



**SLOVENSKI STANDARD**  
**oSIST prEN 17229:2024**  
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**SIST EN 17229:2019**

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**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-Studios - Anforderungen an Studioausstattung und -betrieb - Operative und betriebliche Anforderungen

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

**Ta slovenski standard je istoveten z: prEN 17229**

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**DRAFT**  
**prEN 17229**

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

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**prEN 17229:2024 (E)****European foreword**

This document (prEN 17229:2024) 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.

This document will supersede EN 17229:2019 and EN 17229-2:2023.

prEN 17229:2024 includes the following significant technical changes with respect to EN 17229:2019 and EN 17229-2:2023:

- amendment of the scope to cover the supervision of users outside of the fitness club; the use of digital technologies for supervision; the addition of inclusion and accessibility standards; the extension of health and safety standards to include the security of users;
- alignment with CEN ISO/TR 20183;
- editorial amendments.

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## Introduction

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

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**prEN 17229:2024 (E)****1 Scope**

This document specifies the minimum requirements for the provision of physical exercise at fitness clubs.

This includes the operational, managerial, and supervision requirements in the delivery of both within and any externally related services offered by fitness clubs, together with the selection and positioning of exercise equipment, the essential skills required by fitness trainers, and any associated environmental and procedural requirements for safe physical exercising to take place.

This document is applicable to all publicly accessible fitness clubs where exercising in groups or individually takes place and is irrespective of the size of the club. It is intended to provide a safe and controlled environment for its users, including through the use of digital technologies.

This document is applicable to fitness clubs publicly available and open to user subscription or pay-as-you-go services. This document does not cover clubs that are exclusively secondary businesses and offered in addition or as a complement to their primary service.

NOTE In the event that the fitness club is expected to be accessible to people with special needs (e.g. people with a disability and/or impairments, minors, etc.), 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 54 (series), *Fire detection and fire alarm systems*

EN 957-6:2010+A1:2014, *Stationary training equipment — Part 6: Treadmills, additional specific safety requirements and test methods*

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

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 (IEC 62676-4)*

EN ISO 20957-1:2013, *Stationary training equipment — Part 1: General safety requirements and test methods (ISO 20957-1)*

EN ISO 20957-2, *Stationary training equipment — Part 2: Strength training equipment, additional specific safety requirements and test methods (ISO 20957-2)*

EN ISO 20957-4, *Stationary training equipment — Part 4: Strength training benches, additional specific safety requirements and test methods (ISO 20957-4)*



EN ISO 20957-5, *Stationary training equipment — Part 5: Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods (ISO 20957-5)*

EN ISO 20957-7, *Stationary training equipment — Part 7: Rowing equipment, additional specific safety requirements and test methods (ISO 20957-7)*

EN ISO 20957-8, *Stationary training equipment — Part 8: Steppers, stairclimbers and climbers - Additional specific safety requirements and test methods (ISO 20957-8)*

EN ISO 20957-9, *Stationary training equipment — Part 9: Elliptical trainers, additional specific safety requirements and test methods (ISO 20957-9)*

EN ISO 20957-10, *Stationary training equipment — Part 10: Exercise bicycles with a fixed wheel or without freewheel - Additional specific safety requirements and test methods (ISO 20957-10)*

ISO 30061, *Emergency lighting*

### 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:

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

— IEC Electropedia: available at <https://www.electropedia.org/>

#### 3.1

##### **fitness club**

publicly accessible place where exercise as well as diverse physical fitness activities are provided to individuals and groups, which can involve equipment-based strength and cardiovascular training

Note 1 to entry: A fitness club 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, or in a supervised space.

Note 2 to entry: Physical fitness activities delivered by the fitness club can take place outside of the facility.

Note 3 to entry: Physical fitness activities can be delivered by staff physically or by remote instruction.

#### 3.2

##### **safe**

state of being protected from recognized hazards that are likely to cause harm

#### 3.3

##### **safety**

freedom from unacceptable risk, but not *safe*

Note 1 to entry: Safety is achieved by reducing risk to a *tolerable* level.

Note 2 to entry: There is no complete absence of risk. In turn, there is no product or system that is without some risk which shall be reduced to a *tolerable risk*.

**prEN 17229:2024 (E)****3.4****risk**

combination of the probability of occurrence of harm and the severity of that harm

Note 1 to entry: The probability of occurrence includes the exposure to a hazardous situation, the occurrence of a hazardous event, and the possibility to limit the harm.

**3.5****harm**

injury or damage to the health of people or damage to property or the environment

**3.6****hazard**

potential source of *harm*

**3.7****hazardous event**

event to result in *harm*

**3.8****hazardous situation**

circumstances in which people, property or the environment are exposed to one or more hazards

**3.9****tolerable risk****acceptable risk**

*risk* which is acceptable in a given context based on the current values of society

Note 1 to entry: The terms “acceptable risk” and “tolerable risk” are synonymous.

**3.10****risk reduction measure****protective measure**

action or means of eliminating *hazards* or reducing *risk*

Note 1 to entry: Risk reduction measures or protective measure could include, but are not limited to, eliminating hazards, guarding against hazards, use of *protective devices*, and reducing the likelihood of *hazardous events*.

**3.11****residual risk**

remaining *risk* after *risk reduction measures* or *protective measures* have been taken

Note 1 to entry: Following risk reduction measures, the residual risk should be less than *tolerable risk*, thus providing *safety*.

**3.12****risk analysis**

systematic use of available information to identify *hazards* and to eliminate *risk*

**3.13****risk evaluation**

procedure based on the *risk analysis* to determine whether a *tolerable risk* has been achieved

**3.14****risk assessment**

overall process comprising a *risk analysis* and *risk evaluation*

Note 1 to entry: Degree of exposure to danger or *harm* comprised of the potential severity of the harm and the probability of that harm occurring. In determining the probability of occurrence of harm, the exposure of a *user* to a *hazardous situation*, the possibility of a *hazardous event*, and the potential means of limiting the harm should all be considered.

**3.15****intended use**

use of a product or system in accordance with the information provided by the *supplier*

**3.16****reasonably foreseeable misuse**

use of a product or system in a manner not intended by the supplier where that manner of use could be anticipated based on predictable human behaviour

Note 1 to entry: Also referred to as “foreseeable misuse”.

Note 2 to entry: In evaluating readily predictable human behaviour, all relevant demographics should be considered, including, but not limited to elderly, children, and persons with disabilities.

Note 3 to entry: In the context of consumer safety, “reasonably foreseeable use” is often used to encompass both “*intended use*” and “*reasonably foreseeable misuse*”.

**3.17****user**

user of a product or service in a *fitness club*

Note 1 to entry: A user of a fitness club can include a member, pay-as-you-go visitor, guest, or casual user.

Note 2 to entry: For a child under the age of consent, the user may be a parent, legal guardian, or qualified caregiver. For minors and persons under guardianship permission to be a user may be granted by a parent or legal guardian.

**3.18****inspection**

act of identifying *hazards* or *hazardous situations*

Note 1 to entry: Inspection should include, but not be limited to consideration of hazards that can emerge during or as a result of intended operation, *reasonably foreseeable misuse*, vandalism, aging of the product/environment, and weather conditions.

**3.19****warning**

notice or communication to indicate a potentially *hazardous situation* that if not avoided, may result in *risk*

**3.20****as low as reasonably practical****ALARP**

determination of the level of *residual risk* after steps of hazard reduction have taken place

Note 1 to entry: For the *risk* to be ALARP, it shall be possible to demonstrate that the cost involved in reducing the risk further would be grossly disproportionate to the benefit gained.

**prEN 17229:2024 (E)****3.21****personal security**

planned protection of people in a fitness club

Note 1 to entry: Protection plan can consider threats such as theft, physical violence, verbal abuse, intimidating activities, or digital interference.

**3.22****staff**

people working in the fitness club with an employment contract

**3.23****staffed**

opening time or opening hours during which staff are physically present and can see the exercising areas in the club

**3.24****unstaffed**

opening time or opening hours during which no staff are physically present in the club

**3.25****unstaffed area**

area in the club which is not visible if not specially visited

**3.26****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”]

**3.27****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

**3.28****in club supervision by staff**

supervision of a fitness club by a competent person(s) who has the main responsibility for the operations and who is physically present during the use of the fitness club by users, staff and/or contractors

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

**3.29****remote supervision**

supervision of a fitness club by a surveillance system operated by a competent person(s) with the main responsibility of continuous monitoring of the fitness club's use by users, staff and/or contractors

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

**3.30****unstaffed**

when a fitness club is without in club or remote supervision by staff and in use by users, staff and/or contractors

**3.31****skill**

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

**3.32****qualification**

official record (certificate, diploma) of achievement which recognizes 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]

**3.33****surveillance system**

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

**3.34****surveillance system**

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

**3.35****alarm**

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

**3.36****incident**

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

**3.37****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’.]

**3.38****fitness trainers**

competent person providing fitness instruction

**3.39****supervision**

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

**prEN 17229:2024 (E)****3.40****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 club/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 inside or outside of a fitness club.

**3.41****group exercise class**

service provided by a fitness club 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, other digital technologies, or illustration.

**3.42****instruction program**

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

**3.43****remote instruction**

online communication to instruct, motivate and support members in a written, visual, digital, 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 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 trainers;
- c) all types of group classes which are streamed live online where members can follow classes real-time via a fitness club;
- d) instruction between a personal trainer and (a) user(s) where they work together, at the same time, with a live connection.

**3.44****low risk adult**

person with minor, stable physical limitations or two or less coronary heart disease risk factors

[SOURCE: Irwin and Morgan Risk Stratification Tool, National Quality Assurance Framework and American Council of Sport Medicine]

**3.45****medium risk adult**

person with significant physical limitation related to chronic disease or disability

[SOURCE: Irwin and Morgan Risk Stratification Tool, National Quality Assurance Framework and American Council of Sport Medicine]