

PTP PRESTIGE TOWN PLANNING

ABN: 70 646 792 467 www.prestigetownplanning.com.au

Email: admin@prestigetownplanning.com.au Tel: 02 4308 7305



PLAN OF MANAGEMENT

Anytime Fitness Freshwater, NSW

1 Moore Road, Freshwater,
NSW, 2096

Part Lot 1/-/SP23069

2 May 2025

Prepared for submission to Northern Beaches City Council
by Prestige Town Planning Pty Ltd on behalf of Anytime Fitness Freshwater.

Contents

Introduction.....	2
Purpose of this Plan of Management	2
Anytime Fitness Operation Overview	2
Hours of Operation.....	2
Staffing.....	2
The Site	3
Access, Safety and Security	4
Personal Access Fobs and Safety.....	4
Closed Circuit Television Cameras.....	4
Safety.....	5
Noise	6
Operational	6
Member Orientation:	6
Gym Rules:	7
Internal and external signage.....	7
Complaint Resolution	8
Maintenance, Cleaning, and ongoing Waste Management	8
○ Personal Access Cards.....	9
○ Closed Circuit Television Cameras	9
○ General Safety.....	9
○ Operational	9
○ Member Orientation.....	9
○ Gym Rules	9
○ Internal and external signage	9
○ Complaint Resolution.....	9

Introduction

This Plan of Management was prepared by Prestige Town Planning, on behalf of Gambit AF Pty Ltd T/a Anytime Fitness Fresh Water, to accompany the Section 4.55(2) Amendment Application for Extended 24/7 Hours of Operation at 1 Moore Road, Freshwater, NSW, 2096. The subject facility, an approved "Recreation Facility – Indoor," (Gymnasium) operates in accordance with Notice of Determination No. DA2019/0278.

Purpose of this Plan of Management

The purpose of this Plan of Management is to describe the operational details of the business and outline measures that should be implemented in order to mitigate potential impacts on adjoining properties. Details in the plan include the number and hours of staff that is to be employed on the premises at any one time, security and access arrangements as well as noise abatement and patron management.

Anytime Fitness Operation Overview

Anytime Fitness is designed to operate different to a traditional gymnasium, whereby the premises are generally much smaller in nature and scale and are accessible on a 24-hours a day, 7 days a week basis. Members can come and go whenever they please with the implementation of unique security access systems. Members are able to let themselves in with a personal access fob and therefore provides a service to those unable to attend typical gymnasiums during their regular business hours. Due to the size, design and general low intensity operation of the Anytime Fitness brand, parking demand is relatively low.

Hours of Operation

The trading hours of the facility will be 24 hours a day, Monday to Sunday, including all public and bank holidays.

Staffing

The premises would generally operate with 3 staff members (Manager, Assistant and/or Personal Trainers).

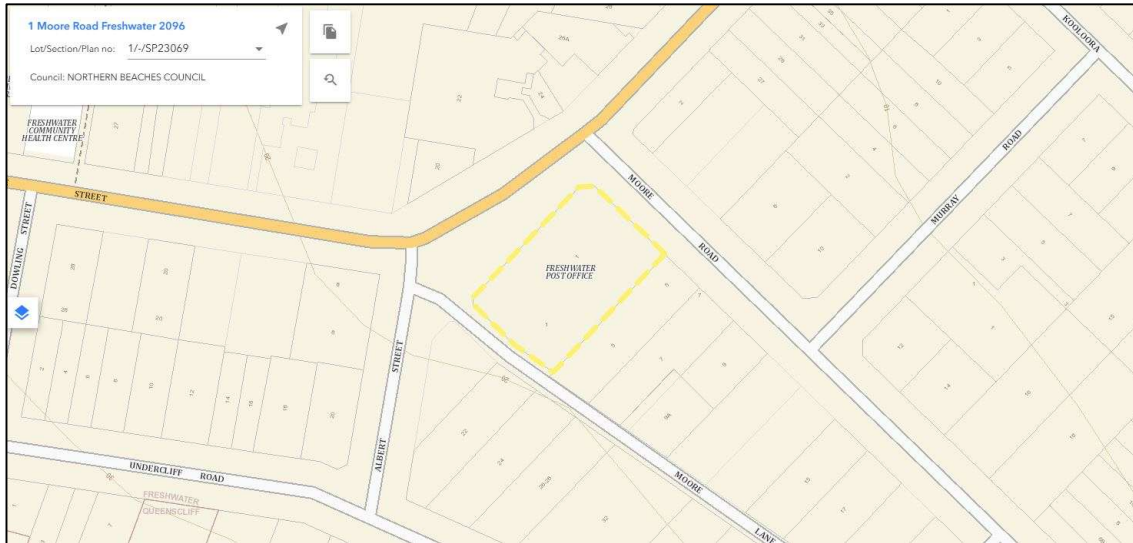
The facility is to be staffed during the following hours:

- Monday – Thursday: 8:00am to 7:00pm
- Friday: 8:00am to 3:00pm
- Saturday: 8:00am to 1:00pm
- Saturday & Sunday: Unstaffed

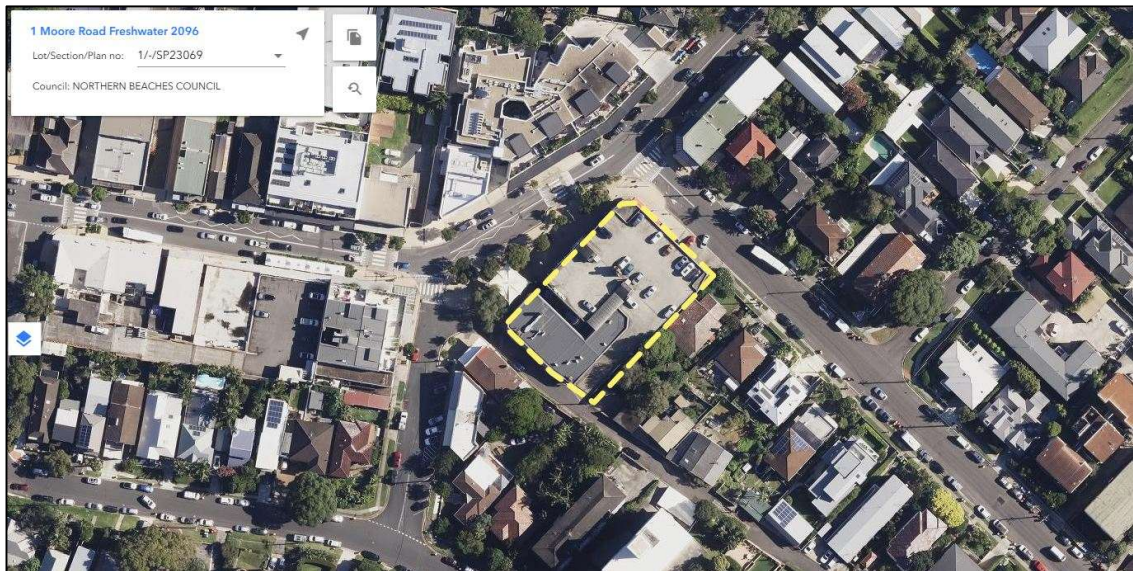
Staffing hours is subject to change as required depending on customer demand.

The Site

The subject site is legally registered as PT 1/-/SP23069 and is commonly referred to as “Harbord Village” and which is located at 1 Moore Road, Freshwater, NSW, 2096. The allotment is orientated to the northwest with the frontage facing Albert Street, and the side boundaries being adjacent to Moore Road to the Northeast and Moore Lane to the Southwest. The rear boundary adjoins residential development to the Southeast at the nexus of the E1 and R2 Zones.



Locality Map – NSW ePlanning Portal Spatial Viewer – Accessed February 2025



Aerial Map – NSW ePlanning Portal Spatial Viewer – Accessed February 2025

The subject facility is to remain open 24 hours a day, seven days a week, including all bank and public holidays. It is considered to be located within a convenient and sustainable location with good access to the public transport network.

Access, Safety and Security

Personal Access Fobs and Safety

Access to the facility by members will be granted through the use of personal access fobs, uniquely assigned to each member. It is important to note that only patrons with an active membership fob will be able to access the facility outside of staffed hours.

The fob has a unique identity for each member, allowing the tracking of member attendance and preventing access to all non-members outside of staffed hours, with entry being conditional upon an active access fob.

Closed Circuit Television Cameras

A CCTV system will be utilised with continual 24-hour digital video recording and remote viewing capabilities. High resolution cameras will be positioned at the member's entrance with a number of cameras strategically positioned throughout the facility to maximise the observation of access points as well as reasonable locations within the premises. The facility has been designed with the security of members, staff and guests as a top priority and the premises have been designed to securely operate as a 24-hour facility, not requiring staff to be present. This is done by a state-of-the-art system encompassing the use of CCTV cameras, intrusion detection system, remote monitoring, tail-gate detectors and Crime Prevention through Environmental Design (CPTED) design principles. There will be a number of high-resolution CCTV cameras installed throughout the facility. These cameras will cover all areas of the gymnasium - apart from the bathrooms - including the immediate entrance.

These cameras will be continuously recording, and all video recorded will be stored for a minimum of 28-days for review if an incident occurs and needs to be reviewed for an investigation. The CCTV footage will also be available to the hired security company as well as the owner of the facility from any computer via a secure log-in over the internet. This offers a great deal of immediacy, be there a security or safety issue at the gymnasium. During un-staffed hours, it is important to note that the facility can be accessed by signed members only who are in possession of an active swipe fob. People who do not hold a membership to an Anytime Fitness club are not able to access the gymnasium outside un-staffed hours. To ensure that active members of Anytime Fitness are not 'tail-gated' by intruders trying to use the facility, or trying to sneak non-members in, a state of the art 'tail gate detection' system will be installed at the member's entrance. This system monitors the entrance to ensure that only one person enters per member swipe. The facility uses laser sensors placed at each side of the doorway to detect the number of people entering.

This works in conjunction with a dedicated high-resolution camera facing the entrance. If a 'tail-gate' is detected the system will set off an alarm to alert the member that they have been followed, the security camera is then triggered to record at a higher framerate to capture clearer video. The security company is then also alerted and will make a visit to the site. This system is in place to ensure the safety of members, and information can be recorded as to show who is in the facility at any given time.

Lanyards equipped with emergency buttons are also available for use by members during all hours of operation. The emergency button on these lanyards triggers an alarm and response from the security company to assist a patron with safety and/or health issues. It is company policy that members must wear one of these devices if they are in the gymnasium alone during un-staffed hours. Members are made aware of this through the induction process as well as signage present through the front entrance. Staff will ensure that these lanyards are always working through routine tests and battery replacement.

There will also be a number of emergency points installed throughout the gym where patrons will be able to activate an alarm and call for help. These stations in conjunction with the personal lanyards, continual CCTV monitoring and recording, the tail-gate detection and the CEPTED principles incorporated into the facility's design, all work in conjunction with one another, ensuring the facility is safe and secure at all times, whether it be staffed or un-staffed. This facility too will offer the latest in all these security technologies.

Safety

The operation of a gymnasium without staff present can lead to perceptions regarding personal safety from injury and health related issues during or post-exercise. Anytime Fitness fully recognises the two issues of health and safety and have put in place a number of measures in order to minimise the occurrence of such issues and to cater for the needs of a member if an issue were to arise. During late night or early morning hours, it is not uncommon for there to be a single member using the facility. Anytime Fitness caters for people such as shift workers or students who have irregular working hours. Because of this, all fitness equipment has been designed to be operated by its user without the need for a spotter or supervisor. This is a unique feature of all Anytime Fitness gymnasiums and minimises potential issues of personal safety and or injury.

In the case of a medical emergency, either through injury or a health problem, there is equipment within the facility to deal with these emergencies. There is a first aid kit on site and all members will be shown the location of this kit when they sign up to the facility. There is also an Automatic External Defibrillator installed at each Anytime Fitness facility, including this one. There will be simplified instructions on the wall adjacent to the defibrillator detailing how and when to use the machine on a patient with heart ailments.

An emergency phone will also be installed in plain view on a wall of the facility. This phone will automatically call the security company when picked up for members to explain the situation and the security company will then engage the appropriate response. This phone will be labelled "EMERGENCY". The facility would further be equipped with air-conditioning keeping the gym at a constant temperature, with fresh air entering the facility at all times. The controls for the air-conditioning system will be located within the manager's office and cannot be accessed by members during unstaffed hours.

Noise

Operational

This section should be read in conjunction with the Acoustic Assessment Report provided by PWNA and dated 18 February 2025. In regard to the audio system, it is confirmed that the facility will not produce any obnoxiously loud music, not internally nor externally, with no large speaker system to be installed. The fit-out of the facility will include televisions with speakers to support the visuals, generating low level background music only which is to be pre-set to an acceptable volume. The internal layout of the facility has also been designed in such a manner as to keep areas with potential for noise generation as far away from any sensitive land uses as possible.

In addition;

- Access to the facility outside of staffed hours is limited to members only.
- Data from similar and surrounding Anytime Fitness Facilities during the hours of midnight-0400hrs suggests likely usage to be as low as 1 visitor per hour.
- The data also suggests that numbers are so low that groups of visitors coming and going together, a scenario much more likely to give rise to disturbance, is not likely.
- All façade windows and external doors should be maintained closed.

Member Orientation:

In accordance with the Membership Contract, new members will undergo a member orientation session as specified under section 5.3 of the Membership Contract. The following points are covered during this orientation:

- Members are made aware of the need to remain respectful when entering and leaving the gym, especially during the early hours.
- Education on the appropriate use of each piece of equipment on the gym floor. This includes the way equipment is used in a controlled manner as to maintain a quiet and courteous environment.
- Indication on areas appropriate for weight training (where appropriate acoustic impact absorbing rubber flooring has been installed).
- Introduction to security systems including education on 24-hour video surveillance for all gym areas both internally and externally as specified under section 6 of the Membership Contract.
- Full overview of Gym Rules and Regulations including penalties, should any rules not be adhered to.

Gym Rules:

In accordance with the Terms and Conditions of the membership contract, patrons must at all times abide by the “Club Rules” as specified under section 5.6 of the membership Contract. Anytime Fitness Freshwater will also set out their own gym rules and regulations.

Should any member breach these rules, an immediate Membership Suspension or Termination may apply.

These rules and regulations include:

- Members must respect the amenity of nearby uses when entering and leaving the gym, especially during the early hours.
- Members must at all-times ensure that equipment is used in a correct and controlled manner so that no unnecessary noise is created e.g. unnecessary dropping of weights.
- All windows and doors are to be kept closed at all times (other than when patrons enter and exit the premises).
- Clear signage is to be erected at all entries and exists of the facility, advising patrons that they must not generate excessive noise when entering or leaving the premises.
- Staff are to continuously monitor patron behaviour as to ensure that noise emissions are kept to a minimum at all times.
- The use of low frequency speakers (sub-woofers) is to be restricted at all times and to be completely isolated from building services.
- Noise levels from background music is to be kept to an appropriate level as to enable speech intelligibility and to ensure that patrons are not required to raise their voices while in the gym.
- Impact sound absorbing flooring is to be installed to reduce noise and vibration in areas of the gym where higher levels of impact are expected to occur ie. Free Weights and Functional Training areas.

Internal and external signage

Anytime Fitness Freshwater will invest in adequate signage both internally and externally for the attention of all members. The signage would reinforce the need for entering and exiting in a quiet and courteous way and appropriate use of the gym and its equipment.

This includes:

- Members shall be made aware that the facility is regarded an acoustically sensitive and respected environment.
- Members shall be reminded not to make any excessive noise when arriving, using or departing the premises.
- The appropriate manner in which to use weights and equipment as to limit any potential noise generation.
- Weight training is to be restricted to areas allocated for such uses only (where appropriate impact absorbing rubber flooring has been installed).

- Members are to be made aware that the dropping of weights is strictly prohibited in all areas of the facility and members should refrain from performing any exercises that could potentially generate excessive noise.
- Way finding signage.

Complaint Resolution

Management will maintain a complaint register to record any complaint made by police, Council and/or surrounding business owners or residents and will endeavour to fully address any reasonable concerns expressed by such persons.

Management will endeavour to fully address all reasonable concerns of people in the surrounding area or other third parties without the involvement of Council or the New South Wales Police Service and will meet with any complaints and endeavour to completely address all reasonable concerns. Details of the owner will also be made available for complaints to be directed to.

Details which are to be recorded within the complaints and incident register as to include the following as a minimum:

- Complaint/Incident date and time
- Name, contact and address details of person(s) making the complaint
- Nature of the complaint
- Name of staff member that received and registered the complaint
- Action taken by the venue to resolve the complaint
- Follow up(s) procedure
- Outcome of the resolution

Following the receipt of a complaint of any kind, staff are to consult the remote CCTV monitoring system and access swiping data immediately upon receipt of the complaint as to identify any members and/or staff that may be in breach of club rules. Should a member and/or staff be found to be in breach of club rules, a formal written warning and in person discussion is to be actioned. Should any member and/or staff be found guilty of breaching the club rules on more than one occasion, an immediate suspension of their membership or employment must be processed. In the event of repeat offences, a membership or employment termination must be processed.

Maintenance, Cleaning, and ongoing Waste Management

It is anticipated that the volume of waste generated by the gym will be minimal. Bins will be provided for patrons within the premises. All waste will be stored in proper separated recycling and waste bins in the local centre's waste management area before being removed for disposal by an appropriate contractor. Gym equipment will be maintained in good working order and serviced on a regular basis. Any equipment identified as faulty or requiring repair will be removed from use or clearly identified as 'Out of order'.

Cleaning of the premises and equipment will be carried out on a daily basis including the cleaning of all cardio machines, weight machines, showers, toilets and general gym area. Signage will also be placed on the premise indicating to patrons that they must use personal towels and cleaning fluids provided at a number of sanitising stations within the facility. Disposable wipes will also be provided throughout the facility for the use of cleaning equipment etc.

Conclusion

In order to satisfy Council that the facility can operate on a 24-hour basis, the mitigation measures discussed in this report are to be undertaken on a daily basis as to ensure that the proposed development would not adversely affect the surrounding premises in the locality:

These measures include:

- Access, Safety and Security
 - Personal Access Cards
 - Closed Circuit Television Cameras
 - General Safety
- Noise
 - Operational
 - Member Orientation
 - Gym Rules
 - Internal and external signage
 - Complaint Resolution
- Maintenance, Cleaning and Waste Management

Through the implementation of the aforementioned mitigation measures, the facility would not create any adverse impacts for any neighbourhood or surrounding land uses.