



SLOVENSKI STANDARD
SIST EN 17229:2019

01-september-2019

Fitness centri - Zahteve za opremo in delovanje centrov - Zahteve za delovanje in vodenje

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

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

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

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EUROPEAN STANDARD

EN 17229

NORME EUROPÉENNE

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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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EUROPEAN COMMITTEE FOR STANDARDIZATION
COMITÉ EUROPÉEN DE NORMALISATION
EUROPÄISCHES KOMITEE FÜR NORMUNG

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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of an identical text or by endorsement, at the latest by December 2019, and conflicting national standards shall be withdrawn at the latest by December 2019.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

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3.4
publicly accessible
 open to everyone or to a defined group of users, not designated solely for the owner's/proprietor's/operator's family and guests, independently from paying an entrance fee

[SOURCE: EN 15288-1:2018, definition 3.5 – modified: term “public use” changed to “publicly accessible” and deleting “use of an installation”]

3.5
physical activity
 bodily movement produced by skeletal muscles that requires energy expenditure

4 Operational and managerial requirements**4.1 Contract/contractual obligations**

The fitness centre shall provide a contract of the terms and conditions and code of conduct (see Annex C) to the user of the fitness centre's facilities and services. This shall include at least:

- a) contract term;
- b) payment conditions;
- c) extension of term;
- d) termination;
- e) withdrawal.

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NOTE 1 In addition, it can, for example contain dress code, safety and Europe Active Anti-Doping Code of Conduct.

NOTE 2 See national legislation and Directive 2011/83/EU.

4.2 User care**4.2.1 General**

The fitness centre shall provide information to all users on how to safely use its facility and services.

4.2.2 User relations

The fitness centre shall provide means of communication to the user for questions, concerns, complaints and for information for the safe use of the equipment and/or facility.

The fitness centre shall have a procedure on how to deal with users concerns and complaints.

NOTE See also Annex B.

4.3 Basic service

The fitness centre shall provide the user at least the following information on demand:

- a) normal opening hours;
- b) fees for use of the fitness centre's facilities and services, if applicable;
- c) code of practice (Annex B);
- d) code of conduct (Annex C) if present;
- e) liability insurance policy or public liability;
- f) fitness qualification of staff who prescribe exercise, if staffed hours;
- g) when opening hours are unstaffed hours.

NOTE The information can, for example, be part of the contract, displayed on a wall, communicated on a website or presented on request.

4.4 Promoting active and healthy lifestyles

Fitness centres make a hugely positive contribution to promoting active and healthy lifestyles within the general population through their products and services.

The fitness centre shall have a policy concerning the use of performance or image enhancing substances, recreational drugs and doping substances on their premises. Annex E should be used as it gives relevant guidance.

The fitness centre shall inform users that:

- a) There are always risks and benefits when engaging in physical activity;
- b) They should not exercise beyond what they consider to be their own abilities;
- c) They can seek advice and/or guidance on appropriate means of exercising safely;
- d) They should seek advice from a relevant professional if they have a medical condition which might interfere with them exercising safely;
- e) They should make themselves aware of any rules and instructions related to safe exercising, including warning notices.

4.5 Operation of the facility

4.5.1 General

The fitness centre shall have written policies and procedures on the operation of the facility. Activities, complaints and resolutions on operational procedures shall be documented.

4.5.2 Operational matters related to safety

4.5.2.1 Electric supply to equipment

The fitness centre shall have a routine to check the electric supply to the equipment and electric supply accessible to the user. The person conducting the routine shall follow a checklist and shall document it afterwards.

NOTE See manufacturer's guidelines for electrical supply for equipment for further guidance.

EN 17229:2019 (E)**4.5.2.2 Flooring/surfaces in exercising areas and corridors**

Floor surfaces shall be kept clean and suitable and appropriate for their intended use and shall be free of unmarked tripping/slipping hazards.

A routine for cleaning and maintenance shall be provided in accordance with the manufacturer's instructions and in accordance with the use to which the floor is subjected and shall contain at least:

- a) Object of hygiene activity;
- b) Type of hygiene activity;
- c) Time and frequency.

During cleaning and maintenance of floor surfaces while in use by users, potential hazards should be prevented and signage shall be provided.

4.5.3 Hygiene

The fitness centre shall have written hygiene policies and procedures.

EXAMPLE Hygiene includes cleaning, disinfection (where appropriate).

Activities on hygiene shall be documented.

The fitness centre shall provide means to dispose of waste items in a hygienic and sustainable way.

4.5.4 Ventilation

The fitness centre shall provide appropriate ventilation for the safety and comfort of users.

4.5.5 Temperature

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In all exercising areas, the fitness centre shall display the temperature. The fitness centre shall inform the user that there is an increased risk for exercising if the temperature is $> 26^{\circ}\text{C}$ in order for the user to make an informed decision about the type and intensity of their intended exercise.

4.5.6 Lighting

The lighting in the exercise areas shall provide enough light for safely conducting the planned exercise.

The lighting of the exercise area has an influence on the experience of the physical activity offered by the fitness centre. Therefore, in the exercise area it is allowed to deviate from the EN standards for lighting.

NOTE 1 Refer to EN 12464-1 for commonly used lighting values for all other areas.

NOTE 2 Refer to EN 12193 for specific sports areas like aerobics and weight lifting.

4.5.7 Noise level

The noise level in the exercise areas shall be appropriate for safely conducting the planned exercise.

NOTE 1 Common values for the noise level in exercise areas are from 80 dB(A) to 105 dB(A).

NOTE 2 See European Regulations on noise limits.

4.5.8 Hydration during exercising

The fitness centre shall provide open access to means of hydration for exercising users.

4.6 Control of substances hazardous to health

The fitness centre shall, where possible, eliminate or minimize risks arising from substances hazardous to health.

The fitness centre shall identify hazardous substances and control exposure to employees and others.

The fitness centre shall control hazards through written assessments and training in safe systems of work taking into account arrangements for delivery, storage, handling, and use of hazardous substances.

NOTE The substances covered by these requirements are e.g. related to cleaning materials, chemicals etc.

4.7 Building installations or equipment

The fitness centre shall have a routine which includes at least how to

- a) identify and assess risks arising from use of building installations or equipment, and
- b) operate, inspect, maintain, repair or modify such building machinery or equipment in accordance with manufacturer's maintenance schedules and/or instructions.

5 Safety requirements

5.1 Safety management system

5.1.1 General

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Fitness centres shall have a safety management system, which shall include at least:

- a) a safety policy in accordance with 5.1.2; EN 17229:2019
<https://standards.iteh.ai/catalog/standards/sist/0c16e733-4fc6-4d16-91ed-50168418-885a/sist/17229-2019>
- b) organizing and planning the safety operating procedures in accordance with 5.1.3 (see also Annex D);
- c) recording and rehearsing emergency and safety-related events in accordance with 5.1.4.

NOTE 1 Fitness centres can consider contacting emergency services to help them develop their emergency response programmes.

NOTE 2 See also ISO 45001 *Occupational health and safety management systems - requirements with guidance for use* for further information.

NOTE 3 The risk assessment process (see Annex D) is the basis for the requirements in this document.