



## **TGO's guide to: PAS 888:2013 Publicly accessible outdoor exercise equipment – Specification.**

This guide is a summary of the contents that is included in the PAS 888 document.

### **What is PAS 888?**

PAS 888 is the first specific standard for outdoor exercise equipment in the UK. Uniquely the standard considers users and non users of outdoor exercise equipment.

### **Why is this PAS needed?**

Previously there was no specific standard for manufactures, procurers, installers and maintainers to follow for outdoor gym equipment. When The Great Outdoor Gym Company (TGO) started they were the first to adopt the play standards as it was the nearest standard available at the time. They also didn't stop there and included the indoor gym standard & inclusive fitness initiative and learnt a lot along the way.

However with an influx of other Chinese equipment on the market the standard wasn't being maintained across the board, play standards were being quoted but people was hiding behind the limitation of the scope. In some cases some products were meeting the play standards (EN1176) simply because it wasn't classed as play equipment and it was falling outside of the scope and included crush-points, entrapments and sharp edges.

### **Who was in the steering group?**

The experts responsible for the production of PAS 888 included representatives from Adidas, The Chartered Institute for the Management of Sport and Physical Activity, Lappset, London Southbank University, Vision Redbridge and UKactive.

## Why TGO is the sponsor of the PAS 888 standard?

BSI identified TGO as the leaders in outdoor gym equipment because of their:

- Experience of working in partnership with adidas, Sport England, military fitness personnel, professional athletes and other bodies to produce practical exercise equipment with demonstrable fitness benefits.
- Independent research for the usage of outdoor gym equipment that showed all ages and fitness abilities participate all year round without professional supervision.
- Design of their own equipment that already fully complied with existing standards.

## What is the scope?

The scope lays out what is and isn't covered within the PAS. It sets out safety requirements for permanently installed outdoor exercise equipment in unsupervised publicly accessible locations.

### Key elements covered by the PAS are:

- Intention to be used for cardiovascular and repetitive exercise to promote good health.
- For use by adults, young people, all abilities and access by children.
- Addresses essential safety issues including entrapments, crushes, shears, pendulum movements & reciprocating movements.

### Elements not covered by the PAS are:

- Playground equipment
- Free access multi-sports equipment
- Indoor gym equipment (controlled access and supervised use)
- Artificial climbing structures (climbing walls)
- Rope courses

## What do I gain by making sure my equipment is PAS 888 compliant?

By adopting this standard you make sure:

- All the material used makes sure the equipment is robust enough for the weight of the anticipated user. Based on European body weights and shoe sizes.
- The exercises demonstrate physical benefits to the user.
- The equipment is accessible to all users, ages and abilities.

**tgo** the **great outdoor** gym company

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- Reduce the hazards to people in and around the gym.
- Reduce the resultant injury from falling off the equipment.
- Your equipment is free from all crush-points, shears, entrapments, and sharp edges.
- That your outdoor gym site is located correctly.

### What equipment does this standard cover?

The standard covers all outdoor exercise equipment but the PAS 888 includes specific guidance on all the following pieces and more:

- Chest press
- Leg press
- Benches
- Barbells
- Pull ups
- Bikes
- Hand bikes
- Recumbent bikes
- Treadmills
- Rowing machines
- Step ups
- Cross trainers
- Ski machines
- Tai chi machines

Every piece of equipment should also have identification markings. With information such as:

- Who supplied it
- When
- Contact details
- Compliance with the PAS

### How can you ensure your equipment complies with PAS 888?

The PAS advises on 3 levels of claim:

- An accredited independent third-party certification such as TUV (a testing house).
- Other party verification such as an accredited inspector.
- By self verification.

Any claim can be legally challenged.

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It's not only the equipment that can comply with PAS 888 it is also:

- Installers
- Maintenance providers
- Inspectors

### What tests should an inspector undertake?

The document identifies different levels on inspection and shows how the probes described are to be used as an inspector.

Pictograms are included of the different entrapments that may be encountered.

### Where can I purchase the PAS 888 document?

You can purchase it on the BSI online shop:

<http://shop.bsigroup.com/en/ProductDetail/?pid=000000000030234385>

View BSI press release here:

<http://www.bsigroup.com/en-GB/about-bsi/media-centre/press-releases/2013/May-2013/Outdoor-exercise-equipment-made-safe-with-the-help-of-a-new-specification-/>



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