

Plan of Management

Anytime Fitness Frenchs Forest

Use as a Recreation Facility (Indoor) / 24-hour
Anytime Fitness Gymnasium, including
internal fit-out and associated business
identification signage

Level 1, Unit 2 / 2 Tilley Lane,
Frenchs Forest, NSW, 2086

Prepared by CWG Property Pty Ltd

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Introduction

This Plan of Management has been prepared by CWG Property Pty Ltd to accompany the Development Application for the change of use of Level 1, Unit 2 of 2 Tilley Lane, Frenchs Forest to an Anytime Fitness Gymnasium (Recreation facility - Indoor), operating 24 hours a day, 7 days a week, including fit-out and associated business identification signage.

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 will be taken to mitigate impacts on adjoining properties. Details in the plan include the number and hours of staff that will be employed on the premises at any one time, security and access arrangements as well as noise and patron management.

Anytime Fitness Operation Overview

Anytime Fitness is designed to operate differently 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 card and provides a service to those unable to attend typical gyms during their regular business hours. Due to the size, design and general low intensity operation of Anytime Fitness, parking demand is relatively low.

Hours of Operation

The trading hours of the gym will be 24-hours, Monday to Sunday, including all public and bank holidays.

Staffing

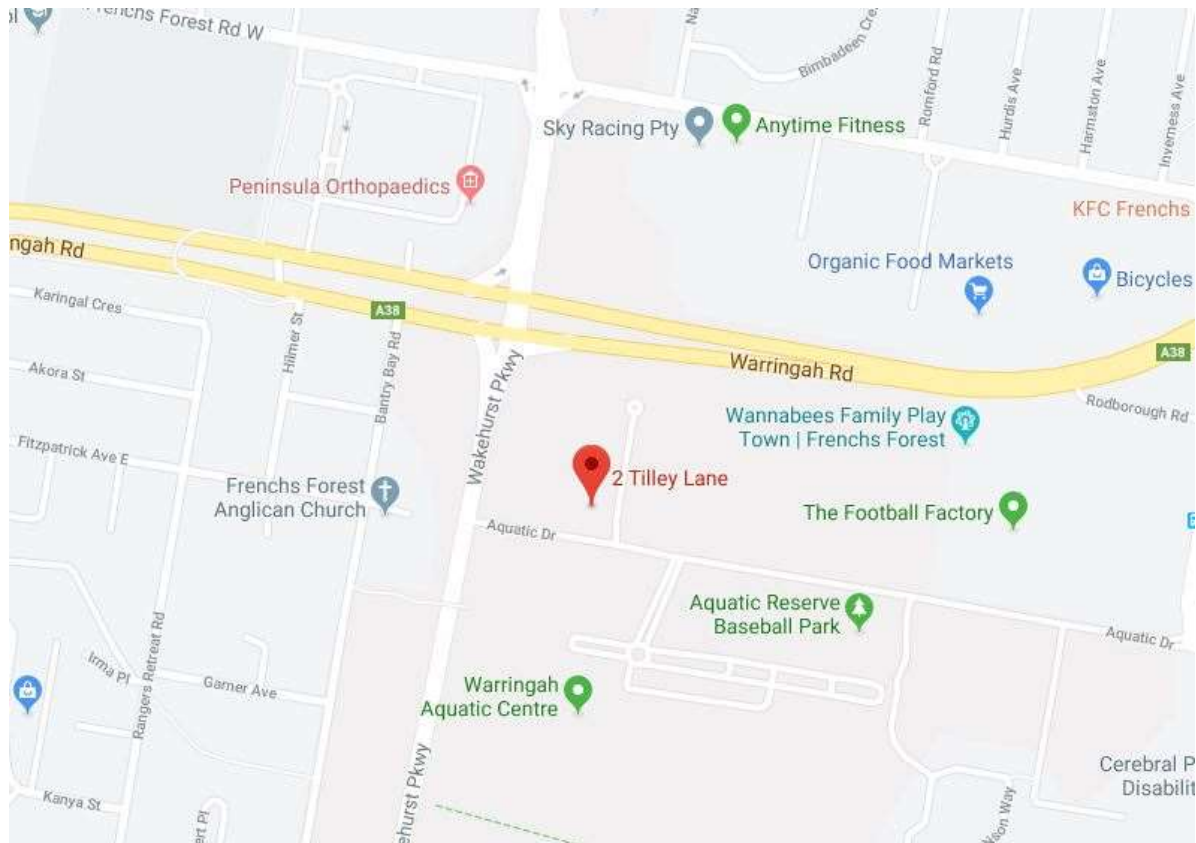
The premises will generally operate with 2-3 staff members (Gym manager, assistant and/or Personal Trainer).

The gym will be staffed during the anticipated hours as follows:

- Monday - Thursday: 10:00am – 7:00pm
- Friday: 10:00am – 2:00pm
- Saturday & Sunday: Unstaffed

The Site

The site address relates to Unit 2 at 2 Tilley Lane, Frenchs Forest, a tenancy located on the corner of Aquatic Drive and Tilley Lane and situated on the Western side of Tilley Lane. The site is further located in a B7 – Business Park Land Use Zone and surrounded by mostly Office development and the Warringah Aquatic Centre within the direct vicinity.



Locality Map – Google Maps



Zoning Map – Warringah Local Environmental Plan 2011

Access, Safety and Security

Personal Access Cards and Safety

Access to the facility by patrons will be granted through the use of personal access cards, uniquely assigned to each member. Only patrons with membership cards will be able to access the gym outside of staffed hours.

The card 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 card.

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 gym 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. 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 also 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 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. 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 card. People who do not hold a membership to an Anytime Fitness club are not able to access the gym 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 card. 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 frame-rate 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 gymnasium 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 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 site 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 recognise 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.

The facility will further be equipped with air-conditioning keeping the gym at a constant temperature with fresh air entering the facility. The controls for the air-conditioning system are located within the manager's office and cannot be accessed by members during unstaffed hours.

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 gymnasium.

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".

Noise

This section should be read in conjunction with the Operational Noise Emissions Assessment Report (3009R002.JC.190827) as provided by Acoustic Dynamics and attached in **Annexure C**.

Operational

With regards to the audio system, it is confirmed that the facility will not produce amplified music, with no large speaker system to be installed. The fit-out of the gym 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 generating noise ie. Free weights area, as far away from any sensitive land uses as possible.

In addition;

- Access to the club outside of staffed hours is limited to members only.
- Data from the existing Anytime Fitness Club 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.
- A CCTV system will be utilised including 24-hour digital video recording
- Glass windows/doors of the proposed facility are kept closed at all times (other than when patrons are entering or exiting the premises).
- Clear signage to be installed both internally and externally advising patrons that they must not generate excessive noise when entering and leaving the premises.
- Staff will continually monitor patron behaviour as to ensure the noise emissions are kept to a minimum.
- The use of low frequency speakers (sub-woofers) are to be restricted and any full range speakers are to be isolated from building services.
- The use of free weights over 15kg would be restricted to the free-weight's areas only, while free weights under 15kg would be restricted to the free-weight's and functional training areas and will not be allowed to be used in any other areas of the facility.
- Medicine Balls and Slam Balls are not to be permitted for use within the facility.
- Internal noise levels from music are to be restricted to LAeq (15 min) 75dB.
- Noise levels of background music would be set at an appropriate level as to enable speech intelligibility without the need for patrons to raise their voices while in the gym.
- The installation of appropriate impact sound absorbing flooring to reduce any regenerated noise and vibration in areas of the gym where high levels of impact are expected;
- Appropriate operational management systems regarding the dropping of weights are put in place.

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 environment.
- Weight training is restricted to areas allocated for such use i.e. 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 abide by the Club Rules as specified under section 5.6 of the membership Contract. Anytime Fitness Frenchs Forest 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 all equipment is used in a correct and controlled manner so that no unnecessary noise is created e.g. unnecessary dropping of weights.

Internal and external signage

Anytime Fitness Frenchs Forest 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:

- Appropriate manner in which to use weights and equipment.
- Way finding signage.

Complaint Resolution

Management will maintain a complaint register to record any complaint made by police, Council and 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.

Maintenance, Cleaning and 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 containers and placed inside the premises before being removed for disposal by either council or appropriate contractors. 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 fluid. Disposable wipes will also be provided throughout the gym for the use of cleaning equipment.

Conclusion

In order to satisfy Council that the gym 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 development will not adversely affect the surrounding premises:

These 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 gym will not create any adverse impacts for any neighbourhood or surrounding land uses.