



PLAN OF MANAGEMENT

REAR 46 OLD BARRENJOEY ROAD, AVALON ENTRANCE OFF EDMUND HOCK AVE

Class start & end HOURS:

Every class has a 15 min gap for clients to enter & exit the premises

Mon - 5.30am to 7.15pm (breaks at 8.15-9.30am, 11.15am-12pm, 12.45pm-4.30pm)

Tues - 5.30am to 7.15pm (breaks at 8.15-9.30am, 11.15am-12pm, 12.45pm-4.30pm)

Wed - 5.30am to 7.15pm (breaks at 8.15-9.30am, 11.15am-12pm, 12.45pm-4.30pm)

Thurs - 5.30am to 6.45pm (breaks at 8.15-9.30am, 11.15am-12pm, 12.45pm-5pm)

Fri - 5.30am to 12.45pm (breaks at 8.15-9.30am, 11.15am-12pm)

Sat - 7am to 10.45am

Sun - 7am to 10.45am

CLASS SIZE & OPERATION:

- Each class has a maximum of 10 clients and 1 trainer
- Each class will run for 45 mins in a 60 min time frame, allowing clients to enter and leave in a 15 min block.
- We only use reformers, so there is no noise with any other equipment and reformers do not make a noise.
- The trainer is there to instruct each class, keeping noise to a minimum, not needing to raise their voice.
- Clients don't speak during classes due to them exercising and listening to instructions from the trainer.
- Clients arrive and leave through one entry/exit, our entrance is from Edmund Hock Ave
- After the last class ends, the trainer will lock up around 5 mins and leave the premises.

BUILDING MATERIALS:

* Flooring is a concrete slab which will be maintained by Feels Pilates owners.

- Walls are double Brick
- Roof is insulated
- Front door is commercially made

ACOUSTICS:

- All trainers have been instructed to speak in a normal voice and not shout
- Music is only used as background music, no bass or treble is used on our system
- Sound system is facing inwards away from windows, with max output of 70db
- Signs will be erected for clients to keep speaking to a minimum outside in early morning and evening classes, and to arrive & leave in an orderly fashion.

PARKING:

There are two parking spaces on the premises in the driveway, one for the trainer and one for a client.

We will be supplying a bike rack for clients and will encourage them to ride their bikes or walk to their classes.

WASTE GENERATION:

We encourage all clients to bring their own drink bottle full of water to minimise single use cup and bottle wastage.

COMPLAINTS HANDLING:

The business card will be left at reception for all clients to access for any complaints or enquiries about operations. We also have a website with contact information and signage around the premises.

UPGRADED CONDITIONS FROM COUNCIL 17TH DEC 2022

The Plan of Management being upgraded to include the following measures to reduce noise impacts:

- a) Arrival and departure instructions for patrons prior to 7am
- b) All windows and doors being kept closed during business prior to 7am
- c) No music or instruction being audible in any residential premises
- d) Patrons encourage to park in Old Barrenjoey Rd, especially before 7am
- e) A log to be kept of any complaints raised with the facility and the actions taken to resolve, which is to be available on request by Council