

**Statsionaarne treenimisvarustus. Osa 6:  
Jooksurajad, täiendavad spetsiaalsed  
ohutusnõuded ja katsemeetodid**

Stationary training equipment - Part 6: Treadmills,  
additional specific safety requirements and test  
methods

## EESTI STANDARDI EESSÕNA

## NATIONAL FOREWORD

Käesolev Eesti standard EVS-EN 957-6:2010 sisaldab Euroopa standardi EN 957-6:2010 ingliskeelset teksti.

Standard on kinnitatud Eesti Standardikeskuse 31.12.2010 käskkirjaga ja jõustub sellekohase teate avaldamisel EVS Teatajas.

Euroopa standardimisorganisatsioonide poolt rahvuslikele liikmetele Euroopa standardi teksti kättesaadavaks tegemise kuupäev on 08.12.2010.

Standard on kättesaadav Eesti standardiorganisatsioonist.

This Estonian standard EVS-EN 957-6:2010 consists of the English text of the European standard EN 957-6:2010.

This standard is ratified with the order of Estonian Centre for Standardisation dated 31.12.2010 and is endorsed with the notification published in the official bulletin of the Estonian national standardisation organisation.

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English Version

**Stationary training equipment - Part 6: Treadmills, additional  
specific safety requirements and test methods**

Appareils d'entraînement fixes - Partie 6 : Tapis de course,  
méthodes d'essai et exigences de sécurité spécifiques

Stationäre Trainingsgeräte - Teil 6: Laufbänder, zusätzliche  
besondere sicherheitstechnische Anforderungen und  
Prüfverfahren

This European Standard was approved by CEN on 30 October 2010.

CEN members are bound to comply with the CEN/CENELEC Internal Regulations which stipulate the conditions for giving this European Standard the status of a national standard without any alteration. Up-to-date lists and bibliographical references concerning such national standards may be obtained on application to the CEN-CENELEC Management Centre or to any CEN member.

This European Standard exists in three official versions (English, French, German). A version in any other language made by translation under the responsibility of a CEN member into its own language and notified to the CEN-CENELEC Management Centre has the same status as the official versions.

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## Foreword

This document (EN 957-6:2010) has been prepared by Technical Committee CEN/TC 136 “Sports, playground and other recreational facilities and equipment”, the secretariat of which is held by DIN.

This European Standard shall be given the status of a national standard, either by publication of an identical text or by endorsement, at the latest by June 2011, and conflicting national standards shall be withdrawn at the latest by June 2011.

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. CEN [and/or CENELEC] shall not be held responsible for identifying any or all such patent rights.

This document supersedes EN 957-6:2001.

This standard EN 957, *Stationary training equipment*, consists of the following parts:

- *Part 1: General safety requirements and test methods;*
- *Part 2: Strength training equipment, additional specific safety requirements and test methods;*
- *Part 4: Strength training benches, additional specific safety requirements and test methods;*
- *Part 5: Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods;*
- *Part 6: Treadmills, additional specific safety requirements and test methods;*
- *Part 7: Rowing machines, additional specific safety requirements and test methods;*
- *Part 8: Steppers, stairclimbers and climbers — Additional specific safety requirements and test methods;*
- *Part 9: Elliptical trainers, additional specific safety requirements and test methods;*
- *Part 10: Exercise bicycles with a fixed wheel or without freewheel, additional specific safety requirements and test methods.*

In relation to EN 957-6:2001, the following main amendments have been made:

- a) Specifications and definitions amended;
- b) Requirements and test methods for the transmission elements and rotating parts amended;
- c) Requirements and test methods for safety stop amended;
- d) Requirements for the static loading, especially for class S amended;
- e) Requirement for the endurance testing of class I added;
- f) Requirements and test methods for treadmills with front handlebar and side handrails amended;
- g) Requirements for the footrail amended;
- h) Requirements for the permanent marking of the running surface added;

- i) Requirements and test methods for the acceleration of power driven treadmills added;
- j) Requirements and test methods for folding treadmills added;
- k) Requirements for the heart rate control mode added;
- l) Requirements for the marking of the maximum lateral position added;
- m) Requirements for the test report added;
- n) Additional instructions for use extended.

According to the CEN/CENELEC Internal Regulations, the national standards organizations of the following countries are bound to implement this European Standard: Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Switzerland and the United Kingdom.

## **Introduction**

This European Standard amends and supplements EN 957-1. The requirements of this specific standard take priority over those in EN 957-1.



## 1 Scope

EN 957-6 specifies safety requirements and test methods for treadmills in addition to the general safety requirements and test methods of EN 957-1 and shall be read in conjunction with it.

EN 957-6 is applicable to power-driven as well as to non-power/manually driven training equipment type treadmills (hereafter referred to as treadmills) with the classes S, H and I and classes A, B and C regarding accuracy.

## 2 Normative references

The following referenced documents are indispensable for the application of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

EN 957-1:2005, *Stationary training equipment — Part 1: General safety requirements and test methods*

EN 60335-1, *Household and similar electrical appliances — Safety — Part 1: General requirements (IEC 60335-1:2001, modified)*

EN 60601-1, *Medical electrical equipment — Part 1: General requirements for basic safety and essential performance (IEC 60601-1:2005)*

EN ISO 12947-1:1998, *Textiles — Determination of the abrasion resistance of fabrics by the Martindale method — Part 1: Martindale abrasion testing apparatus (ISO 12947-1:1998)*

ISO 5904, *Gymnastic equipment — Landing mats and surfaces for floor exercises — Determination of resistance to slipping*

## 3 Terms and definitions

For the purposes of this document, the terms and definitions given in EN 957-1:2005 and the following apply.

### 3.1

#### **treadmill**

training equipment with a running surface on which walking or running activity takes place, where the feet are free to leave the running surface

### 3.2

#### **length of the running surface**

usable length of the running surface

NOTE 1 See *l* in Figure 2.

NOTE 2 Figure 1 is intended only to give examples and to illustrate the names of the components.

### 3.3

#### **width of the running surface**

usable width of the running surface excluding rear roller guards

NOTE See *b* in Figure 2.