

STN P	Návod na bezpečnú prevádzku fitness centier počas vypuknutia infekcie	STN P CEN/TS 17676 94 0533
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Guidelines for the safe operation of fitness centres during an infectious outbreak

Táto norma obsahuje anglickú verziu európskej normy.
This standard includes the English version of the European Standard.

Táto norma bola oznámená vo Vestníku ÚNMS SR č. 01/23

Táto predbežná slovenská technická norma je určená na overenie. Prípadné pripomienky pošlite do septembra 2024 Úradu pre normalizáciu, metrológiu a skúšobníctvo Slovenskej republiky.

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English Version

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

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

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

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

The period of validity of this CEN/TS is limited initially to three years. After two years the members of CEN will be requested to submit their comments, particularly on the question whether the CEN/TS can be converted into a European Standard.

CEN members are required to announce the existence of this CEN/TS in the same way as for an EN and to make the CEN/TS available promptly at national level in an appropriate form. It is permissible to keep conflicting national standards in force (in parallel to the CEN/TS) until the final decision about the possible conversion of the CEN/TS into an EN is reached.

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CEN/TS 17676:2022 (E)

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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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Any feedback and questions on this document should be directed to the users’ national standards body. A complete listing of these bodies can be found on the CEN website.

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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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