



SLOVENSKI STANDARD
oSIST prEN 17229-2:2021
01-julij-2021

Fitness 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 das Aufsichts- und Betriebspersonal

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

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EUROPEAN STANDARD
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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 das Aufsichts- und Betriebspersonal

This draft European Standard is submitted to CEN members for enquiry. It has been drawn up by the Technical Committee CEN/TC 136.

If this draft becomes a European Standard, CEN members are bound to comply with the CEN/CENELEC Internal Regulations which stipulate the conditions for giving this European Standard the status of a national standard without any alteration.

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Recipients of this draft are invited to submit, with their comments, notification of any relevant patent rights of which they are aware and to provide supporting documentation.

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

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European foreword

This document (prEN 17229-2:2021) 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 document is currently submitted to the CEN Enquiry.

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prEN 17229-2:2021 (E)**1 Scope**

This document sets out 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 defined in EN 17229:2019.

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, *Fitness centres — Requirements for centre amenities and operation — Operational and managerial requirements*. This document cannot be used separately from EN 17229.

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

EN 50518, *Monitoring and Alarm Receiving Centre*

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

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

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

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

EN 54 series, *Fire detection and fire alarm systems*

ISO 30061, *Emergency lighting*

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 terminological databases for use in standardization at the following addresses:

- IEC Electropedia: available at <http://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

[SOURCE: based on EN ISO 20380:2017, definition 3.6 [1]]

3.2

physical supervision by staff

when a fitness centre is supervised by a competent person(s) with the main responsibility for the operations and who is physically present during the use of the fitness centre by users, staff and/or contractors

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

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3.3

remote supervision by staff (standards.iteh.ai)

when a fitness centre is supervised by an automated surveillance system operated by a competent person(s) with the main responsibility of continuous monitoring of the fitness centre's use by users, staff and/or contractors <https://standards.iteh.ai/catalog/standards/sist/f4a4c30-b424-4f7a-8c08-ddfda217375e/osist-pren-17229-2-2021>

3.4

non-supervision

when a fitness centre is 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]

prEN 17229-2:2021 (E)**3.8****surveillance system**

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

[SOURCE: based on EN ISO 20380:2017, definition 3.1]

3.9**alarm**

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

[SOURCE: based on EN ISO 20380:2017, definition 3.5]

3.10**incident**

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

[SOURCE: based on EN 62676-1-1:2014, definition 3.1.79 [3]]

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

[SOURCE: based on EN 62676-1-1:2014, definition 3.1.126]

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3.13**risk**

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

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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: based on EN 62676-1-1:2014, definition 3.1.138]

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 as described in 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 uses to provide fitness instruction

Note to entry 1: 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 to entry 1: 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 to entry 1: 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 on-line communication;
- b) instruction programs where users follow a pre-programmed, goal-based, fitness program. Users are instructed via written-, spoken-, and/or digital or on-line 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 real-time via a fitness centre;
- d) instruction and 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 defined in EN 17229:2019 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;
- d) the type and number of staff members present;
- e) the operating hours of the fitness centre.

prEN 17229-2:2021 (E)**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 defined in EN 17229:2019;
- c) carry out the health and safety procedures as defined in EN 17229:2019;
- d) respond to risks identified, take action to minimize the risk and notify appropriate persons;
- e) understand the current procedure for response chain for life-threatening medical emergencies, as defined in EN 17229:2019, Annex A;
- f) carry out the response chain in the event of a life-threatening medical emergency, as defined in EN 17229:2019, Annex A.

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

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

4.3.2 Fitness instructor

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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 instructor 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.

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 (EFQ) [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.

The minimum standard of qualification for a personal trainer is equivalent to the EQF level 4 [5].

4.3.4 Advanced fitness instructor

An advanced fitness instructor (e.g. exercise for health specialist) shall have the ability to communicate sensitively with a wide range of individuals that have existing chronic health conditions or are at high risk of developing them due to their lifestyle. He or she can program and supervise exercise for individuals, and for groups if he/she holds this prior competency, with a range of chronic health conditions determined to be of low or moderate risk of an adverse event according to recognized stratification tools. An advanced fitness instructor is able to communicate effectively with medical and healthcare professionals about participants' conditions using correct medical terminology and with an understanding of the standard treatment options for an individual's condition. They will need to take a holistic approach to the wellness of their clients that includes advising on lifestyle, healthy eating and stress management, in addition to exercise relevant to the condition, medication and with respect to professional boundaries.

For advanced fitness instruction, the level of qualification shall be EQF Level 5/6 or equivalent [5].

Where a national qualification framework exists it should be referenced to the European Qualification Framework (EQF) [5].

Where no national qualifications exist, the qualification should be delivered by an accredited organization.

Where there is no accredited organization available, qualifications should be delivered by a competent body that represents the interests of the European fitness sector.

The essential skills for a fitness instructor (EQF L3), personal trainer (EQF L4) and exercise for health specialist (EQF L5) are described in Annex A.

5 Remote supervision for operations and fitness trainers

5.1 General

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This clause sets out the requirements for

- a) the remote supervision of users, staff and contractors in a fitness centre, and
- b) remote fitness services provided via the fitness centre.

The requirements for the essential skills (of the associated staff) and operational procedures are defined. Given the wide range of fitness centres as defined in EN 17229:2019, 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;
- d) the type and number of staff members present;
- e) the operating hours of the fitness centre.

NOTE The performance of risk analyses could be a parameter which good practices are based on as well.