



SLOVENSKI STANDARD SIST-TS CEN/TS 17676:2023

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Smernice za varno delovanje fitnes centrov med izbruhom nalezljivih bolezní

Guidelines for the safe operation of fitness centres during an infectious outbreak

Leitlinien für den sicheren Betrieb von Fitness-Studios während des Ausbruchs von Infektionskrankheiten

Directives pour le fonctionnement sécurisé des centres de remise en forme pendant une épidémie infectieuse

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an infectious outbreak**

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This Technical Specification (CEN/TS) was approved by CEN on 20 June 2022 for provisional application.

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EUROPEAN COMMITTEE FOR STANDARDIZATION
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European foreword

This document (CEN/TS 17676:2022) 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.

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CEN/TS 17676:2022 (E)**Introduction**

The COVID-19 pandemic experience of 2020-21 showed a mixed picture of how fitness facilities were able to open and operate under varied national and sometimes legal restrictions. A review of the guidance offered by European governments, health officials and experts from the fitness and sport sectors showed variation in their application of approaches. With the benefit of the practical experience from the COVID-19 pandemic, it has been possible to draft this document containing European guidelines and recommendations that help implement the safest possible health and hygiene measures at fitness centres, so that they are potentially able to operate in the event of future infectious outbreaks.

These guidelines can be used as a tool to:

- minimize the spread of a pandemic virus;
- keep users, staff and contractors as risk free as possible, and,
- bring clarity and to establish user confidence.

When deemed appropriate by health authorities, keeping fitness facilities open during an infectious outbreak will help to:

- maintain levels of health-enhancing physical activity, which will also mitigate longer-term healthcare costs and the effects of mental welfare and social isolation;
- underpin the financial security of the business;
- keep fitness facility staff in employment;
- keep a community resource operating.

Allowing people to exercise safely and effectively considerably adds to their social, mental and physical wellbeing.

This document can be used to reduce the risk of infectious transmission so that if possible, and within national government requirements, fitness facilities could remain open during an outbreak. The expertise of independent external experts from the following fields of work has been considered in the development of this document:

- Virology
- Public health
- Membership systems (incl. data protection issues)
- Control of aerosol transmission

Additionally, national guidance documents published during the COVID-19 pandemic from across Europe have been widely consulted in the preparation of this document.

1 Scope

This document specifies guidelines and recommendations for the safe operation and management of fitness centres during an infectious outbreak. This document sets out guidelines relative to the wide range of operating models for fitness centres with a framework of good practices for operators to use. This includes the operational and managerial procedures for offering and delivering the service covering users, staff, and contractors whilst on the premises.

The guidelines of this document cover, but are not limited to:

- a) overall risk reduction;
- b) the practise of physical distancing and control of users;
- c) air treatment and ventilation;
- d) cleaning, hygiene and health protocols;
- e) management and training of staff and use of personal protective equipment.

This document is applicable to all publicly accessible fitness centres where physical activity for groups and/or individuals is delivered to all 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.

Requirements of operations and supervision as described in

- EN 17229 *Fitness centres - Requirements for centre amenities and operation - Operational and managerial requirements*, and
- prEN 17229-2 *Fitness centres - Requirements for centre amenities and operation - Part 2: Requirements for supervision and staff*

fully apply to this document.

WARNING Fitness instructors stay within the scope of their professional practice. Users of fitness facilities who have recovered from or have suffered mental or psychological implications from an infection may need higher skilled fitness instructors to supervise them exercising. EN 17229 defines the requirements for higher skilled fitness instructors such advanced fitness instructor or exercise for health specialists which are referenced to Level 5 or above of the European Qualification Framework (EQF) [1]. Possibly, there may also be the need for fitness instructors to seek the advice and guidance of other healthcare professionals.

2 Normative references

There are no normative references in this document.

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

3.1

fitness centre

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

infectious diseases

diseases caused by pathogenic microorganisms, such as bacteria, viruses, parasites or fungi

3.3

disinfection

removal, destruction or de-activation of microorganisms on objects or surfaces

[SOURCE: ISO 14644-5:2004; definition 3.1.4 [2]]

3.4

physical distancing

practice of maintaining a greater than usual physical space between oneself and other people or of avoiding direct contact with people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection

[SOURCE: Merriam-Webster [3]]

3.5

face mask

<respiratory interface> tight-fitting respiratory interface covering the mouth, nose, eyes and chin, worn specially to reduce the spread of infectious agents, such as viruses or bacteria

3.6

face mask

<medical device> CE marked medical device intended to limit the transmissions of infective agents from the user

3.7

face covering

facepiece covering the mouth, nose and chin fitted with the head harness which can be head or ears attachment

Note 1 to entry: The covering can be made of materials such as polypropylene fibre or cotton fabric

Note 2 to entry: Face coverings are not classified as PPE according to Regulation EU/2016/425

Note 3 to entry: Face coverings are mainly intended to protect others and not the wearer. When used correctly, they cover the nose and mouth. A face covering minimizes the projection of user's respiratory droplets saliva, sputum or respiratory secretions when talking, coughing or sneezing. This face covering may also limit penetration in the user's area of nose and mouth of the respiratory droplets from external origin without claiming the user protection. It also prevents this user's area from any contact with the hands

[SOURCE: CWA 17553:2020, definition 2.3 [4] – modified – The preferred term has been changed from the term 'community face covering' to the term 'face covering']

3.8

biocidal product

any substance or mixture, in the form in which it is supplied to the user, consisting of, containing or generating one or more active substances, with the intention of destroying, deterring, rendering harmless, preventing the action of, or otherwise exerting a controlling effect on, any harmful organism by any means other than mere physical or mechanical action

Note 1 to entry: This also includes any substance or mixture, generated from substances or mixtures which do not themselves fall under the first indent, to be used with the intention of destroying, deterring, rendering harmless, preventing the action of, or otherwise exerting a controlling effect on, any harmful organism by any means other than mere physical or mechanical action.

[SOURCE: Regulation (EU) No 528/2012 of the European Parliament and of the Council of 22 May 2012 [5]]

3.9

aerosol particle

small infectious particle that can remain in the air for a long period of time

Note 1 to entry: A long period of time can range from at least 5 min to, in many cases, hours

Note 2 to entry: The size of aerosol particles should be below 100 micrometres in i.e. their aerodynamic diameter

3.10

droplet

larger respiratory particle that carries virus, typically deposited on people or surfaces less than 2 m from the source and will normally settle out of the air in less than 5 minutes.

Note 1 to entry: Most respiratory droplets are between 10 and 100 μm in diameter, but a small number can be up to 1,500 μm

3.11

ventilation

designed supply and removal of air to and from a treated space, replacing, supplying or removing air by either natural or mechanical means to or from a space

CEN/TS 17676:2022 (E)**3.12****air conditioning**

control of the temperature in a space

3.13**personal protective equipment****PPE**

device or appliance designed to be worn or held by an individual for protection against one or more health and safety hazards and designed to provide adequate protection against the risks against which it is intended to protect

Note 2 to entry: According to Regulation (EU) 2016/425 of the European Parliament and of the Council of 9 March 2016 on Personal Protective Equipment [6], PPE must be designed and manufactured so that, in the foreseeable expectations of its usage, the end-user will be able to perform the risk-related activity normally whilst experiencing the highest level of protection possible

3.14**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

3.15**special needs**

any of various difficulties, such as a physical, emotional, behavioural, or learning disability or impairment, that causes an individual to require additional or specialised services or accommodations

[SOURCE: Merriam-Webster [7] – modified – The definition has been expanded by removing the brackets between ‘such physical, emotional, behavioral, or learning disability or impairment’ and by removing the part ‘(such as in education or recreation)’

3.16**vulnerable person**

individual who is at higher risk of severe illness from infection, or a greater risk of harm from products, services or systems, due to age, level of literacy, physical or mental condition or limitations, or inability to access fitness facility

3.17**at risk group**

certain groups of people at greater risk of severe illness if contracting an infection of a virus or bacteria

3.18**perturbation**

disturbance of motion, course, arrangement, or state of equilibrium

[SOURCE: Merriam-Webster [8]]

4 Risk assessment of the fitness centre's facilities

4.1 General

An infectious outbreak is a public health emergency. It is the responsibility of the fitness facility operator to assess and to manage the risks in the event of an infectious outbreak, especially in terms of minimizing the risk to the health of its users, staff and contractors.

This requires a risk assessment of the relevant operational procedures of the facility. The risk assessment shall be properly documented and held available for inspection. Any revisions or updates, e.g. changing of national public health guidance or requirements, are to be properly documented as well.

4.2 Purpose of risk assessment

The risk assessment shall focus on identifying appropriate and considered measures to control the risks of the spread of an infectious outbreak in the fitness facility.

The risk assessment shall help the operator to decide on what precautions and procedures are necessary to apply when considering public health guidance and any requirements or restrictions of the use of the facility

Operators of the fitness facility shall comply with any specific documentation or auditing (e.g. by public health/environmental control officer) that is in force.

NOTE The failure to complete a full risk assessment, or the failure to put in place sufficient measures to manage the risk of an infectious outbreak and its consequences after completing a risk assessment, can heighten the risk to the health of users, staff and contractors of a fitness facility. Such failure might, potentially, constitute a breach of other national health and safety law.

The risk assessment shall allow for expected additional advice and guidance to be issued by other authorities, together with any advice or notices issued by other enforcing authorities.

4.3 Execution of risk assessment

The risk assessment shall be completed by a competent person who shall record the findings and actions, to include:

- identification of hazards or conditions which need to change in the event of an infectious outbreak;
- covering the risks posed by the layout of the fitness facility and the directions in which users move through the facility;
- audit of touch points before the fitness facility (re)opens after a period of closure, to reduce all contacts to the minimum;
- assessment of how the health of the users, staff and contractors need to be further protected and controlled to reduce potential harm during an infectious outbreak;
- assessment of what needs to be undertaken to control the increased risks.

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Each operator shall make its own assessment and implement the measures that they believe are necessary, based on:

- the layout of the premises;
- the size of the centre;
- the type of users;
- on practical considerations.

After the identification of the hazards and conditions in the fitness facility which may heighten the risk of infection to the users, staff and contractors, the assessment shall help decide on how likely it is that harm (infection) will occur. This is the level of risk which determines what needs to be done about reducing it. It is unlikely to fully eliminate all risk, but everything reasonably practicable shall be done to protect the users, staff, and contractors in the fitness facility from contracting an infection.

The results of the risk assessment relevant for staff shall be shared with all staff.

Guidance on undertaking a risk assessment is given in Annex A.

Operators shall undertake a thorough inspection of all systems and services as part of an initial check of operational readiness following a period of shutdown or prolonged closure.

NOTE 1 In the event of an infectious outbreak, fitness facilities can be instructed by national governments or public health officials to close at short notice and without the possibility of fully de-commissioning the services and systems within the fitness facility.

NOTE 2 A pre-reopening check can include the ventilation systems, water systems, especially in the control of water-borne infections such as legionella, and electrical installations before staff and users return to the facility.

4.4 Follow up on risk assessment

<https://standards.iteh.ai/catalog/standards/sist/371089ae-a529-4463-a011->

Regular reviews and evaluations of operational practice, whilst the infectious outbreak exists, may be necessary.

Each fitness centre shall ensure that management measures are understood and strictly adhered to.

5 Users, staff and contractors using the fitness facility

5.1 General

Users, staff, and contractors shall feel comfortable and confident that they are safe to be in the fitness facility, with their health and wellbeing being of paramount importance. Consideration and planning for the delivery of safe operations in the event of an infectious outbreak shall include the guidance given in the following paragraphs.

Hand wipes/sanitiser and cleaning towels will be on offer to all users, staff and contractors upon arrival and exit at the fitness facility. Alternatively, users, staff and contractors shall be directed to where they can thoroughly clean their hands.

5.2 Communication

5.2.1 Goal of communication

Clear communication to users, staff and contractors is critical to ensure that they take all reasonable measures to comply with physical distancing and hygiene measures (e.g., wiping-down, waste disposal) etc. before after and during their visit to the fitness facility.