



SLOVENSKI STANDARD

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Fitnes centri - Zahteve za opremo in delovanje centrov - 2. del: Zahteve za nadzor in osebje

Fitness centres - Requirements for centre amenities and operation - Part 2: Requirements for supervision and staff

Fitness-Studios - Anforderungen an Studioausstattung und -betrieb - Teil 2: Anforderungen an die Aufsicht und das Personal

Clubs de fitness - Exigences en matière d'équipements et d'exploitation - Partie 2 : Exigences relatives à la surveillance et au personnel

Ta slovenski standard je istoveten z: EN 17229-2:2023

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EUROPEAN STANDARD

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English Version

Fitness centres - Requirements for centre amenities and operation - Part 2: Requirements for supervision and staff

Clubs de fitness - Exigences en matière d'équipements et d'exploitation - Partie 2 : Exigences relatives à la surveillance et au personnel

Fitness-Studios - Anforderungen an Studioausstattung und -betrieb - Teil 2: Anforderungen an die Aufsicht und das Personal

This European Standard was approved by CEN on 19 June 2023.

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EUROPEAN COMMITTEE FOR STANDARDIZATION
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Contents	Page
European foreword	3
1 Scope	4
2 Normative references	4
3 Terms and definitions	5
4 Physical supervision for operations and fitness staff	7
4.1 General	7
4.2 Physical supervision of operations by staff	8
4.3 Physical supervision of users by fitness staff	8
4.3.1 General	8
4.3.2 Fitness instructor	8
4.3.3 Personal trainer	8
4.3.4 Advanced fitness instructor	9
5 Remote supervision for operations and fitness trainers	9
5.1 General	9
5.2 Requirements for remote supervision	10
5.2.1 Requirements for surveillance systems for remote supervision	10
5.2.2 Requirements for staff using surveillance systems for remote supervision	10
5.2.3 Requirements for fitness staff using surveillance systems for remote supervision of exercise instruction	11
6 Non-supervision for operations only	11
6.1 General	11
6.2 Requirements for non-supervised fitness centres or fitness areas	12
Annex A (normative) Qualifications for fitness staff	13
A.1 Fitness instructor and group fitness instructor	13
A.2 Personal trainer	14
A.3 Advanced fitness instructor, e.g. exercise for health specialist	15
Annex B (normative) Operational requirements for remote supervision	18
B.1 General	18
B.2 Planning	18
B.3 Security	18
B.4 Alarm systems of the remotely operated/supervised fitness facility	19
B.5 Communication network	21
B.6 MARC Operations	22
Annex C (informative) Qualifications for operator staff of a MARC	25
Annex D (informative) A-deviations	26
Bibliography	27

European foreword

This document (EN 17229-2:2023) 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 February 2024, and conflicting national standards shall be withdrawn at the latest by February 2024.

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EN 17229-2:2023 (E)

1 Scope

This document specifies requirements for the supervision and staffing, necessary to protect the health, safety and welfare of users, staff and contractors across a wide range of fitness centres as specified in EN 17229.

This document specifies the essential skills required from operational staff and fitness staff who have a responsibility for the supervision of their users, staff and contractors using and working in their fitness centres.

This document applies in conjunction with, and in addition to EN 17229. This document cannot be used separately from EN 17229.

NOTE National occupational health and safety rules and regulations are not affected by this document.

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 54 (all parts), *Fire detection and fire alarm systems*

EN 1627, *Pedestrian doorsets, windows, curtain walling, grilles and shutters — Burglar resistance — Requirements and classification*

EN 17229:2019, *Fitness centres — Requirements for centre amenities and operation — Operational and managerial requirements*

ISO 30061, *Emergency lighting*

EN 50131-1, *Alarm systems — Intrusion and hold-up systems — Part 1: System requirements*

EN 50136-1, *Alarm systems — Alarm transmission systems and equipment — Part 1: General requirements for alarm transmission systems*

EN 50518, *Monitoring and Alarm Receiving Centre*

EN 60839-11-1, *Alarm and electronic security systems — Part 11-1: Electronic access control systems — System and components requirements*

EN 62676-4, *Video surveillance systems for use in security applications — Part 4: Application guidelines*

3 Terms and definitions

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

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

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

3.1

competent person

individual who has acquired through instruction, qualifications or experience, or a combination of these, the essential skills enabling that person to perform specified tasks

3.2

physical supervision by staff

competent person(s) present during the use of the fitness centre by users, staff and/or contractors with the main responsibility to monitor operations

Note 1 to entry: Fitness staff may also be a competent person with responsibility for the operations.

3.3

remote supervision by staff

surveillance system operated by a competent person(s) continuously monitoring fitness centres used by users, staff and/or contractors

Note 1 to entry: The qualification and competency of operators of Monitoring and Alarm Receiving Centre (MARC) is covered in Annex C.

3.4

non-supervision

fitness centre without physical or remote supervision and in use by users, staff and/or contractors

3.5

competence

ability to use knowledge, skills and personal, social and/or methodological abilities, in work or study situations and in professional and personal development

[SOURCE: Cedefop; European Parliament and Council of the European Union, 2014 [2]]

3.6

skill

ability to apply knowledge and use know-how to complete tasks and solve problems

3.7

qualification

official record (certificate, diploma) of achievement which recognises successful completion of education or training, or satisfactory performance in a test or examination; and/or the requirements for an individual to enter, or progress within an occupation

[SOURCE: Cedefop; European Parliament and Council of the European Union, 2014]

EN 17229-2:2023 (E)**3.8****surveillance system**

<remote surveillance> automated system including means for digitizing series of images of people in the fitness centre, and means for comparing and analysing digitized images for the notification and sending an alarm when an incident occurs

3.9**surveillance system**

<local surveillance> closed-circuit camera system to observe people in the fitness centre

3.10**alarm**

initiated response to the detection of an incident by a person or the surveillance system

3.11**incident**

occurrence or an activity of interest which can need a response by a person or the surveillance system

3.12**surveillance centre**

operational centre which is continually manned and capable of receiving multiple concurrent surveillance images from remote locations for the purpose of interacting with fitness centres to provide safety and security to users, staff and/or contractors

3.13**risk**

possibility of exposure to a hazard or danger with a consequence of injury, loss, infection, inflammation

3.14**surveillance**

observation or inspection of persons or premises for security and safety purposes through alarm systems, surveillance methods, or other monitoring methods

[SOURCE: EN 62676-1-1:2014, 3.1.138, modified – The term 'VSS' has been replaced by 'surveillance methods']

3.15**fitness staff**

competent person providing fitness instruction

3.16**supervision**

responsibility for the fitness centres' execution and oversight of health, safety and welfare procedures

[SOURCE: EN 17229:2019, Clauses 4 and 5]

3.17**remote fitness service**

service provided by a fitness centre/staff that contains digital content, including but not limited to group exercise classes, exercise instruction, instruction programming, remote coaching, live-streaming classes and online personal instruction; or any digital content provided by a fitness centre/staff to its users to provide fitness instruction

Note 1 to entry: Remote fitness services can take place in the form of independent use of digital classes or workouts in or outside a fitness centre.

3.18**group exercise class**

service provided by a fitness centre in any and all forms of exercise performed in a group setting, led by a personal trainer or group instructor

Note 1 to entry: Visual instruction can be given in written form or shown via an image, video or illustration.

3.19**instruction program**

any type of instruction and workout program with a goal to achieve in a specific amount of time, provided in a written, visual or auditory way

3.20**remote instruction**

any type of online communication to instruct, motivate and support members in a written, visual or auditory way with their exercise and/or health-related questions

Note 1 to entry: Instruction can take place in the form of, but is not exclusively:

- a) individual instruction where a trainer has contact with users on a regular basis via written, spoken, and/or digital or online communication;
- b) instruction programs where users follow a pre-programmed, goal-based fitness program. Users are instructed via written, spoken, and/or digital or online content which is created in advance by fitness staff;
- c) all types of group classes which are streamed live online where members can follow classes in real-time via a fitness centre;
- d) instruction between a personal trainer and (a) client(s) where they work together, at the same time, with a live connection.

4 Physical supervision for operations and fitness staff**4.1 General**

This clause sets out operational procedures for physical supervision of users, staff and contractors in a fitness centre. Essential skills of the operational staff and fitness staff are described. Given the wide range of fitness centres as specified in EN 17229 the requirements and good practices set out below will apply in full or in part, depending on:

- a) the type of fitness centre;
- b) the different services offered;
- c) the different areas in the fitness centre;

EN 17229-2:2023 (E)

- d) the type and number of staff members present;
- e) the operating hours of the fitness centre.

4.2 Physical supervision of operations by staff

Staff members, including fitness staff, shall:

- a) be visibly identifiable as the supervising person(s) who is/are present and responsible for the health and safety procedures, available to users, staff and contractors;
- b) understand the health and safety procedures as specified in EN 17229;
- c) carry out the health and safety procedures as specified in EN 17229;
- d) respond to risks identified, take action to minimize the risks and notify appropriate persons;
- e) understand the current procedure for response chain for life-threatening medical emergencies, as specified in EN 17229:2019, Annex A;
- f) carry out the response chain in the event of a life-threatening medical emergency, as specified in EN 17229:2019, Annex A.

4.3 Physical supervision of users by fitness staff**4.3.1 General**

In the following subclauses, the main fitness occupations present on the European market are specified and requirements for their involvement in physical supervision are described.

4.3.2 Fitness instructor

A fitness instructor delivers fitness instruction to individuals with or without the use of equipment (fitness instructor) or to a group through fitness classes (group fitness instructor). Both types of instructors have the same purpose of promoting and delivering safe and effective exercise but depending on the specific situation, some additional knowledge, skills and competences may be required. en-17229-2-2023

A group fitness instructor supervises and instructs more than 1 person at a time.

A fitness instructor shall obtain a qualification that is recognized and/or approved by a national authority and/or approved educational authority and/or a competent organization.

The qualification shall address theory and practical skills in relation to exercise instruction and supervision services to encourage and enable exercise participation of new and existing members through fitness programs and activities that meet their needs.

The minimum standard of qualification for a fitness instructor is equivalent to the European Qualification Framework (EQF) [5], level 3.

4.3.3 Personal trainer

A personal trainer's role includes designing, implementing and evaluating exercise or physical activity programs for a range of individual clients by collecting and analysing client information to ensure the effectiveness of personal exercise programs.

A personal trainer shall actively encourage potential clients and/or members to participate in and adhere to regular exercise or physical activity programs, employing appropriate motivational strategies to achieve this and to assist them with behavioural change as a result.