

Fitness centres - Requirements for centre amenities and operation - Operational and managerial requirements

## EESTI STANDARDI EESSÕNA

## NATIONAL FOREWORD

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English Version

## Fitness centres - Requirements for centre amenities and operation - Operational and managerial requirements

Club de fitness - Exigences en matière d'équipements  
et d'exploitation - Exigences opérationnelles et  
fonctionnelles

Fitness-Studio - Anforderungen an Studioausstattung  
und -betrieb - Operative und betriebliche  
Anforderungen

This European Standard was approved by CEN on 29 April 2019.

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CEN-CENELEC Management Centre: Rue de la Science 23, B-1040 Brussels

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## European foreword

This document (EN 17229:2019) 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of an identical text or by endorsement, at the latest by December 2019, and conflicting national standards shall be withdrawn at the latest by December 2019.

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

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## **Introduction**

Risk assessment process (see Annex D) is the basis for the requirements in this document.

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## 1 Scope

This document specifies minimum requirements for the provision of physical activity in fitness centres. This includes the operational and managerial procedures for offering and delivering the service together with requirements for selection and positioning of equipment as well as any associated facilities if present.

This document is applicable to all publicly accessible fitness centres where physical activity for groups and/or individuals is delivered to all of its users in order to provide a safe and controlled environment.

This document does not cover fitness centres where physical activity is exclusively secondary business.

**NOTE** In the event that the fitness centre is designed to be accessible to special populations (e.g. people with disability and/or impairments, minors), attention is drawn to any relevant national guidelines.

## 2 Normative references

The following documents are referred to in the text in such a way that some or all of their content constitutes requirements 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 (all parts), *Stationary training equipment*

EN ISO 20957 (all parts), *Stationary training equipment*

EN ISO 20957-1:2013, *Stationary training equipment - Part 1: General safety requirements and test methods (ISO 20957-1:2013)*

## 3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

ISO and IEC maintain terminological databases for use in standardization at the following addresses:

- IEC Electropedia: available at <http://www.electropedia.org/>
- ISO Online browsing platform: available at <http://www.iso.org/obp>

### 3.1

#### **fitness centre**

publicly accessible place where diverse physical fitness activities for groups and/or individuals is delivered

**Note 1 to entry:** A fitness centre can comprise of an exercising area with equipment-based strength training, free weights, portable/fixed equipment, and/or most often also cardiovascular training equipment/machines and/or frequently also group fitness training in specific rooms or in a studio.

### 3.2

#### **staffed hours**

opening hours which are staffed by operational personnel who can see the exercising area

### 3.3

#### **unstaffed hours**

opening hours when no staff are present