responsible Party:

Director, Lawrence Parks, and Recreation Department

I. Policy:

- A. Only Lawrence Parks and Recreation employees, volunteers or individuals who have obtained written permission from the City of Lawrence may conduct personal training or instruction on or in any City property operated and/or maintained by the Lawrence Parks and Recreation Department.
- B. Training/Instruction includes personal training, coaching, lessons, team practices or other instruction of any sort including physical fitness or athletic performance.
- C. This policy applies both to the person giving instruction and the person receiving it.

II. Procedures:

- A. Anyone observed performing the following behaviors may be approached and questioned regarding their activities:
 - 1. Writing and/or designing a training program for another person or group
 - 2. Explaining and providing directions or instruction to a person or group about a specific fitness routine, workout, or drills related to a specific sport
 - 3. Directing exercise and/or drill order and technique for a person or group
 - 4. Meeting with the same person(s) on a frequent basis or multiple persons on the same day
 - 5. Retrieving and returning weights and/or sports equipment for a person
 - 6. Receiving payment from another individual for training/instruction session(s).
- B. If an LPRD staff member concludes that this policy has been violated, both the trainer and patron may be asked to leave the facility. Repeat violations of this policy may result in suspension or permanent loss of LPRD privileges.