

The Legal side of Personal Training In **Australia** A Visual Guide



CERTIFICATES



Obtain both Certificate III in Fitness (**SIS30315**) and Certificate IV in Fitness (**SIS40215**) to meet personal trainer qualifications in Australia.

ASSOCIATIONS

Consider joining Australian fitness associations such as **Fitness Australia** or **Exercise & Sports Science Australia** for additional benefits and credibility.



REGULATIONS



Check local council regulations for any required permits or licenses when conducting outdoor personal training sessions, such as boot camps.

LEGAL FORMS

Use essential legal forms like Personal Training Contract, Medical History Checklist & Release & Waiver of Liability to protect you and your business.



WEBSITE LEGALS



Ensure your personal training website has a Privacy Policy, Terms & Conditions, and any necessary Membership/Subscriber Terms in place.

DATA PRIVACY

Follow privacy legislation guidelines when handling personal health information and include appropriate provisions in your Privacy Policy.



SUPPLEMENTS



Provide nutrition and supplement advice in accordance with Australian Dietary Guidelines and include disclaimers in your Personal Training Contract.

BUSINESS STRUCTURE

Choose the most suitable business structure for your personal training business: Sole Trader, Pty Ltd Company, Partnership or Trust.



INSURANCE



Secure Professional Indemnity Insurance and Public Liability Insurance to protect your personal training business from potential claims and liabilities.