



# SLOVENSKI STANDARD

## SIST EN 957-6:2011

01-marec-2011

Nadomešča:  
SIST EN 957-6:2002

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**Nepremična oprema za vadbo - 6. del: Tekoče preproge, dodatne posebne zahteve in preskusne metode**

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

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

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

**Ta slovenski standard je istoveten z: EN 957-6:2010**

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**ICS:**

97.220.30 Oprema za dvoranske športe Indoor sports equipment

**SIST EN 957-6:2011**

**en,fr,de**

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EUROPEAN STANDARD  
NORME EUROPÉENNE  
EUROPÄISCHE NORM

**EN 957-6**

December 2010

ICS 97.220.30

Supersedes EN 957-6:2001

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.

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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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COMITÉ EUROPÉEN DE NORMALISATION  
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**EN 957-6:2010 (E)****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of an identical text or by endorsement, at the latest by June 2011, and conflicting national standards shall be withdrawn at the latest by June 2011.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.

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**EN 957-6:2010 (E)**

## **Introduction**

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

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## 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*

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## 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.

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**3.4 front handlebar**  
frontally located bar provided for partially supporting the user's weight with the user's arm(s) and enhancing stability whilst exercising and to assist in emergency dismounts

EXAMPLE At low speed and high inclines.

**3.5 side handrail**  
rail(s) located at the sides of the running surface provided for partially supporting the users weight with the user's arm(s) and enhancing stability whilst exercising and to assist in emergency dismounts

**3.6 foot rail**  
area beside the running surface intended for the user to stand on when mounting, dismounting or during a pause in the exercise

**3.7 emergency dismount**  
act of the user quickly interrupting the exercise by getting off the running surface

NOTE Emergency dismount can be done e.g. by grabbing the front handlebar or both side handrails and jumping with both feet on the foot rails.

**3.8 heart rate control mode**  
programme that allows the user to train maintaining a pre determined pulse level by adjusting the speed and/or incline automatically according to the actual pulse of the user

**3.9 display**  
device that provides information to the user

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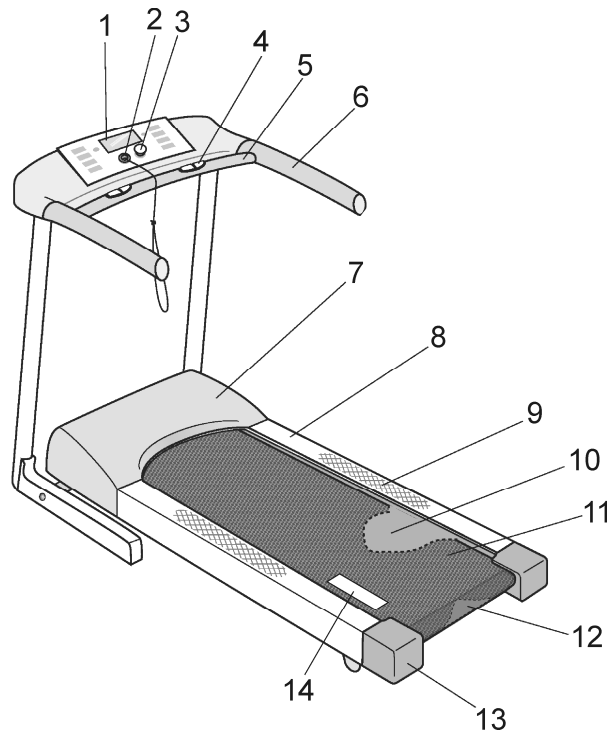
**3.10 protective cover**  
cover provided to protect the user from inadvertent access to hazardous parts

EXAMPLE Moving parts, gear systems or hot surfaces.

**3.11 folding treadmill**  
treadmill designed with some components that can be moved to allow a more compact non-useable storage position

**4 Classification**

EN 957-1:2005, Clause 4 applies.

**Key**

- 1 display
- 2 safety stop (cord type)
- 3 safety stop (mushroom type)
- 4 heart rate hand sensor
- 5 front handlebar
- 6 side handrail
- 7 front protective cover
- 8 foot rail
- 9 non slip surface
- 10 running deck
- 11 running surface
- 12 rear roller
- 13 rear roller protective cover
- 14 marking of the running surface

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**Figure 1 — Example of a treadmill**