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Irish Standard
I.S. EN ISO 20957-5:2016

Stationary training equipment - Part 5: Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods

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National Foreword

I.S. EN ISO 20957-5:2016 is the adopted Irish version of the European Document EN ISO 20957-5:2016, Stationary training equipment - Part 5: Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods

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

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EUROPEAN STANDARD

NORME EUROPÉENNE

EUROPÄISCHE NORM

EN ISO 20957-5

December 2016

ICS 97.220.30

Supersedes EN 957-5:2009

English Version

Stationary training equipment - Part 5: Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods (ISO 20957-5:2016)

Équipement d'entraînement fixe - Partie 5: Bicyclettes fixes d'exercice et équipements d'entraînement à manivelles de la partie supérieure du corps - Exigences spécifiques de sécurité et méthodes d'essai supplémentaires (ISO 20957-5:2016)

Stationäre Trainingsgeräte - Teil 5: Stationäre Trainingsfahrräder und Kurbel-Trainingsgeräte für den Oberkörper, zusätzliche besondere sicherheitstechnische Anforderungen und Prüfverfahren (ISO 20957-5:2016)

This European Standard was approved by CEN on 6 November 2016.

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Ref. No. EN ISO 20957-5:2016 E

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European foreword

This document (EN ISO 20957-5:2016) has been prepared by Technical Committee ISO/TC 83 "Sports and other recreational facilities and equipment" in collaboration with Technical Committee CEN/TC 136 “Sports, playground and other recreational facilities and equipment” the secretariat of which is held by DIN.

This European Standard shall be given the status of a national standard, either by publication of an identical text or by endorsement, at the latest by June 2017, and conflicting national standards shall be withdrawn at the latest by June 2017.

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

This document supersedes EN 957-5:2009.

This document has been prepared under a mandate given to CEN by the European Commission and the European Free Trade Association.

According to the CEN-CENELEC Internal Regulations, the national standards organizations of the following countries are bound to implement this European Standard: Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, Former Yugoslav Republic of Macedonia, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey and the United Kingdom.

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I.S. EN ISO 20957-5:2016

INTERNATIONAL STANDARD

ISO 20957-5

Second edition
2016-12-01

Stationary training equipment —

Part 5: Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods

Équipement d'entraînement fixe —

Partie 5: Bicyclettes fixes d'exercice et équipements d'entraînement à manivelles de la partie supérieure du corps — Exigences spécifiques de sécurité et méthodes d'essai supplémentaires

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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 documents 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).

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For an explanation on 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 the following URL: www.iso.org/iso/foreword.html.

ISO 20957-5 was prepared by the European Committee Standardization (CEN) Technical Committee CEN/TC 136, *Sports, playground and other recreational facilities and equipment*, in collaboration with ISO Technical Committee TC 83, *Sports and other recreational facilities and equipment*, in accordance with the agreement on technical cooperation between ISO and CEN (Vienna Agreement).

This second edition cancels and replaces the first edition (ISO 20957-5:2005), which has been technically revised with the following changes:

— publication as an EN ISO;

— formulation aligned with ISO 20957-1;

— Clause 5 "Safety requirements" specified and restructured;

— Clause 6 "Test methods" specified and restructured;

— normative references updated.

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

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Introduction

This document concerns the safety of crank training equipment. It amends and supplements ISO 20957-1. The requirements of this document take priority over those in the general standard.

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Stationary training equipment —

Part 5: Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods

1 Scope

This document specifies safety requirements for stationary exercise bicycles and upper body crank training equipment in addition to the general safety requirements of ISO 20957-1.

This document is applicable to stationary training equipment type stationary exercise bicycles and upper body crank training equipment (type 5) as defined in Clause 3 within the classes S, H, I and A, B, C according to ISO 20957-1.

Any attachment provided with the stationary exercise bicycles and upper body crank training equipment for the performance of additional exercises are subject to the requirements of ISO 20957-1.

This document is not applicable to roller stands as they cannot be made safe in a reasonable way.

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 4210-8:2014, *Cycles — Safety requirements for bicycles — Part 8: Pedal and drive system test methods*

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

EN 71-1, *Safety of toys — Part 1: Mechanical and physical properties*

3 Terms and definitions

For the purposes of this document the terms and definitions given in ISO 20957-1 and the following apply.

ISO and IEC maintain terminological databases for use in standardization at the following addresses:

— IEC Electropedia: available at http://www.electropedia.org/

— ISO Online browsing platform: available at http://www.iso.org/obp

3.1
crank training equipment
stationary apparatus on which work is carried out by turning a crank mechanism either by using the lower body or the upper body or both

3.2
freewheel
mechanism which is designed to disengage the flywheel from the crank mechanism in one direction

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