

Plan of Management – Recreation Facility (Indoor)

F45 Gym

Unit 1, 1 Skyline Place, Frenchs Forest

25 July 2024

1. Introduction

The plan of management is for the operation of the F45 gym at Unit 1, 1 Skyline Place, Frenchs Forest.

The gym includes 23 x parking spaces allocated to the tenancy within the at-grade car park accessed directly from Skyline Place, Frenchs Forest.

2. Proposed Hours of Operation

The proposed hours of operation are:

Monday to Friday	5:00am – 8:00pm
Saturday	6:00am – 12:00pm
Sunday	7:00am – 12:00pm

Prior to closing, staff clean-down and set-up the gym in advance so that staff do not have to arrive earlier than approved opening times.

The class times operating within above times are listed in the following table:

Day	Class Times
Monday	5:00 am 5:50am 6:40am 7:30am 9.30am 12:30pm 5:45pm
Tuesday	5:00 am 5:50am 6:40am 7:30am 9.30am 12:30pm 5:45pm
Wednesday	5:00 am 5:50am

	6:40am 7:30am 9.30am 12:30pm 5:45pm
Thursday	5:00 am 5:50am 6:40am 7:30am 9.30am 12:30pm 5:45pm
Friday	5:00 am 5:50am 6:40am 7:30am 9.30am 12:30pm
Saturday	6:00am 7:00am
Sunday	7:00am 8:00am

3. Staff

A maximum of 2 staff shall be on premises at any one time to manage the ongoing operation of the F45 gym.

4. Maximum Capacity

The F45 gym will have a maximum capacity of 36 patrons at any one time.

5. Car Parking

The premises has 23 x car spaces. The car spaces will be clearly identified for use by patrons. The staff will be responsible for the management of the parking spaces.

6. Amenity Mitigation Methods

The F45 gym staff shall be responsible for the ongoing management of the premises. All activities of the premises shall be confined indoors, and premises staff will be responsible for the behavior of patrons and to ensure patrons enter and leave the premises in an orderly manner.

The premises will include the following measures to minimize amenity impacts:

- Music played shall be noise limited at a volume that presents no acoustic impact at site boundary. The gym shall use a tuned speaker system (Sonos Trueplay) that concentrates the sound to the room.
- No amplified voiceover commands shall be broadcast over an intercom system.

- Internal lighting shall be shut off by staff at close of business.

7. Accessibility, Traffic and Parking Considerations

The parking spaces accessed from Skyline Place will be clearly labelled in accordance with parking spaces shown on the Site Plan – DA00 prepared by PA Studio.

8. Active Transport / Green Travel Plan

The F45 gym reception area shall display a printed copy of walking directions to the bus stops (east and west direction) along Frenchs Forest Road East.

A copy of the Northern Beaches Council bicycle routes map shall be displayed within the reception area.

9. Proposed Facilities

The F45 gym shall include the following facilities:

Level 2

3 x Existing offices

1 x Children's Playroom

2 x Existing toilets – 1 x female and 1 x male

10. Emergency Procedures

All staff shall be trained in first aid and shall be provided with contact details of medical centres and hospitals in case of emergency.

Staff shall be responsible for briefing patrons on safety protocols and dangers of F45 gym use.

11. Complaints Register

A complaints and incident register shall be maintained by staff. The Register shall detail how and when any complaints are dealt with. The Register will contain:

- a. Complaint/Incident date and time,
- b. Name of person involved,
- c. Contact details,
- d. Nature of the complaint/incident,
- e. Action taken (by whom and when), and
- f. Outcome and/or further action required.

Action will be taken by the manager within 24 hours of notification. The Complaints Register is to be made available to Police and Council upon request.

12. Waste Management

The waste storage area of the existing premises will be retained and will include waste and recycling bins and staff shall be responsible for the separation of the waste and recycling materials.

13. Maintenance and Cleaning

Prior to closing each day the staff will clean-down and set-up the gym for the following day. This ensures a quick opening time, minimizing the staff arrival buffer prior to sessions.

Ongoing maintenance of the premises is the responsibility of staff and the gym franchisee.