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Équipement d'entraînement fixe - Partie 10: Bicyclettes d'exercice avec une roue fixe ou sans roue libre - Exigences spécifiques de sécurité et méthodes d'essai supplémentaires (ISO 20957-10:2017)	Stationäre Trainingsgeräte - Teil 10: Trainingsfahrräder mit starrem Antrieb oder ohne Freilauf - Zusätzliche besondere sicherheitstechnische Anforderungen und Prüfverfahren (ISO 20957- 10:2017)

This European Standard was approved by CEN on 9 October 2017.

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EUROPEAN COMMITTEE FOR STANDARDIZATION COMITÉ EUROPÉEN DE NORMALISATION EUROPÄISCHES KOMITEE FÜR NORMUNG

CEN-CENELEC Management Centre: Rue de la Science 23, B-1040 Brussels

European foreword

This document (EN ISO 20957-10:2017) has been prepared by Technical Committee ISO/76 3 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of an identical text or by endorsement, at the latest by June 2014 and conflicting national standards shall be withdrawn at the latest by June 2018.

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

This document supersedes EN 957-10:2005.

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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, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey and the United Kingdom.

Endorsement notice

The text of ISO 20957-10:2017 has been approved by CEN as EN ISO 20957-10:2017 without any modification.

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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 ut 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 paternational organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (EC) on all matters of electrotechnical standardization.

The procedures used to develop this document and those mended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular he different approval criteria needed for the different types of ISO documents should be noted **Wh**'s 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 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 the following URL: www.iso.org/iso/foreword.html.

ISO 20957-10 was prepared by the European Committee for 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 20957-10:2007), which has been technically revised.

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

- the Scope has been simplified;
- the formulation has been aligned with ISO 20957-1;
- <u>Clause 5</u> has been specified and restructured;
- <u>Clause 6</u> has been specified and restructured;
- the Normative references have been updated.

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

Stationary training equipment —

Part 10: Exercise bicycles with a fixed wheel or wighter freewheel Additional specific safety requirement

Additional specific safety requirements and test methods 1 Scope This document specifies safety requirements for exercise bicycles with a fixed wheel or without freewheel that have an inercast = 0,6 kg·m². The requirements are in addition to the general safety requirements of ISO 209571 with which this document is intended to be read in conjunction requirements of ISO 209571, with which this document is intended to be read in conjunction.

Any attachment provided with the exercise bicycle with a fixed wheel or without freewheel for the performance of additional exercises is subject to the requirements of 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 13732-1:2006, Ergonomics of the thermal environment — Methods for the assessment of human responses to contact with surfaces — Part 1: Hot surfaces

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 <u>http://www.iso.org/obp</u>

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

3.1

flywheel

rotating mass designed to create inertia

3.2

freewheel

mechanism which is designed to disengage the *flywheel* (3.1) from the pedal mechanism in one direction

3.3

seat pillar

connection between the frame and the seat provided to adjust the height of the seat

3.4

seat tube

part of the frame where the seat pillar (3.3) is inserted

3.5

handlebar stem

Increase potentially hazardous elements 3.9 transmission guard component used to prevent acc connection between the frame and the handlebar provided to adjust the height of the handlebar

Classification 4

The usage classes according to ISO 20957-1 apply. Figure 1 shows an example of a training equipment with a fixed wheel or without freewheel.



Key

1 handlebar

- 2 handlebar adjustment
- 3 resistance adjustment
- 4 emergency brake
- 5 resistance system (brake)
- 6 flywheel
- 7 seat
- 8 seat pillar

- 9 seat adjustment
- 10 seat tube
- 11 pedal crank
- 12 pedal
- 13 transmission guard
- 14 frame
- 15 display (if provided)
- Figure 1 Example of an exercise bicycle with a fixed wheel or without freewheel

5 Safety requirements

5.1 External construction

5.1.1 Transmission elements, rotating parts, squeeze and shear points

Training equipment where the pedal cranks have a greater diameter than the housing shall have a distance between the pedal cranks and the stationary parts of the construction of ≥ 10 mm. This requirement does not apply if the housing has a greater diameter than the pedal crank.

Transmission elements shall be covered in accordance with ISO 12100. All other parts shall be tested with the test finger in accordance with ISO 20957-1. The test finger shall not become entrapped or come into contact with moving parts which do not have a smooth surface. The radius of the edge of the

flywheel shall be $\geq 2,5$ mm. The edges of the pedals shall be free of burrs, rounded or protected in some other way.

 Image: Second Structure of accessible surfaces

 Accessible surfaces of the training equipment shall not have a temperature >65 °C OPES. COMPLETE: 1000 Complete Structure St

During the tests of the seat pillar, the training equipment shall not tip over. The clamped seat pillar shall not slip by more than 5 mm into the seat tube during the test. After the test, the training equipment shall not be broken and shall still function as intended by the manufacturer.

5.2.2 Handlebar

The handlebar shall be tested with a vertical load of 1,5 times the maximum user's body mass specified in the user's manual or 1 500 N, whichever is greater.

The same hand lebar shall then be tested with a horizontal load. The load shall be 0,5 times the maximum body mass as specified in the user's manual or 500 N, whichever is greater, applied horizontally in a forward direction.

After the test, the training equipment shall not be broken and shall still function as intended by the manufacturer.

Test in accordance with 6.5.

5.2.3 Pedal

The pedals shall withstand a load of 2,5 times the maximum user's body mass as specified in the user's manual or 2 500 N, whichever is greater. Test in accordance with <u>6.8.</u>

After the test, the training equipment shall not be broken and shall still function as intended by the manufacturer.

5.3 Seat pillar adjustment

5.3.1 General

The height and the horizontal position, if applicable, of the seat shall be adjustable without a tool for class S training equipment.

For class H training equipment, if a tool is required to adjust the seat height, it shall be provided by the manufacturer.

5.3.2 **Insertion depth**

The seat pillar shall have a permanent mark indicating the minimum insertion depth of at least 1,5 times the cross-section reference dimension (e.g. diameter or longest diagonal use of a rectangular troe) into the seat tube. The mark is not required if the minimum insertion depth is given by the destable

If the clamping mechanism of the horizontal adjustment becomes loose the set shall remain attached and support the user. Test in accordance with 6.1.3. 5.4 Handlebar 5.4.1 Handlebar stem adjustment

The handlebar stem shall be adjustable or different grip positions shall be possible.

If a tool is required to adjust the handlebar stem, it shall be provided by the manufacturer.

5.4.2 **Insertion depth**

The handlebar stem shall have a permanent mark indicating the minimum insertion depth of at least 1,5 times the cross-section reference dimension (e.g. diameter or longest diagonal use of a rectangular tube) into the frame. The mark is not required if the minimum insertion depth is given by the design.

Test in accordance with 6.1.1 and 6.1.2.

If the clamping mechanism of the horizontal adjustment becomes loose, the handlebar shall remain attached and support the user.

Test in accordance with 6.1.3.

5.5 Pedals

The pedals shall include retention means which retain the foot in a position preventing unintended movement.

Test in accordance with 6.1.2 and 6.1.3.

5.6 Stability

The training equipment shall not tip over.

Test in accordance with <u>6.6.</u>

5.7 Locking system

Exercise bicycles without freewheel for home use (class H) shall be equipped with a locking system.

The locking system shall be able to hold \geq 100 Nm torque applied to the crankshaft. The crank shall not rotate >45° when loaded.

NOTE The locking system is provided to help prevent uncontrolled use or movement of any rotating parts of high inertia of the training equipment by persons, especially children.

Test in accordance with 6.10.

5.8 **Emergency braking system**

5.8.1 Effectiveness

Exercise bicycles without freewheel shall be equipped with an emergency brake. This brake capable of bringing the training equipment to a stop (in both directions) within one complete re capable of bringing the training equipment to a stop (in both directions) within one complete revolution of the crank and can be activated with a downward applied force (push) of ≤100 N or an uward applied force (pull) of ≤50 N.
Test in accordance with 6.7.1.
5.8.2 Actuator integrity
For friction-based mechanical brake systems, the actuator shall withstand a load of (300 ± 5) N in the direction of movement of the actuator. For other types of brake systems (e.g. magnetic), the actuator

direction of movement of the actuator, For other types of brake systems (e.g. magnetic), the actuator shall withstand a load of five times the measured value required to trigger the brake system in the direction of movement of the actuator.

Test in accordance with 6.7.2.

After the test, the actuator shall not be broken and shall still function as intended by the manufacturer.

5.8.3 Visibility

The actuator shall be easily accessible and visible from the user's position.

The actuator of the emergency brake shall be coloured RED. If there is a background, the background shall be coloured YELLOW.

Test in accordance with 6.1.2.

Endurance for the pedal crank assembly 5.9

The pedal crank assembly shall withstand a dynamic load of 75 % of the maximum user's body mass as specified in the user's manual or (750 ± 10) N, whichever is greater, for

- 1 000 000 cycles at a frequency of \leq 25 Hz for class S, and a)
- 120 000 cycles at a frequency of \leq 25 Hz for class H. b)

Test in accordance with 6.8.

5.10 Foot clearance

The vertical distance between any rigid component of the pedal and the floor or the pedal and any frame member shall be ≥ 60 mm.

Test in accordance with 6.1.1 and 6.1.2.

5.11 Power display

Exercise bikes without freewheel and with a watt display shall not be called ergometer.

Test in accordance with 6.1.2.

For values ≥ 50 W, the accuracy of the power display shall be within the tolerance of ± 10 % and for values of <50 W, the accuracy of the power display shall be within the tolerance of ± 5 W.

Test in accordance with 6.9.

A constant power mode is not allowed.

Test in accordance with 6.1.2.

For class S: If the heart rate is displayed, a warning placed in a conspicuous position on the console shall be given: "WARNING! Heart rate monitoring systems may be inaccurate. werear may result in serious injury or death. If you feel faint, stop exercising immediately Test in accordance with 6.1.2. A heart rate controlled mode is not allowed. Test in accordance with 6.1.2. Marking as class A, class B or class C training purposed by the prohibited. Test in accordance with 6.1.2. -exercise

Test in accordance with 6.1.2

No specification as class A, Mass B or class C training equipment shall be given in the instructions for use.

Information about accuracy range with speed (rpm) and power (in W) shall be given in the instructions for use.

5.12 Additional instructions for use

In addition to the general instructions for use in ISO 20957-1, the manufacturer shall give instructions for the safe use with at least the following information:

- information on the risk caused by spinning pedals and/or exposed flywheel with the absence of a a) freewheel system;
- b) instructions of the method required to operate the emergency brake;
- instructions describing the method required to stop the rotation of the pedals and flywheel, and c) end the training;
- d) instructions describing the operation of the locking mechanism for class H;
- instructions to explain that class S training equipment shall always be used in a supervised e) environment:
- instructions describing the requirement to use the foot positioning system described in 5.5; f)
- for designs that do not ensure a minimum insertion depth of the handlebar and the seat, instructions g) to explain the importance of adjusting the handlebar and the seat to suit the user: "This adjustment shall not exceed the mark indicating the minimum insertion depth."

5.13 Additional marking

Home use (class H) training equipment without freewheel shall be marked with a warning label instructing the user to lock the training equipment when not in use: "WARNING — Lock the equipment when not in use."

Class S training equipment without freewheel shall be marked with a warning label instructing that the equipment shall be used in a supervised environment: "WARNING — Use the stationary training equipment in a supervised environment."

All labels shall be placed in a visible position.

Test methods 6

with appropriate measurement devices. visual examination The visual examination shall be done under proper lighting. ChinA-9au9es.com 6.1.3 Performance test The tested mechanism shall be activities intended. 5.2 Testing of transition

Apparatus: Test finger in accordance with ISO 20957-1.

Approach all moving parts from all sides with the test finger probe to determine whether the finger probe can become entrapped.

Determine whether the test finger probe is trapped.

Testing of temperature of accessible surfaces 6.3

The measuring procedure shall be according to ISO 13732-1:2006, 5.4.

Pedal the training equipment at (200 ± 10) W with (60 ± 1) min¹ for three periods of (20 ± 1) min. After each period, rest for 5 min.

Within 2 min after the third period, measure the temperature of all exposed surfaces.

6.4 Testing of intrinsic loading

The test shall be carried out without the seat and in the most onerous position. Apply the static load as described in 5.2 for 5 min.

Determine the possibility of the training equipment tipping over and check against any breakage. Remove the load and determine the reference dimensions of the seat pillar.

Testing of handlebars 6.5

Apply a downward vertical static load on one side of the handlebar as described in 5.2.2 in the most onerous position. Then apply a horizontal static load on one side of the handlebar in the forward direction.

Use an 80 mm wide belt to apply the load.

6.6 Testing of stability

A test person with a body mass of (100 ± 5) kg and a body height of (1850 ± 50) mm shall perform all of the exercises described in the user's manual on a $(10_0^{+1})^\circ$ incline slope in the most onerous direction

for each of the following positions while pedalling at (80 \pm 10) min⁻¹ for >30 s:

sitting with hands on the handlebars; a)

b) sitting upright with hands off the handlebars;

c) standing with hands on the handlebars.

The test person shall be secured (e.g. by a harness for safety reasons) and he/she shall five not to counter-balance the $(10_0^{+1})^\circ$ incline slope. 6.7 Testing of the emergency braking system 6.7.1 Testing of effectiveness Pedal the exercise bicycle without freewheel at (100 - 10) min⁻¹ without resistance and activate the brake with the force in accordance with 5 shall observe if the pedal crank comes to a stop within one revolution.

ce shall be applied in the centre of the actuator. For lever-type For button-type actuators actuators, the force shall be applied at a distance of (25 ± 1) mm from the end of the lever.

6.7.2 **Testing of actuator integrity**

Apply a load in accordance with 5.8.2 for ≥ 3 min in the most onerous position.

Testing of the pedal crank assembly 6.8

For the endurance test, fix the exercise bicycle frame complete with pedal crank assembly to a test rig and apply the load in accordance with 5.9 onto one pedal in its lowest position. The load shall be placed as shown in Figure 2.

During the test, ensure that the load on the pedal crank assembly falls to ≤ 5 % of the maximum load given in <u>5.9</u> before commencing application of the test loads on the pedal crank assembly again.

After the endurance test, apply the static load in accordance with <u>5.2.3</u> placed as shown in Figure 2.



Кеу

- *a* width of the pedal
- *b* length of the pedal
- F force

Figure 2 — Testing of the pedal

6.9 Testing of the power display

The test apparatus shall have an accuracy of ± 1 %. The mechanical power can be measured directly at the crank.

Carry out the test as follows.

- a) Pedal the training equipment for 1 h at the maximum power (resistance) at a speed of (80 ± 1) min⁻¹.
- b) Cool down the training equipment to room temperature.
- c) Adjust the training equipment to $(50 \pm 2,5)$ W at (50 ± 1) min⁻¹.
- d) Compare the power of the test apparatus with the power read out on the display of the training equipment.
- e) Pedal for 15 min. After 15 min, measure the power and compare again to the reading on the display without stopping the training equipment.

f) Cool down the training equipment to room temperature.

Then carry out the above procedure with the following values:

- $= (150 \pm 3) \text{ w at } (50 \pm 1) \text{ min}^{-1};$ $= (150 \pm 7,5) \text{ W at } (60 \pm 1) \text{ min}^{-1};$ $= (200 \pm 10) \text{ W at } (60 \pm 1) \text{ min}^{-1};$ $= (300 \pm 15) \text{ W at } (70 \pm 1) \text{ min}^{-1};$ $= (400 \pm 20) \text{ W at } (70 \pm 1) \text{ min}^{-1};$ $= an \text{ additional free chosen value in the paper end of the speed range specified by the manufacturer, e.g. 80 min^{-1} to 120 min^{-1}.$ 6.10 Testing of locking with the paper end of the speed range specified by the manufacturer, e.g. 80 min^{-1} to 120 min^{-1}.

6.10 Testing of locking

Engage the locking system as directed by the manufacturer.

Apply the torque in accordance with 5.7 to the crankshaft in forward direction for ≥ 30 s and measure the rotation angle of the crank.

Apply the torque in accordance with 5.7 to the crankshaft in rearward direction for \geq 30 s and measure the rotation angle of the crank.

Test report 7

The test report shall include at least the information according to ISO 20957-1, as well as a reference to this document (i.e. ISO 20957-10) and ISO 20957-1.

Bibliography

- [1] Directive 2006/121/EC of the European Parliament and of the Council of 18 December 2006 amending Council Directive 67/548/EEC on the approximation of laws, reculations and administrative provisions relating to the classification, packaging and labeling of dangerous substances in order to adapt it to Regulation (EC) No 1907/2006 concerning the Registration, Evaluation, Authorisation and Restriction of Chemicals (REACH) and establishing a European Chemicals Agency
- [2] Directive 2012/19/EU of the European Parliament and of the Council of 4 July 2012 on waste electrical and electronic equipment (WEEE)
- [3] Directive 2011/65/EU of the European Parliament and of the Council of 8 June 2011 on the restriction of the use of certain hugar dous substances in electrical and electronic equipment¹)
- [4] Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators and repealing Directive 91/157/EEC
- [5] Directive 2001/95/EC (General Product Safety Directive) of the European Parliament and of the Council of 3 December 2001 on general product safety²)
- [6] Directive 2006/95/EC of the European Parliament and of the Council of 12 December 2006 on the harmonisation of the laws of Member States relating to electrical equipment designed for use within certain voltage limits³)
- [7] Directive 2004/108/EC of the European Parliament and of the Council of 15 December 2004 on the approximation of the laws of the Member States relating to electromagnetic compatibility and repealing Directive 89/336/EEC
- [8] Directive 2009/125/EC of the European Parliament and of the Council of 21 October 2009 establishing a framework for the setting of ecodesign requirements for energy-related products

¹⁾ Directive 2011/65/EU is commonly known by the abbreviation ROHS.

²⁾ Directive 2001/95/EC is commonly known as the General Product Safety Directive (GPSD).

³⁾ Directive 2006/95/EC is commonly known as the Low Voltage Directive.