

Keep It
safe!



FITNESS TRAINING ACTIVITIES



INTRODUCTION

In Québec, a large number of people engage in fitness activities. According to a 2009-2010 survey of injuries during sports and recreation activities in Québec (EBARS), carried out by the Institut national de santé publique du Québec and the Ministère de l'Éducation, du Loisir et du Sport, 2 467 000 people participated in a physical fitness activity in 2009, either at a fitness centre or at home. People who lead an active life know the health benefits of physical activity.

The benefits of engaging in more physical activities are accompanied, however, by the risk of injuries. Fitness training is the activity with the most injuries, with an estimated 82 000 people injured in 2009 (EBARS). However, given that this activity is practised by a very large number of people, the injury rate is relatively low.

Among the most frequently cited causes of injury, studies mention:

- an excessively rapid increase in physical effort
- too many hours of fitness training
- poor working technique

FITNESS TRAINING ACTIVITIES

- unsuitable work surfaces or shoes
- inadequate supervision
- inadequate awareness of the trainer concerning the participant's state of health, or concerning medications the participant takes

During fitness training, safety depends, to a large extent, on human factors such as the participant's state of health, age and physical fitness, as well as his or her awareness of, attitude toward and behaviour regarding safety rules.

Ideally, participants in physical fitness programs should answer the Physical Activity Readiness Questionnaire. They can also request a fitness evaluation that can be used to prepare an exercise program adapted to their interests, needs and abilities. A fitness evaluation generally involves measurements (anthropometric measurement, resting heart rate and resting blood pressure), a series of tests and a follow-up evaluation.

1. TRAINING STAFF MEMBERS

Before joining a fitness centre, participants must make sure that it provides quality supervision. The head trainer's qualifications have a direct impact on clients' safety and physical integrity, as the head trainer determines whether a member can take part in a program, and prescribes and leads exercises adapted to the needs of each client. The head trainer should have a bachelor's degree in kinesiology, exercise science, physical education or sports studies.

Other trainers should receive training specialized in the type of activity under their supervision. These trainers are, however, under the supervision of the head trainer.

To ensure the safety of the clients, the person in charge of the centre or the programs must be able to provide rapid and appropriate care in the event of an accident or other urgent health problem. At all times, there must be at least one person on the premises who is certified in cardiopulmonary resuscitation (CPR), in first aid and in the administration of adrenaline. As for fitness activities in swimming pools, lifeguards' training must comply with the provisions of the *Regulation respecting safety in public baths*.

2. EQUIPMENT

Participants wear fairly simple lightweight clothes that allow for freedom of movement but that are not so loose as to get caught on the machines. A sweatsuit may be appropriate if the temperature in the training room is too low. Participants should remove any jewellery and other sharp or pointed objects before exercising.

FITNESS TRAINING ACTIVITIES

It is important to wear shoes with extra shock absorption for exercises involving jumping. Ideally, participants who train with heavy loads, such as barbells or selective weight machines, should wear a back support belt.

3. SAFETY PRECAUTIONS

For their own safety, participants should:

- Learn the risks associated with the activities they have chosen to do.
- Provide the requested information about their state of health.
- Follow the instructions and respect the limits they have been given when they perform their exercises and movements.
- Advise the trainer of any discomfort, pain or symptom during or after the activity.
- Follow the rules at the centre.

In group classes, participants should:

- Find out the level of the class.
- Join the group at the beginning of the session so that they are able to follow the normal progression of the activity.

When doing exercises with free weights, participants should:

- Ask staff for help before beginning a new exercise.
- Use weights that correspond to their ability.
- Use security locks on the bars.
- Work with a partner when doing high-risk exercises.

When using selective weight machines, participants should:

- Ask staff for help before beginning a new exercise.
- Follow the manufacturer's instructions as well as those for using the equipment.
- Adjust the equipment (bench and supports) before use.
- Use weights that correspond to their ability.
- Always control the weight, both when raising and when lowering it.

When using cardiovascular equipment, participants should:

- Ask staff for help before trying a new exercise.
- Respect the intensity and duration parameters appropriate for their condition.
- Gradually increase the speed, the incline and the resistance settings of the equipment.
- Place their feet on either side of the belt before turning on the treadmill.

FITNESS TRAINING ACTIVITIES

HOW TO CONTACT US

Please contact us if you would like more information or copies of certain publications.

Mail: **Direction de la promotion de la sécurité**
Ministère de l'Éducation, du Loisir et du Sport
100, rue Laviolette, bureau 306
Trois-Rivières (Québec) G9A 5S9

Telephone: 819-371-6033 or **1-800-567-7902**

Fax: 819-371-6992

E-mail: promotionsecurite@mels.gouv.qc.ca

Web site: www.mels.gouv.qc.ca/loisirsport