

Stationary training equipment —

Part 1: General safety requirements and test methods

ICS 97.220.30

National foreword

This British Standard reproduces verbatim ISO 20957-1:2005 and implements it as the UK national standard.

The UK participation in its preparation was entrusted by Technical Committee SW/136, Sports, playground and other recreational equipment, to Subcommittee SW/136/4, Stationary training equipment, which has the responsibility to:

- aid enquirers to understand the text;
- present to the responsible international/European committee any enquiries on the interpretation, or proposals for change, and keep UK interests informed;
- monitor related international and European developments and promulgate them in the UK.

A list of organizations represented on this subcommittee can be obtained on request to its secretary.

Cross-references

The British Standards which implement international publications referred to in this document may be found in the *BSI Catalogue* under the section entitled “International Standards Correspondence Index”, or by using the “Search” facility of the *BSI Electronic Catalogue* or of British Standards Online.

This publication does not purport to include all the necessary provisions of a contract. Users are responsible for its correct application.

Compliance with a British Standard does not of itself confer immunity from legal obligations.

Summary of pages

This document comprises a front cover, an inside front cover, the ISO title page, pages ii to v, a blank page, pages 1 to 12, an inside back cover and a back cover.

The BSI copyright notice displayed in this document indicates when the document was last issued.

This British Standard was published under the authority of the Standards Policy and Strategy Committee on 30 January 2006

© BSI 30 January 2006

ISBN 0 580 47084 9

Amendments issued since publication

Amd. No.	Date	Comments

INTERNATIONAL STANDARD

ISO
20957-1

first edition
2005-12-15

Stationary training equipment — **Part 1:** **General safety requirements and test** **methods**

Équipement d'entraînement fixe —

Partie 1: Exigences générales de sécurité et méthodes d'essai



Reference number
ISO 20957-1:2005(E)

AVA **Documents**
Document Sharing Hub

Contents

Page

Foreword.....	iv
Introduction	v
1 Scope	1
2 Normative references	1
3 Terms and definitions.....	2
4 Classification.....	3
4.1 General.....	3
4.2 Types.....	3
4.3 Accuracy classes.....	3
4.4 Usage classes	3
5 Safety requirements	4
5.1 Stability of free-standing equipment	4
5.2 External construction	4
5.3 Equipment access and escape.....	5
5.4 Adjustment and locking mechanisms	5
5.5 Ropes, belts and chains.....	5
5.6 Pull-in points	6
5.7 Gripping positions	7
5.8 Electrical safety.....	7
6 Test methods.....	7
6.1 General.....	7
6.2 Test conditions	7
6.3 Stability test.....	8
6.4 Determination of breaking load of ropes, belts and chains	8
6.5 Testing of flywheels.....	8
6.6 Determination of the removing force of applied handgrips	9
6.7 Testing of access/escape	9
6.8 Testing of endurance load	9
6.9 Test report	9
7 Care and maintenance.....	10
8 Assembly instructions	10
9 General instructions for use.....	10
10 Marking	11
Bibliography	12

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.

International Standards are drafted in accordance with the rules given in the ISO/IEC Directives, Part 2.

The main task of technical committees is to prepare International Standards. Draft International Standards adopted by the technical committees are circulated to the member bodies for voting. Publication as an International Standard requires approval by at least 75 % of the member bodies casting a vote.

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. ISO shall not be held responsible for identifying any or all such patent rights.

ISO 20957-1 was prepared by Technical Committee ISO/TC 83, *Sports and recreational equipment*.

ISO 20957 consists of the following parts, under the general title *Stationary training equipment*:

- *Part 1: General safety requirements and test methods*
- *Part 2: Strength training equipment, additional specific safety requirements and test methods*
- *Part 4: Strength training benches, additional specific safety requirements and test methods*
- *Part 5: Pedal crank training equipment, additional specific safety requirements and test methods*
- *Part 6: Treadmills, additional specific safety requirements and test methods*
- *Part 7: Rowing machines, additional specific safety requirements and test methods*
- *Part 8: Steppers, stairclimbers and climbers — Additional specific safety requirements and test methods*
- *Part 9: Elliptical trainers, additional specific safety requirements and test methods*

Introduction

This part of ISO 20957 specifies safety requirements that are generally applicable to stationary training equipment. For specific types of equipment these requirements are supplemented or modified by the requirements of ISO 20957-2, ISO 20957-4, ISO 20957-5, ISO 20957-6, ISO 20957-7, ISO 20957-8 and ISO 20957-9.

Where relevant additional parts exist, this part of ISO 20957 should not be used alone. Special care is required in applying this part alone to equipment for which no specific standard has yet been published.

If the user of the equipment has special needs (medical rehabilitation, disability) the owner (the person with legal responsibility) is required to conduct a specific risk assessment to determine safe use and if necessary to insure trained staff are available to supervise to activity.