

## **FITNESS INDUSTRY REGULATIONS, 2009**

### **SPORT AND RECREATION SOUTH AFRICA**

#### **GOVERNMENT NOTICE**

No. R\_\_\_\_\_

#### **THE NATIONAL SPORT AND RECREATION ACT, 1998 (ACT NO. 110 OF 1998 AS AMENDED)**

#### **FITNESS INDUSTRY OF SOUTH AFRICA REGULATIONS, 2009**

The Minister for Sport and Recreation has under section 14 of the National Sport and Recreation Act, 1998 (Act No. 110 of 1998 as amended), and after consultation with the South African Sports Confederation and Olympic Committee, made the Regulations in the Schedule.

#### **SCHEDULE**

##### **Definitions**

1. In these Regulations a word or expression to which a meaning has been assigned in the Act has that meaning unless the contents indicate otherwise –

**“accreditation”** means the accreditation by the Fitness Board of a fitness establishment in terms of section 11 in compliance with the criteria as referred to in regulation 15;

**“Act”** means the National Sport and Recreation Act, 1998 (Act No. 110 of 1998 as amended);

**“annual fee”** means the fee payable on an annual basis as contemplated in terms of regulation 7(1);

**“apparently healthy”** means in relation to any person, a person who is a symptomatic and with no more than one coronary risk factor;

**“cardio-vascular mode of equipment”** means heart, vascular and respiratory equipment (e. g. treadmills, stationery cycles, arm ergometers and stepping machines) that train the heart and lungs-

(a) involving large muscle groups; and

(b) are rhythmic and aerobic by nature.

**“coronary risk factor”** means any major risk factor for a heart attack that may include any of the following amongst others:

(a) in the case of men, above the age of 45 years and in the case of women above 55 years;

(b) a family history of Myocardial infarction (heart attack) or sudden death-

(i) before the age of 55 years in respect of a father or other male first degree relative, or

(ii) before 65 years in mother or other female first degree relative;

(c) cigarette smoking;

(d) sedentary lifestyle or inactivity;

(e) a person with high cholesterol above 5.0 mmol/l;

(f) a person with insulin dependant diabetes who are above the age of 30 years or who have had it for more than 15 years; or

(g) a person with non-insulin dependant diabetes who are above the age of 35 years.

**“CPR”** means cardiopulmonary resuscitation;

**“de-accreditation”** means an action as contemplated in regulation 18;

**“disability”** means a mobility, intellectual or hearing impairment such as cerebral palsy, severe epilepsy, amputation, spinal cord injury, visual impairment, les autres (including dwarves or an impairment resulting from genetic problems), intellectual disability including a deaf person;

**“disability friendly”** means that a fitness establishment has complied with the following in order to meet the needs of a person with a disability:

(a) with regard to its facility:

- (i) The shower and toilet area must be accessible for a person in a wheelchair in terms of South African Bureau of Standards;
- (ii) If a pool is available, the deck of the pool must be accessible for a person in a wheelchair; and
- (iii) A person with any disability should be able to train his or her full body in every mode (strength, flexibility, cardiovascular, etc.) at a fitness establishment.

(b) with regard to its equipment:

- (i) A wheelchair should be able to move freely between all the equipment of the fitness establishment;

- (ii) Sufficient equipment must be in place at the fitness establishment to enable the person with a disability to train his/her full body in all different modes as referred to in par. (c) (iii) above;
- (iii) The said equipment should be well marked for a person with visual impairment; and
- (iv) Specialized equipment for a person with a disability must be available at the fitness establishment.

(c) with regard to its personnel, a qualified assistant must be present at a fitness establishment to assist a person with a disability at all time: Provided that if the person with a disability is accompanied by his/her personal assistant, the personal assistant may assist the person with disability free of charge but takes over the responsibility of the qualified assistant of the fitness establishment and is fully responsible for the person with a disability;

(d) with regard to emergency procedures, sufficient procedures must be in place to assist a person with a disability in the case of an emergency in the fitness establishment; and

(e) with regard to safety standards for disabled persons in general, a fitness establishment must have at least the following available for disabled persons:

- (i) a defibrulator;
- (ii) a fist aid kit for disabled persons; and
- (iii) sufficient number of staff that is specifically trained to assist disabled persons;

**“ETD”** means education, training and development requirements;

**“Fitness Board”** means the Fitness Industry Board of South Africa established in terms of its own Constitution;

**“fitness establishment”** means:

- (a) any establishment in which supervised physical activity takes place to enhance fitness levels;
- (b) any establishment that offers/provides services and/or equipment for use by the public for the purposes of fitness; and
- (c) any establishment that charges a fee to persons using equipment and/or facilities or supervised instruction in enhancing fitness;

**‘fitness professional’** means any person in the Republic who has been registered in terms of these Regulations and performs activities regulated by the Fitness Board in terms of published scopes of practices;

**“increased risk”** means in relation to any person, a person who has signs or symptoms of possible cardiopulmonary or metabolic diseases and/or at least two coronary risk factors;

**“known disease”** means in relation to any person, a person with a known cardiac, pulmonary or metabolic disease and chronic diseases of lifestyle;

**“listing”** means the listing of a fitness professional as referred to in regulation 2(1) of these Regulations;

**“Minister”** means the Minister responsible for Sport and Recreation South Africa;

**“national fitness organization”** means an organization registered with the Sports Confederation possessing a national membership and being constituted for the purposes of promoting fitness;

**“NQF”** means the national qualifications framework;

**“Occupational Health and Safety Act”** means Act No. 85 of 1993;

“**owner/manager**” means the owner/manager of a fitness establishment;

“**Promotion of Access to Information Act**” means Act No. 2 of 2000;

“**Promotion of Administrative Justice Act**” means Act No. 3 of 2000;

“**Promotion of Equality and Prevention of Unfair Discrimination Act**” means Act No. 4 of 2000;

“**person**” means any natural person;

“**personnel**” means fitness professionals registered with the Fitness Board and which are employed as staff at an accredited fitness establishment in terms of these Regulations;

“**prescribe**” means prescribed by regulation;

“**qualified assistant**” means a person referred to in the definition of “**disability friendly**” under the personnel of the fitness establishment, having successfully completed the SRF 31-Unit Standard level 5 / 5 credits that includes persons with disabilities in sport, recreation and fitness activities) or any equivalent qualification;

“**Sports Confederation**” means the Sports Confederation as contemplated in terms of the definitions of the Act;

“**SAQA**” means the South African Qualification Authority;

“**SRSA**” means Sport and Recreation South Africa, the national Department responsible for sport and recreation in the Republic;

“**specialized equipment**” means any available specialized equipment at a fitness establishment for specific tasks, amongst others.

## Registration of fitness professionals

2.(1) No person shall practice as a fitness professional as defined by the rolls published annually by the Fitness Board unless he or she:

- (a) has applied in writing within 6 months after the promulgation of these regulations to the Fitness Board to be listed on the said rolls; and
- (b) is registered in writing by the Fitness Board in terms of these Regulations within 2 years after the promulgation of these Regulations as a fitness professional.

(2) Any person who intends to be registered as a fitness professional in terms of these Regulations shall apply to the Fitness Board in writing and shall submit the certified qualification which, in his or her submission, entitles him or her to such registration, together with such proof of his or her identity and of the authenticity and validity of the qualification submitted, as may be required by the Fitness Board.

(3) If the Fitness Board is satisfied that the qualification and the other documents submitted in support of the application comply with the requirements of these Regulations, it shall, upon payment of the prescribed fee, cause the necessary entry to be made in the register and shall thereupon issue a registration certificate authorizing the applicant, subject to the provisions of these Regulations or any other law, to practice the profession of a fitness professional within the stipulated scope of practice.

(4) A fitness professional shall at all times conduct himself or herself in accordance with the provisions of the code of conduct as determined by the Fitness Board from time to time: Provided that the Fitness Board may, subject to the compliance with the Promotion of Administrative Justice Act, cancel or suspend such registration if it deems it appropriate.

## **Registers of fitness professionals**

3. The Fitness Board shall keep separate registers in respect of various rolls of fitness professionals and shall enter in the appropriate register the prescribed particulars of every person whose application is granted in terms of regulation 2(3).

## **Qualifications required for registration as fitness professionals**

4. In order to qualify for registration as a fitness professional, an applicant must have obtained the qualifications as set out in the Constitution of the Fitness Board which may, if possessed alone or together with another qualification, entitle the possessor thereof to registration as a fitness professional, subject to complying with the conditions or requirements prescribed in terms of the provisions of the said Constitution.

## **Foreign qualifications**

5. The Fitness Board may register as a fitness professional, any person who has acquired a qualification or undergone training outside the Republic if such qualification or training in the opinion of the Fitness Board, is commensurate with the standards regulated by the Fitness Board within the Republic in the Constitution of the Fitness Board and the rules and regulations of the South African Qualification Authority.

## **Period of registration**

6. Any person registered by the Fitness Board as a fitness professional in terms of regulation 2 shall be entitled to practise as such, only for the period or periods determined by the Fitness Board in writing, during which period he or she shall satisfy the Fitness Board that:



- (a) he or she possesses professional knowledge and ability of a standard not lower than prescribed in respect of fitness professionals in the Republic;
- (b) he or she is conversant with the laws of the Republic regarding the fitness practice in the area or areas determined by the Fitness Board; and
- (c) he or she fulfils any further conditions determined by the Fitness Board.

### **Registration fees**

7.(1) The Minister may on the recommendation of the Fitness Board at any time by notice in the Government Gazette determine the fee to be paid annually to the Fitness Board by a fitness professional.

(2) Different fees may be fixed in respect of different categories of fitness professionals.

### **Refusal of registration**

8. Notwithstanding any provision to the contrary in these Regulations, the Fitness Board may, subject to the Promotion of Administrative of Justice Act referred to above, refuse to register any person as referred to regulation 2(3) or to remove the name of any person to the register if, in the opinion of the Fitness Board, such person is by reason of a conviction, in the Republic or elsewhere, of a prescribed offence, not fit to practise as a fitness professional.

### **Employment of fitness professionals**

9.(1) No person shall employ any other person to perform the work of a fitness professional unless such other person is registered in terms of regulation 2(3) above.

(2) The prohibition in subregulation (1) shall not apply in respect of a student fitness professional registered with an accredited education and training provider as defined in the South African Qualifications Authority Act, 1995 (Act No 58 of 1995) if the act in question is performed for purposes of his or her training in the fitness practice and is supervised by a registered fitness professional.

(2) Nothing contained in subregulation (2) shall be construed as prohibiting the education and training of any student in the fitness practice, or the employment of any student fitness professional in an accredited fitness establishment.

### **Disciplinary action against fitness professionals and owners/managers**

10.(1) Of its own initiative or by submission from any person, the Fitness Board may convene a disciplinary panel to consider the conduct of a registered fitness professional and/or an owner/manager: Provided that in the event of a complaint by a person-

- (a) the submission to the Fitness Board must be in writing within a time frame of thirty (30) days after the cause of the complaint has arisen;
- (b) such a person must confirm his/her willingness in writing to-
  - (i) testify at the said disciplinary hearing, if necessary;
  - (ii) submit any supporting evidence to the Fitness Board in order to substantiate the said complaint; and
  - (iii) identify other persons that can assist in the corroboration of the said complaint.

(2) If the Fitness Board is of the opinion that a fitness professional and/or an owner/manager has contravened the code of conduct for a fitness

professional and/or an owner/manager, the Fitness Board may impose an appropriate sanction, which may include the following amongst others:

- (a) a written warning to the fitness professional and/or an owner/manager;
- (b) a fine not exceeding R10 000 payable by the said fitness professional and/ or owner/manager;
- (c) in the case of a fitness professional-
  - (i) a suspension from the fitness professional register for a period of time as specified by the Fitness Board in writing;
  - (ii) the removal of such a fitness professional from the fitness professional register;
- (d) in the case of an owner/manager of a fitness establishment-
  - (i) a suspension of such owner/manager from the fitness establishment for a period of time as specified by the Fitness Board in writing; or
  - (ii) a notification to such owner/manager in writing of any decision taken by the Fitness Board in terms of regulation 17.

### **Accreditation as fitness establishment**

11.(1) A fitness establishment shall not conduct business as a fitness establishment unless:

- (a) it has applied in writing to the Fitness Board within a period not exceeding 6 months after the promulgation of these Regulations for the listing of such an establishment;
- (b) it is accredited by the Fitness Board in writing within a period not exceeding two years after the promulgation of the Regulations; and
- (c) it has complied with the provisions of the Occupational Health and Safety Act as well as the Promotion of Equality and Prevention of Unfair Discrimination Act.

(2) The Fitness Board shall accredit and grade all fitness establishments in the Republic in writing.

(3) There shall be two grading systems for fitness establishments namely one for multi-purpose establishments and one for single purpose establishments.

(4) A multi-purpose establishment shall have 5 grades of establishment, namely Blue, Bronze, Silver, Gold and Platinum.

(5) A single purpose establishment shall have 4 grades of establishment, namely Blue, Bronze, Silver and Gold.

(6) A fitness establishment may be awarded a certificate to offer a service above its level of grading if the Fitness Board deems it fit.

(7) A fitness establishment shall at all times comply with the requirements of its conditions of accreditation as determined by the Fitness Board in writing: Provided the Fitness Board may, subject to the compliance with the said Promotion of Administrative Justice Act, cancel or suspend such registration if it deems it appropriate.

(8) All grades of fitness establishments as referred to in regulation 13 must comply with the Promotion of Equality and Prevention of Unfair Discrimination Act.

as well as the Occupational Health and Safety Act.

### **Refusal of accreditation**

12. Any fitness establishment that, in the opinion of the Fitness Board, does not comply with the criteria for accreditation as prescribed by the Fitness Board from time to time, may be refused accreditation by the Fitness Board: Provided that the Fitness Board may subject to the compliance with the said Promotion of Administrative Justice Act, cancel or suspend such registration if it deems it appropriate.

### **Grades of fitness establishments**

13.(1) A blue grade fitness establishment shall comply with the following requirements amongst others:

- (i) All fitness professionals of the establishment must be registered at the level of Exercise Leaders or above;
- (ii) All personnel of the establishment must be CPR or first aid qualified by a SAQA accredited organization;
- (iii) The establishment must have available for use by the public a minimum range of equipment as contemplated in the Schedule attached hereto;
- (iv) The establishment shall only admit a person classified as 'apparently healthy' person as referred in regulation 1 after completing a screening questionnaire for assessment purposes to use its equipment and/or facilities or supervised instruction in enhancing fitness unless such a person is in possession of written permission from a registered medical practitioner to make use of its fitness facilities and services; and

- (v) The said establishment shall comply with the provisions of the Occupational Health and Safety Act as well as the Promotion of Equality and Prevention of Unfair Discrimination Act.

(2) A bronze grade fitness establishment shall comply with the following requirements, amongst others:

- (i) At least one fitness professional of the establishment must be registered at the level of Exercise Leader or above and least one fitness professional must be in possession of an NQF level 5 National Certificate in Fitness;
- (ii) All personnel of the establishment must be CPR and first aid qualified by a SAQA accredited organization;
- (iii) The establishment must have available for use by the public a range of equipment as contemplated in the Schedule attached hereto;
- (iv) The establishment shall only admit a person classified as 'apparently healthy' person in regulation 1 after completing a screening questionnaire for assessment purposes to use its equipment and/or facilities or supervised instruction in enhancing fitness unless such a person is in possession of written permission from a registered medical practitioner to make use of its fitness facilities and services;
- (v) The said establishment shall comply with the provisions of the Occupational Health and Safety Act as well as the

Promotion of Equality and Prevention of Unfair Discrimination Act; and

- (vi) A bronze grade fitness establishment is not required to offer any recreational facilities additional to those normally offered to the public in the course of its business.

(3) A silver grade fitness establishment shall comply with following requirements amongst others:

- (i) At least two of fitness professionals of the establishment must be in possession of an NQF level 5 National Certificate in Fitness;
- (ii) All personnel of the establishment must be CPR and first aid qualified by a SAQA accredited organization;
- (iii) The establishment must have available for use by the public a wide range of equipment as contemplated in the Schedule attached hereto;
- (iv) The establishment shall have sufficiently qualified staff to supervise and monitor the use of equipment at all times and participation in programmes by all special populations as defined in regulation 1;
- (v) The said establishment shall comply with the provisions of the Occupational Health and Safety Act as well as the Promotion of Equality and Prevention of Unfair Discrimination Act; and
- (vi) A silver grade fitness establishment is required to offer a minimum of one recreational facility additional to those normally offered to the public in the course of its business.

(4) A gold grade fitness establishment shall comply with the following requirements amongst others:

- (i) At least 4 fitness professionals must be in possession of a relevant NQF level 5 National Certificate in Fitness and at least one fitness professional must have a relevant NQF level 7 National Certificate in Fitness;
- (ii) All personnel of the establishment must be CPR and first aid qualified by a SAQA accredited organization;
- (iii) The establishment must have available for use by the public a wide range of equipment, including specialized equipment as contemplated in the Schedule attached hereto;
- (iv) The establishment shall have sufficiently qualified staff to supervise and monitor the use of equipment and participation in programmes by all special populations and by increased risk clients as defined in regulation 1;
- (v) The establishment shall have attained the status of “disability friendly” as defined in regulation 1;
- (vi) The said establishment shall comply with the provisions of the Occupational Health and Safety Act as well as the Promotion of Equality and Prevention of Unfair Discrimination Act; and
- (vii) A gold grade fitness establishment is required to offer a minimum of two recreational facilities additional to those normally offered to the public in the course of its business: Provided that in the event of a swimming pool and /or any other recreational facility available at the fitness establishment, it must be accessible to a person in a wheelchair.



(5) A platinum grade fitness establishment shall comply with the following requirements amongst others:

- (i) At least 5 fitness professionals must be in possession of a relevant NQF level 5 National Certificate in Fitness and least two fitness professionals must have a relevant NQF level 7 National Certificate in Fitness;
- (ii) All fitness professionals of the establishment must be CPR and first aid qualified;
- (iii) The establishment must have available for use by the public a wide range of equipment, including high-tech equipment as contemplated in the Schedule attached hereto;
- (iv) The establishment shall have sufficiently qualified staff to supervise and monitor the use of equipment and participation in programmes by all special populations and by increased risk clients as defined in regulation 1;
- (v) The establishment shall have attained the status of “disability friendly” as defined in regulation 1;
- (vi) The establishment shall make available to clients in the establishment, access to rehabilitation programmes offered by qualified and registered personnel;
- (vii) The establishment shall make available to clients in the establishment, access to qualified and registered health professionals;
- (viii) The said establishment shall comply with the provisions of the Occupational Health and Safety Act as well as the Promotion of Equality and Prevention of Unfair Discrimination Act; and

- (ix) A platinum grade fitness establishment is required to offer a minimum of four recreational facilities additional to those normally offered to the public in the course of its business: Provided that in the event of a swimming pool and /or any other recreational facility available at the fitness establishment, it must be accessible to a person in a wheelchair.

(6) Irrespective of the grade of a fitness establishment, it shall ensure that the standard quality of its equipment is properly and consistently maintained: Provided that the Fitness Board shall have the power to inspect a fitness establishment every two years to determine its grading level including the standard quality of its equipment.

(7) In the event of a written complaint received from a person regarding the poor quality of its equipment, a fitness establishment shall ensure that the complaint is addressed within a reasonable time after receiving such complaint: Provided further that if the said establishment fails to address such a complaint accordingly, such a person shall have the right, subject to complying with the procedures referred to in regulation 10(1), to approach the Fitness Board for further relieve.

(8) The Fitness Board shall subsequently have the power to make a ruling in this regard by informing the fitness establishment of its decision in writing: Provided that in the event of non-compliance in respect of such a decision by the said establishment, any of the actions contemplated in regulations 10(2) and 17 may be taken respectively by the Fitness Board against a fitness professional, the owner/manager of a fitness establishment and/or the fitness establishment itself.

### **Database of accredited fitness establishments**

14.(1) The Fitness Board shall keep a database of accredited fitness establishments classified according to their grade of accreditation

(2) The Fitness Board shall make this database available annually via a publication in the Government Gazette and/or the fitness industry appropriate communication to members of the public if requested to do so in writing but subject to the provisions of the said Promotion of Access to Information Act.

### **Period of accreditation**

16. Any fitness establishment accredited by the Fitness Board shall be entitled to operate as a fitness establishment, only for the period or periods determined by the Fitness Board in writing, during which period the establishment shall satisfy the Fitness Board that all conditions as determined by the Fitness Board from time to time have been met.

### **Extraordinary audit**

17. Notwithstanding the above, the Fitness Board may of its own initiative convene an extraordinary audit of a fitness establishment that has been accredited and graded in terms of regulation 10(2).

### **De-accreditation of and other sanctions against fitness establishment**

18. If the Fitness Board is of the opinion that the fitness establishment has contravened its conditions of accreditation as determined by it from time to time, the Fitness Board may impose an appropriate sanction of one or all of the following, amongst others:

- (a) a written warning to the fitness establishment;
- (b) a fine not exceeding R80 000 payable by the fitness establishment;
- (c) a suspension of the accreditation of the fitness establishment for a period of time as specified by the Fitness Board in writing;

(d) the de-accreditation of the said establishment by stipulating in writing that de-accredited fitness establishment -

(i) must be closed down; and

(ii) may not carry on any of its former activities as an accredited fitness establishment in such de-accredited state as from a date determined by the Fitness Board in writing

:Provided that if such a de-accredited establishment fails to comply with a stipulation as referred to in subparagraph (i) and (ii) above, it shall commit an offence that is punishable by law; and

(e) the down-grading of the fitness establishment to a level as determined by the Fitness Board in writing.

### **Cession of accreditation**

19. A fitness establishment that has been accredited in terms of regulation 11, shall not be entitled to cede its accreditation to another fitness establishment unless such cession has been approved by the Fitness Board in writing.

### **Accreditation fees**

20.(1) The Minister may, on the recommendation of the Fitness Board, at any time by notice in the *Government Gazette* fix a fee to be paid by a fitness establishment to the Fitness Board for the process of accreditation.

(2) The Minister may, on the recommendation of the Fitness Board at any time by notice in the *Government Gazette* fix a fee to be paid by a fitness establishment for the annual retention of accreditation by the establishment.

(3) Different fees may be fixed in respect of different grades of fitness establishment.

### **Failure to comply**

21. Notwithstanding the provisions of regulation 16, any fitness establishment that fails to comply with any provision of these Regulations shall be guilty of an offence and on conviction be liable to a fine not exceeding R 80 000.

### **Dispute resolution and appeals**

22.(1) Any dispute arising from any matter pertaining to these Regulations must be dealt with in accordance with section 13 of the Act.

(2) Any person who is aggrieved by a decision or, where applicable, the terms and conditions attributable to such a decision, taken in terms of these Regulations may, within a period of seven (7) days after service of the notification of the relevant decision, appeal to the SRSA;

(3) In addition to the provisions contained in sub-regulation 1, SRSA may also:

- (a) hear and decide on any dispute arising in terms of these Regulations as contemplated in terms of section 13 of the National Sport and Recreation Act as referred to above;
- (b) confirm or set aside any sanction imposed in terms of these Regulations;
- (c) may in the place of any sanction so set aside, impose any sanction which in its opinion should and could lawfully have been imposed.

(4) Any person lodging an appeal or referring a dispute to SRSA as contemplated in these Regulations, shall do so, in writing, within the time frames provided for in terms of these Regulations and the grounds of appeal or background details surrounding the referred dispute must set out fully and clearly the grounds of appeal or basis of the referred dispute, as well as any legal representations and arguments which the appellant or person referring the dispute believes may be relevant to the matter.

(5) Any party involved in the prosecution of an appeal or hearing of a dispute, shall be entitled to be represented by a person of his or her own choice.

(6) The normal generally accepted rules and procedures of administrative law and natural justice shall apply to the prosecution of appeals or the hearing of disputes as contemplated in these Regulations.

### **Transitional provisions**

23.(1) An applicant that has, prior to the promulgation of these Regulations, never before applied to be registered as a fitness professional, shall be entitled to apply to the Fitness Board for such a new registration subject to complying with the terms and conditions as set out hereunder and/or any other requirement that the Fitness Board may determine from time to time.

(2) The Fitness Board shall, only insofar as such a new application is concerned, be compelled to register such a new applicant as fitness professional at the level as determined by the Fitness Board from time to time, subject to the following:

- (i) the said new application must be in writing;
- (ii) the application in question must conform to the provisions of regulation 2 (2) and (3); and

- (iii) the application must be received by the Fitness Board not later than a period of 2 years after the date of commencement of the promulgation of these Regulations: Provided that the transitional provisions as contemplated in this regulation shall be automatically repealed after the period as referred to in subregulation (2)(iii) has lapsed.

### **Short title and commencement**

24.(1) These Regulations are called the Fitness Industry of South Africa Regulations, 2009.

(2) Different dates for the commencement of different regulations contained in these regulations may be determined from time to time.

## SCHEDULE

Notwithstanding the contents of the issues dealt with specifically hereunder, the details pertaining to these issues are by no means exhaustive and should be read and interpreted in conjunction with any relevant provisions contained in the Constitution, guidelines, code of conduct and/or any other relevant manual or document of the Fitness Board in this regard.

### Equipment:

#### Class of equipment to be utilized at a fitness establishment irrespective of the grading level of the said establishment :

- A. Strength and conditioning modes of equipment which may include any of the following amongst others::
- Therabands, swiss balls, mats, ropes;
  - Free weights including dumbbells, barbells, benches (incline, decline, flat), cable/pulley machines; and
  - Machines for upper body and lower body.
- B. Cardio vascular modes of equipment means any of the following, amongst others:
- Cycles;
  - Treadmills;
  - Rowing machines;
  - Step machines and step benches; and
  - Arm ergometers.

#### Minimum equipment required to be available at each level of grading of accredited fitness establishments:

##### Blue fitness establishments:

A blue fitness establishment must at least have the following equipment available:

- At least one cardio vascular mode of equipment (e.g. cycles); and
- Strengthening and conditioning modes of equipment must have the ability to train the whole body using one class of equipment (e.g. therabands).



**Bronze fitness establishments:**

A bronze fitness establishment must at least have the following equipment available:

- All the requirements for all modes of equipment at the blue grading level must be complied with;
- Specialised equipment in at least one cardio vascular mode of equipment (e.g. cycle lab will have more advanced cycles than cycles found at the blue level. Also the number of cycles will be more than at the blue level) must be available; and
- At least one cardio vascular mode of equipment and the ability to train the whole body using one class of equipment must be available.

**Silver fitness establishments:**

A silver fitness establishment must at least have the following equipment available:

- All the requirements for all modes of equipment at the bronze grading level must be complied with;
- At least two cardio vascular modes of equipment must be available; and
- Upper and lower body machines and free-weights representing strengthening and conditioning modes of equipment must also be available.

**Gold fitness establishments:**

A gold fitness establishment must at least have the following equipment available:

- All the requirements for all modes of equipment at the silver grading level must be complied with;
- At least three cardio vascular modes of equipment must be available;
- Machines for upper and lower body and free-weights representing strengthening and conditioning modes of equipment must be available; and
- Specialized equipment for a person with a disability must be available: Provided that a wheelchair should be able to move freely between all the equipment of the establishment: Provided further that the said equipment-
  - must enable a person with a disability to train his/her full body in all different modes of equipment as referred to par. A and B of the Schedule; and
  - must be clearly marked for a person with a visual impairment.

**Platinum fitness establishments:**

A platinum fitness establishment must at least have the following equipment available:

- All the requirements for all modes of equipment at the gold grading levels must be complied with;
- At least four cardio vascular modes of equipment, upper and lower body machines, free-weights and stabilizing equipment such as swiss balls must be available as strengthening and conditioning modes of equipment.
- Specialized equipment for a person with a disability must be available: Provided that a wheelchair should be able to move freely between all the equipment of the establishment: Provided further that the said equipment-
  - must enable a person with a disability to train his/her full body in all different modes of equipment as referred to par. A and B of the Schedule; and
  - must be clearly marked for a person with a visual impairment.