
Stationary training equipment —

Part 1:

**General safety requirements and test
methods**

Équipement d'entraînement fixe —

Partie 1: Exigences générales de sécurité et méthodes d'essai



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Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

International Standards are drafted in accordance with the rules given in the ISO/IEC Directives, Part 2.

The main task of technical committees is to prepare International Standards. Draft International Standards adopted by the technical committees are circulated to the member bodies for voting. Publication as an International Standard requires approval by at least 75 % of the member bodies casting a vote.

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

ISO 20957-1 was prepared by Technical Committee ISO/TC 83, *Sports and recreational equipment*.

ISO 20957 consists of the following parts, under the general title *Stationary training equipment*:

- *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: Pedal 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*

Introduction

This part of ISO 20957 specifies safety requirements that are generally applicable to stationary training equipment. For specific types of equipment these requirements are supplemented or modified by the requirements of ISO 20957-2, ISO 20957-4, ISO 20957-5, ISO 20957-6, ISO 20957-7, ISO 20957-8 and ISO 20957-9.

Where relevant additional parts exist, this part of ISO 20957 should not be used alone. Special care is required in applying this part alone to equipment for which no specific standard has yet been published.

If the user of the equipment has special needs (medical rehabilitation, disability) the owner (the person with legal responsibility) is required to conduct a specific risk assessment to determine safe use and if necessary to insure trained staff are available to supervise to activity.

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Stationary training equipment —

Part 1:

General safety requirements and test methods

1 Scope

This part of ISO 20957 specifies general safety requirements for stationary training equipment during its use, unless modified in other parts of ISO 20957.

It also specifies a classification system (see Clause 4).

This part of ISO 20957 is applicable to all stationary training equipment as defined in 3.1. This includes equipment for use in training areas of organizations such as sport associations, educational establishments, hotels, sport halls, clubs, rehabilitation centres and studios (classes S and I) where access and control are specifically regulated by the owner (person who has the legal responsibility), equipment for domestic use (class H) and other types of equipment including motor driven equipment as defined in 3.1.

The specific requirements of another part of ISO 20957 take priority over the corresponding requirements of this part of ISO 20957.

This part of ISO 20957 does not apply to stationary training equipment intended for use by children.

NOTE 1 In the event that the stationary training equipment is intended for medical purposes, attention is drawn to the requirements of Council Directive of 14 June 1993 on the approximation of the laws of the Member States relating to medical devices 93/42/EEC in addition to the requirements of this part of ISO 20957.

NOTE 2 In the event that the stationary training equipment is designed to be accessible to people with disability, attention is drawn to any relevant national guidelines (see bibliography).

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.

ISO 6508-1, *Metallic materials — Rockwell hardness test — Part 1: Test method* (scales A, B, C, D, E, F, G, H, K, N, T)

ISO 8793, *Steel wire ropes — Ferrule-secured eye terminations*

IEC 60335-1, *Household and similar electrical appliances — Safety — Part 1: General requirements*

IEC 60601-1, *Medical electrical equipment — Part 1: General requirements for safety*

ISO 12100-1, *Safety of machinery — Basic concepts, general principles for design — Part 1: Basic terminology, methodology*