



National Standards Authority of Ireland

IRISH STANDARD

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ICS 97.220.30

**STATIONARY TRAINING EQUIPMENT - PART  
7: ROWING MACHINES, ADDITIONAL  
SPECIFIC SAFETY REQUIREMENTS AND  
TEST METHODS**

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English version

## Stationary training equipment - Part 7: Rowing machines, additional specific safety requirements and test methods

Appareils d'entraînement fixes - Partie 7: Rameurs,  
prescriptions spécifiques de sécurité et méthodes d'essai  
supplémentaires

Stationäre Trainingsgeräte - Teil 7: Rudergeräte,  
zusätzliche besondere sicherheitstechnische  
Anforderungen und Prüfverfahren

This European Standard was approved by CEN on 6 June 1998.

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This European Standard exists in three official versions (English, French, German). A version in any other language made by translation under the responsibility of a CEN member into its own language and notified to the Central Secretariat has the same status as the official versions.

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## Foreword

This European Standard has been prepared by Technical Committee CEN/TC 136 "Sports, playground and other recreational 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of an identical text or by endorsement, at the latest by December 1998, and conflicting national standards shall be withdrawn at the latest by December 1998.

This standard EN 957 "Stationary training equipment" consists of the following parts:

- 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: Tread mills, 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

According to the CEN/CENELEC Internal Regulations, the national standards organizations of the following countries are bound to implement this European Standard: Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Luxembourg, Netherlands, Norway, Portugal, Spain, Sweden, Switzerland and the United Kingdom.

## Introduction

This part of EN 957 concerns the safety of rowing machines.

It amends and supplements EN 957-1. The requirements of this specific standard take priority over those in the general standard.

## 1 Scope

This part of EN 957 specifies safety requirements for rowing machines in addition to the general safety requirements of EN 957-1 and should be read in conjunction with it.

This part of EN 957 is applicable to stationary training equipment type rowing machines (type 7), hereinafter referred to as rowing machines, within the classes S and H and class A regarding accuracy.

If accessories are provided with the rowing machine for the performance of additional exercises these are subject to the requirements of EN 957-1 and any other specific requirements of the appropriate part of this standard.

## 2 Normative references

This European Standard incorporates by dated or undated reference, provisions from other publications. These normative references are cited at the appropriate places in the text and the publications are listed hereafter. For dated references, subsequent amendments to or revisions of any of these publications apply to this European Standard only when incorporated in it by amendment or revision. For undated references the latest edition of the publication referred to applies.

EN 71-1

Safety of toys – Mechanical and physical properties

EN 547-3

Safety of machinery – Human body measurements – Part 3: Anthropometric data

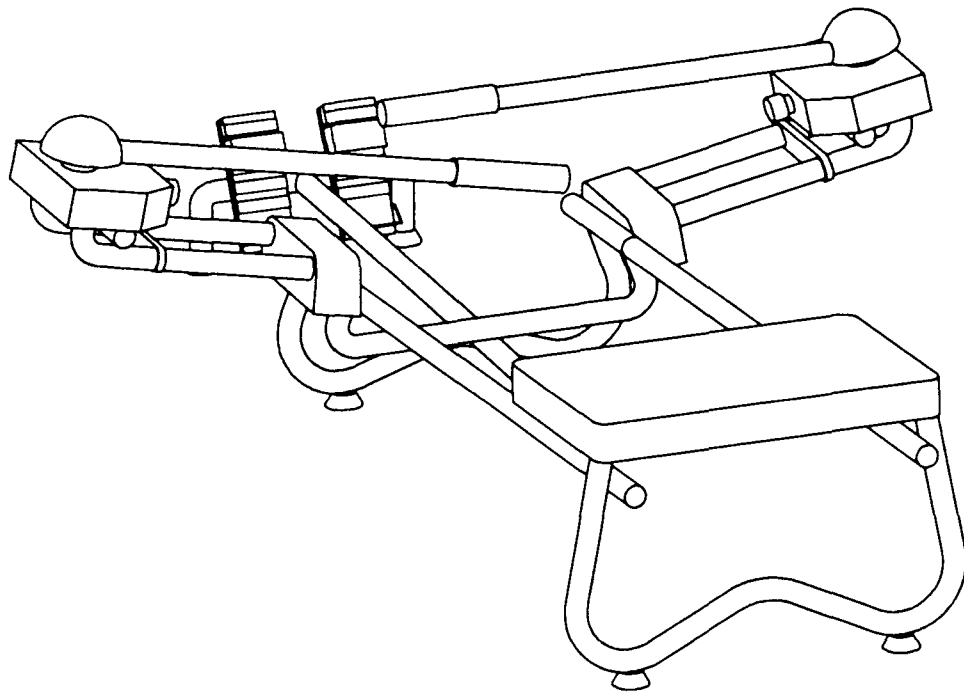
EN 957-1 : 1996

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

## 3 Definitions

For the purposes of this standard the definitions of EN 957-1 and the following apply:

**rowing machine:** Stationary training equipment with a moving seat simulating a motion like rowing (see figures 1 to 3).



**Figure 1: Example of a rowing machine with sculling system**

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