Review Condition of Fitness Clubs in Ardabil from the Perspective of Safety and Security

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Abstract

Background: The purpose of the present study was to assess Ardabil's fitness clubs' safety and security conditions.

Methods: For this survey study, the data collection was done in the field. In January, there were more than 120 fitness clubs in Ardabil, each formed by managers and coaches (men and women) who made up a total of 300 people. Fitness clubs in Ardabil were divided according to 5 regions from 1 to 5, and a checklist was given equally to the managers and coaches of these clubs. The Cochran's formula was used to determine the sample size, which was calculated to be 168, and a stratified random method was used to sample this research. In the present study, a researcher-made checklist was used. This checklist has 20 components and 114 questions based on the Likert continuum. Descriptive statistics were used to calculate the central indices and dispersion and a one-sample t-test was used to examine the status of the factors. And significance level was considered 0.05 and statistical operations were performed using SPSS software version 22.

Findings: Structural safety considerations: Physical characteristics of clubs-weak/The position of the locker room of coaches and athletes-average/The entrances and exits of the club-average/Protection Status-weak. Non-structural safety considerations: Ventilation and thermostats-average/Guides and signs-average/Medium light and sound systems/Parking and amenities-weak. Security considerations: Deployment and stability and equipment gaps-weak/ Appropriate strength of components and equipment evaluation-weak/Knowledge of managers and trainers and correct execution of movements-good/First aid and fire extinguisher capsules -average/Establish social security-weak.

Conclusion: Based on the results, it can be said that the use of physical education specialists in the construction and equipping and continuous evaluation of clubs in maintaining and increasing their lifespan seems necessary.

Keyword Structural safety, Non-structural safety, Security, Fitness Club

Introduction

Today, having a beautiful and fit body has become one of the concerns of human beings especially for young people. In addition, from the point of view of sports experts, it is a social and cultural phenomenon, and the presence of people in sports clubs satisfies the collective need of human beings. But every social phenomenon is affected by risk factors, and ignoring them creates problems for society and the country. For this purpose, the safety status of sports venues is one of the most important issues for sports science and sports medicine specialists and community health officials (Afroozeh et al., 1389). Safety and security in sports have found a good place in social, cultural, recreational, leisure and entertainment programs. On the other hand, sport is a good field for executives and athletes to engage in other political, social and economic activities. Sport is a big business and people pay for it. The mass media promotes it. As a result, the sports industry has grown a lot recently. Sports events and competitions at the national, regional, national and international levels go beyond a sporting phenomenon; therefore, sports security management at these levels is much wider than competition management (Ramezani Nejad 1394). Paying attention to safety tips in the construction of sports venues and the use of dedicated managers to manage sports venues can prevent many injuries and accidents in these places (Mill et al. 2015). Sport as a large business industry is done both professionally and recreationally. In the meantime, a special look at fitness and its clubs is one of the benefits that all human beings have had in all societies and at all times. It is a beautiful and harmonious organ. Of course, this demand has become more and more important today as people become aware of the benefits of sports and economic well-being in most societies, as well as the development of more and more mass communication. It is done, it has flourished in all countries (Blockat 1390). In a way that Fitness has surpassed football financially and the percentage of credit for its turnover has increased more than football (Wallace Norton 2014). But in our country, Iran, due to limited reasons to engage in fitness sports, the tendency of people to this field is increasing day by day. So, it is necessary to have enough safety and security in clubs to enjoy the benefits of this sport (Jalali Farahani 1392). In general, security means getting rid of threats and fears and the existence of peace and it is one of the most important human needs that has been mentioned in many theories of psychology, sociology, political science and management (Rezaei 1390). Employers must pay attention and follow the rules pertaining to subjects such as ventilation, lighting, cleanliness, temperature, observing the distance between devices ,equipment, not using hazardous machinery ,storing and not using hazardous materials and the health system, facilities for resting and changing clothes and showers, getting first aid and medical equipment ,emergency equipment, personal safety equipment and hiring security guards. Sports organizations must also provide acceptable standards of care for the safety and security of their members, and provide adequate security and control of access to sports venues and indoors sports venues (Horine and Stuttler 2014). A club with international standards must have the following specifications: it must provide appropriate facilities for the disabled, must have enough storage space and long lasting, sustainable buildings, must provide enough lockers and locker rooms, must have showers, bathrooms and dressing rooms with a suitable floor slope and wa-

terway, must provide ports and ramps to easily move equipment, must have enough parking space, must have a waiting room suitable for users, must have pads on the walls, must plan for adequate maintenance and supervision of various activity spaces in the sports venue (Savir et al. 2015). Mirkazemi et al. (1394) ranked the fitness clubs in Rasht in terms of safety, using multi-criteria decision making methods and concluded that customers should make the appropriate decision in choosing the desired product according to the points obtained by this model. Also, this model is available to the providers of this product so that they can take effective measures to optimize and stabilize the status and position of their product and can get effective rankings for their product. Falahati (1394) examined the structure of urban space and the feeling of security among women and the important role of security when individuals are in public places is highlighted. Security is one of the most influential features of a suitable Islamic city. Many factors, such as the social harms of the physical space of services and the security of the space, play an important role in creating a sense of security. In order to raise the positive mood and reduce people's anxiety, having wide and beautiful corridors, using standard glass and bright colors and decorative items on the doors and walls of places and using designed walls play an important role. Ahmadi and Ghanbari (1396) examined the safety factors of Islamshahr sports venues and spaces and compared it with the existing standards. They came to the conclusion that based on the data obtained from the checklists, there is a significant difference regarding the safety situation of the field and the area around it, storage area and benches. And in terms of buildings and entrances and exits, there are signs, locker rooms and sports equipment in the places and sports spaces of Islamshahr according to the existing standards. Ismail Lou et al. (1397) assessed the safety of structural and non-structural elements of sports venues in Ardabil province in hosting the second round of the Asian Hopes Volleyball Championship (2017). They concluded that there was a significant difference between the status quo, structural factors and non-structural factors. There is a structure with the average of society and with the assurance of being desirable, the safety status of the structural, ninety-nine percent sports facilities of Ardabil province in hosting the second round of the Asian Hopes Volleyball Championship is approved. Ebrahim et al. (2015) concluded that risk management in most large cities does not provide the necessary safety in sports facilities and there is no sense of security among customers in sports clubs and spontaneous club inspections groups are formed to maintain security. Taylor and Toohey (2016) examined security measures in a sporting event. They concluded that the philosophy of risk management is one of the processes and methods of ensuring the security of sporting events. Clement's model considers the control of activities involving activities by these four actions: 1. acceptance of risk and responsibility. 2. Preservation and control of activities and transfer of risk through insurance or contract. 3. Improving activity to reduce risk. 4. Eliminating risk by eliminating activity. The purpose of this study is to investigate the safety and security in fitness clubs of Ardabil. The results of this study show the position of these places compared to existing standards. This study will hopefully be able to give a new perspective to the sports officials of Ardabil and reveal the hidden aspects of the issue for the officials and those in charge of sports in Ardabil more than ever. It also emphasizes the need for careful consideration and continuous monitoring in the construction and development of standard fitness clubs.

Materials and Methods

For this survey study, the data collection was done in the field. In January, There were more than 120 fitness clubs in Ardabil, each formed by managers and coaches (men and women) who made up a total of 300 people. Fitness clubs in Ardabil were divided according to 5 regions from 1 to 5, and a checklist was given equally to the managers and coaches of these clubs. The Cochran's formula was used to determine the sample size, which rendered the number of samples to be 168, and a stratified random method was used for sampling. In the present study, a researcher-made checklist was used. To compile the checklist, university professors in the field of sports management were consulted. In addition, checklists and questionnaires used in the field of safety and security of places were reviewed. Experts in club management were invited to share their ideas the checklists federations provided were consulted as well. This checklist had 20 components and 114 questions based on the Likert continuum. The researcher was present when filling out the checklists by the relevant people in that place. The different sections of the checklist and the corresponding results were: Structural safety considerations: (Physical characteristics of clubs / The position of the locker room of coaches and athletes / entrances and exits of the club / Protection Status). Non-structural safety considerations: (Ventilation and thermostats / Guides and signs / light and sound systems / Parking and amenities). Security considerations: (Deployment and stability and equipment gaps /Appropriate strength of components and equipment evaluation / Knowledge of managers and trainers and correct execution of movements / First aid and fire extinguisher capsules / Establish social security). The validity of this checklist was confirmed with the advice of professors and experts in the field of sports management. The reliability of the checklist was also measured by Cronbach's alpha and was calculated to be 0.74 for structural safety considerations, 0.75 for non-structural safety considerations and 0.73 for security considerations. Descriptive and inferential statistics were used in this study. Descriptive statistics were used to calculate the central indices and scatter, and a single-sample t-test was used to assess the status of the factors. A significant level of 0.05 was considered and statistical operations were performed using the SPSS software version 22.

First, Cronbach's alpha coefficient was used to determine the validity and the results are given in table 1.

Results

Table 1. Cronbach's alpha results for checklist components

Variable	Cronbach's alpha index
Physical characteristics of clubs	0/72
Check the location of bodybuilding equipment in clubs	0/75
Appropriate distances of devices from each other	0/73
Check the proper strength and stability of the equipment	0/71
Assess the proper strength of components of equipment and connection tools	0/72
How to evaluate equipment in clubs	0/77
Locker room for coaches and athletes	0/74
Traffic doors inside and outside the club	0/72
Showers	0/76
Ventilators and thermostats	0/77
Toilets	0/74
Check the status of neurosonic systems	0/72
Check the status of the guards	0/77
Signs and signposts for club locations and equipment	0/71
Guide to the correct execution of movements and exercises	0/75
Evaluation of first aid and fire extinguishers	0/76
The state of social security in fitness clubs	0/75
The level of knowledge of coaches and management to run the club	0/71
Amenities for customers by clubs	0/72
Vehicle parking status	0/73

Table (2) shows the results of the structural safety considerations section of fitness clubs, which includes four subtitles: (physical characteristics of clubs/ the position of the locker room of coaches and athletes / entrances and exits of the club / protection status).

Table 2. Description of the features and status of structural safety considerations of fitness clubs

Title	Average	Standard deviation	T	Sig	Mean Difference	Condition
Physical characteristics of clubs	2/10	0/26	-43/53	0/000	-0/90	Weak
The position of the locker room of coaches and athletes	3/35	0/58	11/93	0/000	0/53	Average
entrances and exits of the club	3/65	0/60	13/99	0/000	0/65	Average
Protection Status	2/30	0/26	-33/84	0/000	-0/70	Weak

According to Table 2 the average of the subtitles: the position characteristics of clubs 2.10/ weak, the positions of the locker room of coaches and athletes 3.53/average, entrances and exits of the club 3.65/average and protection status 2.30/ Weak.

Table (3) shows the results of the non-structural safety considerations section of fitness clubs, which includes four subtitles: (ventilation and thermostats / guides and signs / light and sound systems / parking and amenities).

Table 3. Description of the features and status of non-structural safety considerations of fitness clubs

Title	Average	Standard deviation	T	Sig	Mean Difference	Condition
Ventilation and Thermostats	3/27	0/49	7/18	0/000	0/27	Average
Guides and Signs	3/41	0/48	11/18	0/000	0/41	Average
light and Sound Systems	3/29	0/52	7/27	0/000	0/29	Average
Parking and Amenities	2/27	0/49	-19/21	0/000	-0/73	Weak

According to Table 3 the average of the subtitles: Ventilation and thermostats3.27/average, guides and signs 3.41/average, light and sound systems 3.29/average and parking and amenities 2.27/weak.

Table (4) shows the results of the security considerations section of fitness clubs which includes five subtitles: (deployment and stability and equipment gaps /appropriate strength of components and equipment evaluation/ knowledge of managers and trainers and correct execution of movements / first aid and fire extinguisher capsules / establish social security).

Table 4. Description of the features and status of security considerations of fitness clubs

Title	Average	Standard deviation	T	Sig	Mean Difference	Condition
Deployment and stability and equipment gaps	2/17	0/48	-21/81	0/000	-0/83	Weak
Appropriate strength of components and equipment evaluation	2/21	0/50	-20/24	0/000	-0/79	Weak
Knowledge of managers and trainers and correct execution of movements	3/86	0/53	20/88	0/000	0/86	Good
First aid and fire extinguisher capsules	3/46	0/53	11/34	0/000	0/46	Average
Establish social security	2/28	0/46	-19/83	0/000	-0/72	Weak

According to Table 4 the average of the titles: Deployment and stability and equipment gaps 2.17/weak, Appropriate strength of components and equipment evaluation 2.21/weak, Knowledge of managers and trainers and correct execution of movements 3.86/good, First aid and fire extinguisher capsules 3.46/average, Establish social security 2.28/weak.

Discussion and Conclusion

The results of research on structural safety section: Physical characteristics of clubs - weak /the position of the locker room of coaches and athletes - average /Entrances and exits of the club - average / protection status - weak). These results are consistent with the results of Wang's (2010) research. The researcher points out that special attention needs to be paid to educating users in dealing with major accidents and about the safety of sports facilities (indoor sports venues). The results of this study are in line with Mason's (2001) study. This researcher states that lack of management and disregard for safety scales and failure to use the opinions of physical education experts lead to the construction of unsafe places. In general, in the construction of safe sports venues, the use of physical transport specialists should be used along with the specialization of architecture and civil engineering specialists. Fitness club surfaces must be perfectly smooth, without protrusions and depressions, with a suitable slope, water holes with a cover and level with the club floor, walls and columns with a suitable cover, emergency exits, standard doors and the use of appropriate colors for all necessary places to use the appropriate protection. The result of research on non-structural safety section: (Ventilation and thermostats - average /guides and signs - average/medium light and sound systems / parking and amenities - weak). These results are consistent with the results of Rouhani's research (1391). The researcher stated that the installation of warning signs and educational signs with beautiful and appropriate words and sentences, special training for mentors, guidance along with the love of the spectators and training of athletes can be very effective in improving the safety of sports facilities. Also, these results are inconsistent with the results of rezaie's research (1390). Rezaei pointed out that the large space of the complex and the existence of more sports venues within the complex, followed by increasing the variety of activities and also increasing the available space, for services such as car parking can be very important for customers. Appropriate guards should be installed to protect the meter and gas and electricity branches and other hazardous facilities. Heating and cooling systems, audio and video systems, ventilation and lighting in clubs must be constantly monitored and rehabilitated. For the well-being of the users inside, sports facilities with their surroundings should be considered as a suitable place for parking public and private vehicles. The result of research on security section: (Deployment and stability and equipment gaps - weak /appropriate strength of components and equipment evaluation - weak / knowledge of managers and trainers and correct execution of movements - good / first aid and fire extinguisher capsules - average / establish social security - weak). These results are inconsistent with the results of Shahabinejad's research (1391).The researcher stated that the safety conditions of the building of gyms and facilities are moderate, the safety of the activity area in the halls has good conditions and the safety of the equipment used in the halls is moderate, which leads to the well-being of the users of these places. Also, these findings are inconsistent of those of Isfahan Kalani and Asghar pour's research (2008). They stated that the basketball halls of Gorgan city are evaluated as average and considered the

equipment used in this evaluation in favorable conditions. The results are also consistent with Ibrahim's (2015) studies. The researcher concluded that risk management is not taken into account to create the necessary safety in sports clubs in many large cities and the customers of sports clubs do not feel secure at all. In order to improve security, they make voluntarily groups of men and women to inspect the clubs in order to compensate for this failure. In studies by Tinsworth and McDonald (2001), it was stated that damaged equipment was not a significant factor in the occurrence of injuries. Rather, factors such as improper use, incorrect training of sports movements, etc. play an important role in causing injury. The purchase of equipment and supplies to equip clubs by the owners through companies that have the necessary license to sell these equipment must be observed. Because buying low-quality handmade items can hurt athletes and over time, due to the inappropriate angle of movement of the device, it causes irreversible damage to athletes. In order to ensure social security within clubs, club officials, both management and coaches, must behave appropriately and people with misconduct must not be allowed in to the club. Finally, it can be said that the structural safety considerations of bodybuilding clubs, non-structural safety considerations of bodybuilding clubs and safety considerations of bodybuilding clubs are in poor or average condition. They do not have security.

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