



International  
Standard

**ISO 20957-7**

**Stationary training equipment —  
Part 7:  
Rowing equipment — Additional  
specific safety requirements and  
test methods**

*Appareils d'entraînement fixes —*

*Partie 7: Rameurs — Exigences spécifiques de sécurité et  
méthodes d'essai supplémentaires*

[ISO 20957-7:2024](https://standards.iteh.ai/standards/iso/12965951-01bb-40c9-ad76-e1ad7f9d2aa9/iso-20957-7-2024)

<https://standards.iteh.ai/catalog/standards/iso/12965951-01bb-40c9-ad76-e1ad7f9d2aa9/iso-20957-7-2024>

**Third edition  
2024-09**

iTeh Standards  
(<https://standards.iteh.ai>)  
Document Preview

[ISO 20957-7:2024](https://standards.iteh.ai/catalog/standards/iso/12965951-01bb-40c9-ad76-e1ad7f9d2aa9/iso-20957-7-2024)

<https://standards.iteh.ai/catalog/standards/iso/12965951-01bb-40c9-ad76-e1ad7f9d2aa9/iso-20957-7-2024>



**COPYRIGHT PROTECTED DOCUMENT**

© ISO 2024

All rights reserved. Unless otherwise specified, or required in the context of its implementation, no part of this publication may be reproduced or utilized otherwise in any form or by any means, electronic or mechanical, including photocopying, or posting on the internet or an intranet, without prior written permission. Permission can be requested from either ISO at the address below or ISO's member body in the country of the requester.

ISO copyright office  
CP 401 • Ch. de Blandonnet 8  
CH-1214 Vernier, Geneva  
Phone: +41 22 749 01 11  
Email: [copyright@iso.org](mailto:copyright@iso.org)  
Website: [www.iso.org](http://www.iso.org)

Published in Switzerland

**Contents**

Page

<b>Foreword</b> .....	<b>iv</b>
<b>1 Scope</b> .....	<b>1</b>
<b>2 Normative references</b> .....	<b>1</b>
<b>3 Terms and definitions</b> .....	<b>1</b>
<b>4 Classification</b> .....	<b>3</b>
4.1 General.....	3
4.2 Accuracy classes.....	3
4.3 Usage classes.....	4
<b>5 Safety requirements</b> .....	<b>4</b>
5.1 General.....	4
5.2 External construction.....	4
5.2.1 Squeeze and shear points within the accessible area.....	4
5.2.2 Transmission elements and rotating parts.....	4
5.2.3 Temperature rise of accessible surfaces.....	4
5.2.4 Seat.....	4
5.3 Intrinsic loading.....	4
5.4 Handles.....	5
5.5 Load of ropes, belts, chains and their attachment components.....	5
5.6 Foot strap.....	5
5.7 Foot support.....	5
5.8 Endurance.....	5
5.9 Stability.....	6
5.10 Additional classified requirements.....	6
5.11 Additional instructions for use.....	6
<b>6 Test methods</b> .....	<b>6</b>
6.1 General.....	6
6.1.1 Dimensional check.....	6
6.1.2 Visual examination.....	6
6.1.3 Tactile examination.....	6
6.1.4 Performance test.....	6
6.1.5 Weighing test.....	6
6.1.6 Load test of ropes, belts, chains and attachment components.....	7
6.2 Testing of seat.....	7
6.3 Testing of temperature rise.....	7
6.4 Testing of intrinsic loading.....	7
6.5 Testing of foot strap.....	7
6.6 Testing of foot support.....	7
6.7 Endurance testing.....	8
6.8 Testing of stability.....	8
6.9 Testing of accuracy of the power readouts.....	8
6.9.1 General.....	8
6.9.2 Rowing equipment using speed-independent resistance system.....	9
6.9.3 Rowing equipment using speed-dependent resistance system.....	9
<b>7 Test report</b> .....	<b>10</b>

## Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular, the different approval criteria needed for the different types of ISO document should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2 (see [www.iso.org/directives](http://www.iso.org/directives)).

ISO draws attention to the possibility that the implementation of this document may involve the use of (a) patent(s). ISO takes no position concerning the evidence, validity or applicability of any claimed patent rights in respect thereof. As of the date of publication of this document, ISO had not received notice of (a) patent(s) which may be required to implement this document. However, implementers are cautioned that this may not represent the latest information, which may be obtained from the patent database available at [www.iso.org/patents](http://www.iso.org/patents). ISO shall not be held responsible for identifying any or all such patent rights.

Any trade name used in this document is information given for the convenience of users and does not constitute an endorsement.

For an explanation of the voluntary nature of standards, the meaning of ISO specific terms and expressions related to conformity assessment, as well as information about ISO's adherence to the World Trade Organization (WTO) principles in the Technical Barriers to Trade (TBT), see [www.iso.org/iso/foreword.html](http://www.iso.org/iso/foreword.html).

This document was prepared by Technical Committee ISO/TC 83, *Sports and other recreational facilities and equipment*, in collaboration with the European Committee for Standardization (CEN) Technical Committee CEN/TC 136, *Sports, playground and other recreational facilities and equipment*, in accordance with the Agreement on technical cooperation between ISO and CEN (Vienna Agreement).

This third edition cancels and replaces the second edition (ISO 20957-7:2020), which has been technically revised.

<https://standards.iteh.ai/catalog/standards/iso/12965951-01bb-40c9-ad76-e1ad7f9d2aa9/iso-20957-7-2024>

The main changes are as follows:

- referenced standards have been updated with year of publication;
- [Clause 4](#) has been specified and restructured;
- acceptance criteria have been updated for [5.6](#), [5.7](#) and [5.8](#);
- [5.10](#) “Additional classified requirements” has been added;
- [Clause 7](#) has been restructured.

A list of all parts in the ISO 20957 series can be found on the ISO website.

Any feedback or questions on this document should be directed to the user's national standards body. A complete listing of these bodies can be found at [www.iso.org/members.html](http://www.iso.org/members.html).

# Stationary training equipment —

## Part 7:

# Rowing equipment — Additional specific safety requirements and test methods

## 1 Scope

This document specifies safety requirements for rowing equipment, in addition to the general safety requirements of ISO 20957-1:2013.

This document is applicable to rowing type stationary training equipment, hereinafter referred to as rowing equipment, within the classes H, S and I and classes A, B and C regarding accuracy.

## 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.

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

## 3 Terms and definitions

For the purposes of this document, the terms and definitions given in ISO 20957-1:2013 and the following 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>

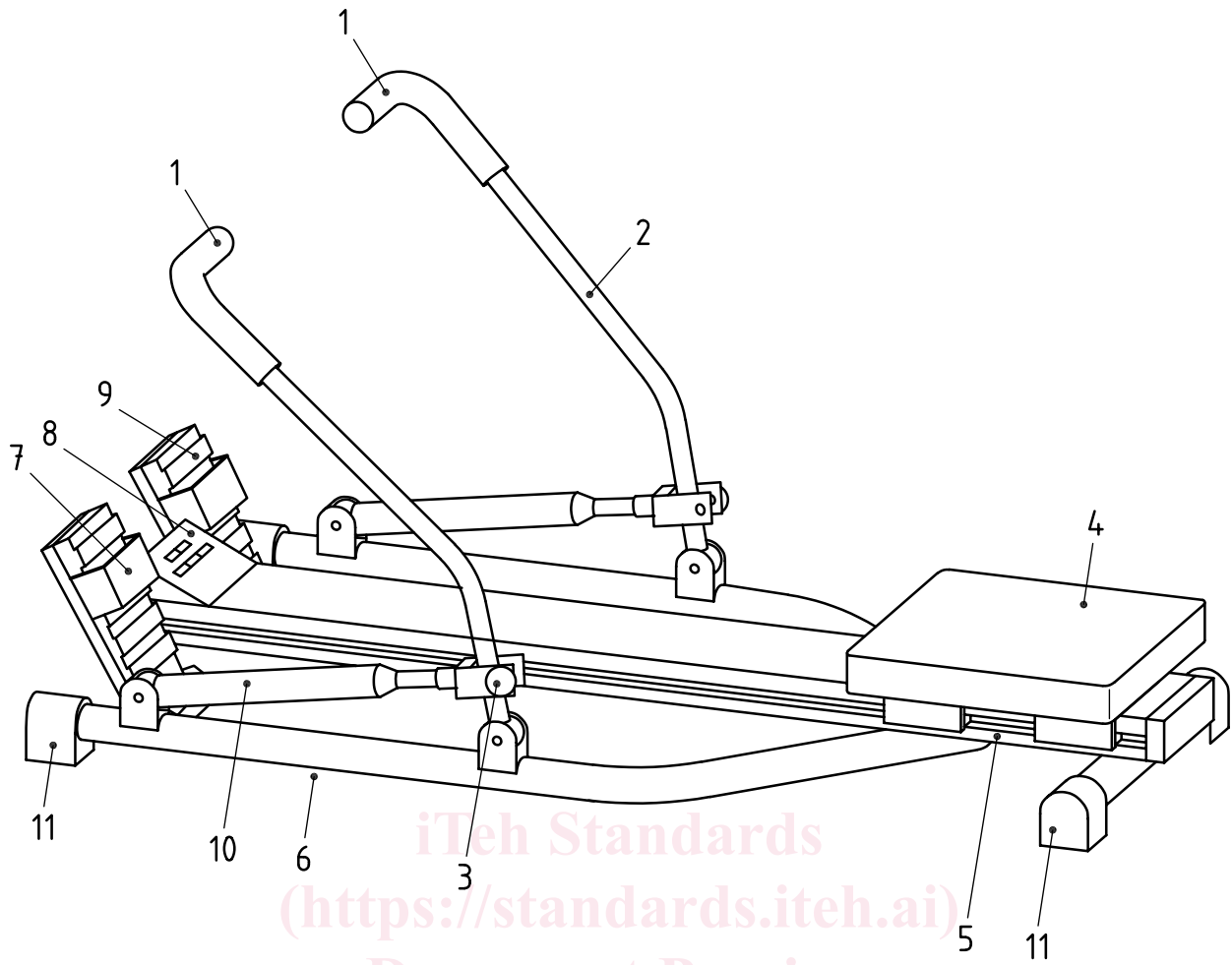
— IEC Electropedia: available at <https://www.electropedia.org/>

### 3.1

#### **rowing equipment**

stationary training equipment with a moving seat simulating a rowing-like motion

Note 1 to entry: See [Figures 1](#) and [2](#).



iTeh Standards  
 (https://standards.itih.ai)  
 Document Preview

**Key**

- |                         |                               |
|-------------------------|-------------------------------|
| 1 hand grip             | 7 foot-strap                  |
| 2 arm                   | 8 display                     |
| 3 resistance adjustment | 9 foot support                |
| 4 seat                  | 10 hydraulic/pneumatic piston |
| 5 rail                  | 11 base support               |
| 6 frame                 |                               |

**Figure 1 — Example of rowing equipment with hydraulic/pneumatic system**