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*NSF International Standard /  
American National Standard*

# NSF/ANSI 341 - 2012

## Health/Fitness Facilities



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**NSF/ANSI 341 – 2012**

NSF International Standard/  
American National Standard  
for Health/Fitness Facilities –

## **Health/Fitness Facilities**

Standard Developer

**NSF International**

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## Foreword<sup>2</sup>

The purpose of this Standard is to establish minimum requirements for health/fitness facilities that offer exercise or physical activity-based health and fitness programs/services.

This Standard contains requirements related to pre-activity screening; orientation, education, and supervision; risk management and emergency policies; professional staff and independent contractors; compliance with federal and local regulations; operating practices; federal regulations and signage for health/fitness user and/or health/fitness facilities. It also covers written emergency policies and procedures for health/fitness facilities.

This Standard was developed through a consensus process by a Joint Committee composed of professionals from various sectors of the health/fitness facility industry. The Standard provides basic or minimum criteria for health/fitness facilities but is not intended to give rise to duty of care or to establish a standard of care. Nor is the Standard intended to restrict or supersede national, regional, or local laws and regulations.

Suggestions for improvement of this Standard are welcome. Comments should be sent to Chair, Health/Fitness Facilities at [standards@nsf.org](mailto:standards@nsf.org), or c/o NSF International, Standards Department, P.O. Box 130140, Ann Arbor, MI 48113-0140, USA.

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## NSF International Standard for Health/Fitness Facilities –

# Health/Fitness Facilities

## 1 General

### Scope

This Standard covers health/fitness facilities that offer exercise or physical activity-based health and fitness programs/services. It also covers written emergency policies and procedures for health/fitness facilities. Health/fitness facilities are defined as commercial (privately owned, developer owned and/or member owned), community, corporate, and clinical (medical fitness) and may be for profit or not for profit.

This Standard contains requirements related to pre-activity screening; orientation, education, and supervision; risk management and emergency policies; professional staff and independent contractors; compliance with federal and local regulations; operating practices; federal regulations and signage for health/fitness user and/or health/fitness facilities. It is intended to assist in providing a safe environment for those who engage in the activities and programs offered by health/fitness facilities.

## 2 Normative references

The following documents contain provisions that, through reference, constitute provisions of this Standard. At the time this Standard was written, the editions listed below were valid. All documents are subject to revision, and parties are encouraged to investigate the possibility of applying the most recent editions of the documents indicated below. The most recent published edition of the document shall be used for undated references.

American College of Sport Medicine's (ACSM) Health/Fitness Facility Standards and Guidelines, 3<sup>rd</sup> edition were used as the basis of this Standard. For further detail on the documentation on the requirements herein, consult ACSM's Health/Fitness Facility Standards and Guidelines.

21 CFR 801.109, Prescription devices<sup>3</sup>

ACSM<sup>4</sup> Health/Fitness Facility Standards and Guidelines, 3<sup>rd</sup> edition

ASTM F1749-09, Standard Specification for Fitness Equipment and Fitness Facility Safety Signage and Labels<sup>5</sup>

Health Insurance Portability and Accountability Act of 1996 (HIPAA)<sup>6</sup>

<sup>3</sup> U.S. Food and Drug Administration, 10903 New Hampshire Avenue, Silver Spring, MD 20993 <www.fda.gov>.

<sup>4</sup> American College of Sports Medicine (ACSM), 401 West Michigan Street, Indianapolis, IN 46202-3233, <www.acsm.org>.

<sup>5</sup> ASTM International, 100 Barr Harbor Drive, PO Box C700, West Conshohocken, PA, 19428-2959 <www.astm.org>.

<sup>6</sup> U.S. Department of Health & Human Services, 200 Independence Avenue, S.W., Washington, D.C. 20201 <www.hhs.gov>.