AS ISO 20957.2:2021
ISO 20957-2:2020

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# Stationary training equipment

## Part 2: Strength training equipment, additional specific safety requirements and test methods

AS ISO 20957.2:2021

This Australian Standard ® was prepared by CS-101, Sports and recreational facilities and equipment. It was approved on behalf of the Council of Standards Australia on 08 October 2021.

This Standard was published on 29 October 2021.

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This Standard was issued in draft form for comment as DR AS ISO 20957.2:2021.



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ISBN 978 1 76113 572 9

# Stationary training equipment

## Part 2: Strength training equipment, additional specific safety requirements and test methods

First published as AS ISO 20957.2:2021.

# Preface

This Standard was prepared by the Standards Australia Committee CS-101, Sports and recreational facilities and equipment.

The objective of this document is to specify additional safety requirements for stationary strength training equipment.

This document is intended to be read in conjunction with the general safety requirements of AS 20957.1:2021.

This document is applicable to stationary training equipment type strength training equipment with stacked weight resistance or other means of resistance, such as elastic cords, hydraulic, pneumatic, electrical, magnetic, springs and externally loaded weights (type 2) (hereinafter referred to as training equipment) with the classes H, S and I according to AS 20957.1:2021.

NOTE Free-weight barbell racks are subject to the requirements of AS ISO 20957.4:2021 and AS 20957.1:2021.

This Standard is identical with, and has been reproduced from, ISO 20957-2:2020, *Stationary training equipment — Part 2: Strength training equipment, additional specific safety requirements and test methods*.

As this document has been reproduced from an International Standard, a full point substitutes for a comma when referring to a decimal marker.

Australian or Australian/New Zealand Standards that are identical adoptions of international normative references may be used interchangeably. Refer to the online catalogue for information on specific Standards.

The terms “normative” and “informative” are used in Standards to define the application of the appendices or annexes to which they apply. A “normative” appendix or annex is an integral part of a Standard, whereas an “informative” appendix or annex is only for information and guidance.

# Contents

# 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).

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. Details of any patent rights identified during the development of the document will be in the Introduction and/or on the ISO list of patent declarations received (see www.iso.org/patents).

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.

This document was prepared by Technical Committee ISO/TC 83, *Sports and other recreational facilities and equipment*, Subcommittee, 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 second edition cancels and replaces the first edition (ISO 20957-2:2005), which has been technically revised.

The main changes compared to the previous edition are as follows:

— the formulation has been aligned with ISO 20957-1;

— Clause 3 has been updated;

— Clause 5 has been specified and restructured;

— Clause 6 has been specified and restructured;

— additional requirements for externally loaded equipment have been added to Clauses 5 and 6.

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.

# Australian Standard®

## Stationary training equipment

## Part 2: Strength training equipment, additional specific safety requirements and test methods

## 1 Scope

This document specifies additional safety requirements for stationary strength training equipment.

This document is intended to be read in conjunction with the general safety requirements of ISO 20957-1.

This document is applicable to stationary training equipment type strength training equipment with stacked weight resistance or other means of resistance, such as elastic cords, hydraulic, pneumatic, electrical, magnetic, springs and externally loaded weights (type 2) (hereinafter referred to as training equipment) with the classes H, S and I according to ISO 20957-1.

NOTE Free-weight barbell racks are subject to the requirements of ISO 20957-4 and ISO 20957-1.

## 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 12100, *Safety of machinery — General principles for design — Risk assessment and risk reduction*

ISO 20957-1, *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 and the following apply.

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

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

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

**3.1**
**selectorized equipment**
strength training equipment where the resistance means is a load that is an integral part of the device that can be varied by the user without adding or removing components to and from the equipment

Note 1 to entry: An example of equipment where this component is relevant is shown in Figure 1.