



Fitness Related Personnel

Standard #1

All fitness facility personnel and other fitness service providers shall be qualified in first aid and CPR. (S)

Standard #2

Fitness personnel shall be certified in the area with which they are providing program services. (eg. fitness appraisal, personal training, aerobic classes, aqua fitness classes etc.) (S)

Recommended Guideline #1

Where certification is not available, fitness personnel working with special exercising populations should participate in training programs specific to that population. (e.g. pregnant women, seniors, people with disabilities) (RG)

Recommended Guideline #2

Training programs for fitness personnel should include information on participant screening, participant education and the risk of injury during physical activity. (RG)

Recommended Guideline #3

Training programs for fitness personnel should emphasize the important safety role of fitness personnel, in instruction, supervision and monitoring high risk/injury activities or areas (RG)

Emergency Procedures

Standard #1

Facilities and other environments in which fitness-related activities are offered shall have in place an Emergency Action Plan which shall be practiced twice per year and reviewed with all NEW staff at the commencement of their employment. (S)

Standard #2

All accidents or emergencies in fitness facilities and other fitness related environments shall be documented in writing and retained. (S)

Standard #3

A designated complement of First Aid equipment shall be readily available in fitness facilities and other fitness-related environments. (S)

Standard #4

Immediate access must be available to in-house first aid services from qualified personnel. Contact information for external medical services (e.g. ambulance/hospital emergency phone numbers) must also be posted and phones readily accessible in all high risk/injury area. (e.g. pools and fitness testing areas) (S)

Recommended Guideline #1

In combination with the PAR-Q the participants should have the option of completing a pre-exercise Medical Information Form to 1) recognize potential risks or limitations 2) to advise EMS or hospital personnel when providing treatment (RG)

Recommended Guideline #2

Safety signs should be posted in all activity areas indicating emergency procedures (RG)

Communicable Diseases

Standard#1

Fitness service providers shall provide employee training pertaining to the awareness, prevention and control of communicable diseases. (S)

Fitness Environment

Standard #1

All fitness related environments and equipment shall be clean, well maintained, and free from hazards. (S)

Standard #2

Access to a clean drinking water supply is required at or near all physical activity areas. (S)

Standard #3

The number of participants in an exercise class is based on the square footage that allows each participant unrestricted and safe movement in various types of exercises. Participant numbers may also be defined by building code restrictions and/or fire code regulations. (S)

Standard #4

All fitness testing equipment shall be checked, cleaned and calibrated as required. (S)

Standard #5

Floors in wet areas shall have a non slip surface with adequate drainage to prevent pooling of water. (S)

Standard #6

Whirlpools, spas and tubs shall comply with the Recommended Standards for the Operation of Public Spas (Ministry of Health & Long term Care Act , June 2001). (S)

Standard #7

Electrical panels shall be covered. Receptacles located in wet areas of a building and associated with the pool, such as a locker and change room, require ground fault circuit interrupters of the Class A type. (S)

Standard #8

A fire alarm system shall be installed in a building as determined by building code requirements. (Ontario Building Code 3.2.4.1)* Portable fire extinguishers shall be installed in all buildings. (OBC 3.2.5.17)* (S)

* or existing provincial/territorial code or regulations as applicable

Recommended Guideline #1

Staff are required to carry out ongoing inspection, reporting, and/or maintenance of all areas and equipment, as part of their day-to-day activities. (RG)

Recommended Guideline #2

The surface for all recreational areas should be appropriate for the intended use(s). They should be free from obstructions to participants, and if outdoors, properly graded for adequate drainage. (RG)

Recommended Guideline #3

Sport or recreational playing areas should be separated from roadways by a fence, wall or buffer zone, but should be accessible by emergency vehicles. Spectator areas should be a safe distance from playing surfaces so as to avoid collisions with participants. (RG)

Recommended Guideline #4

Adequate lighting, including emergency lighting, should exist throughout indoor and outdoor areas of the facilities. (RG)

Recommended Guideline #5

All sports court areas (eg. floor surfaces, doors, playing fixtures, markings etc.) should comply with national sport governing body regulations and/or manufacturers safety regulations. (RG)

Recommended Guideline #6

Air temperature, water temperature, humidity, and air circulation in all indoor areas should be monitored and properly controlled. (RG)

Recommended Guideline #7

All squash, racquetball, and badminton participants should wear appropriate eye guards approved by the Canadian Standards Association.(RG)

Recommended Guideline #8

Group exercise floor areas should be constructed with materials (eg. sprung wood, ballistic rubber overlay) that reduce the potential of repetitive impact injury. (RG)

Recommended Guideline #9

All equipment, (cardio, resistance machines, free weights, etc.) should be placed in a logical sequence to maximize efficient traffic flow and allow safe and effective use of the equipment. (RG)

Recommended Guideline #10

Direct supervision in high risk/injury areas (eg. gymnasium and weight training areas) should be provided at all times by qualified personnel (eg. certified in First Aid, CPR, strength conditioning). (RG)

Recommended Guideline #11

Participants (particularly beginners) should be provided with one or more instructional sessions by qualified staff in order to ensure they can use the exercise equipment safely. (RG)

Recommended Guideline #12

Signs are to be posted in weight lifting areas, with detailed instruction, pictures and safety precautions to guide participants in proper use of the equipment. (RG)

Recommended Guideline #13

To promote good hygiene and safety, participants are to wear appropriate footwear and apparel. (RG)

Recommended Guideline #14

Shower (wet) areas should not be directly connected to exercise areas (pools excepted). (RG)

Recommended Guideline #15

Activity areas that are typically unsupervised (eg. squash courts) should be monitored hourly and/or have signage informing participants of appropriate precautions (eg. protective eye equipment, proper footwear & clothing) (RG)

Pre-Screening & Informed Consent

Standard #1

Fitness service providers shall provide or require a pre-activity screening procedure (eg. PAR-Q or appropriate signage) (S)

Standard # 2

Facility operators and other fitness service providers shall inform participants of the risks inherent in physical activity participation and fitness facility usage. (S)

Recommended Guideline #1

Individuals planning to engage in physical activity should, at minimum, be screened by the PAR-Q (physical activity readiness questionnaire) and/or the PAR Med X (physical activity readiness medical exam).(RG)

Recommended Guideline #2

Fitness service providers should encourage new or renewing members/clients to complete an Informed Consent Agreement before engaging in the programs and services offered. (RG)

Recommended Guideline # 3

When an individual is screened by the PAR-Q from taking part in physical activity, medical clearance using the PAR med -X should be obtained before he/she takes part in physical activity. (RG)

Recommended Guideline # 4

Facility operators should provide public signage which encourages participants to exercise caution if they are unfamiliar with either the activity to be undertaken, or their current level of fitness. (RG)

Special Exercising Populations

Standard #1

Fitness service providers shall recommend that pregnant women obtain medical advice regarding their participation in physical activity. (S)

Standard #2

Fitness service providers shall recommend individuals 70 years of age and over receive medical advice before initiating a physical activity program or becoming much more physically active. (S)

Standard #3

Maximal testing of individuals who:

- a. are not accustomed to regular strenuous exercise, or
- b. are males over 40 years of age, or
- c. are females over 50 years of age

shall be conducted under the supervision of either a physician or personnel with current appraisal certification and ACLS. (Advanced Cardiac Life Support) (S)

Recommended Guideline # 1

For all other individuals (not identified in Standard #3), unsupervised maximal tests may be conducted, provided participants have, at minimum, been screened for medical risks by the PAR-Q or a physician. (RG)

Recommended Guideline # 2

The "PAR-Med X for Pregnancy" questionnaire should be utilized in pre-exercise medical consultations with pregnant women. (RG)