

Research on Legal Liability and Prevention Mechanism of Accidental Injury Accidents in Commercial Fitness Clubs

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Abstract: Using legal and sports theories to interpret the connotation of commercial fitness clubs, exploring the causes of accidental injuries in commercial fitness clubs, pointing out the principle of liability for accidental injuries in commercial fitness clubs, and proposing corresponding prevention strategies. Research has found that the causes of accidental injuries in commercial fitness clubs mainly involve the management, layout, and quality of venue facilities; the knowledge, ability, and attitude of coaches; students' own literacy issues and other content. And based on this, the legal basis for the fault principle, presumption of fault principle, and no-fault principle of various accidental injury accidents was analyzed. In terms of prevention mechanisms, commercial fitness clubs should strengthen legal management, enhance the scientific operation and management of venue facilities in commercial fitness clubs, enhance the ability level of coaches in commercial fitness clubs, enhance the risk prevention and control awareness of students in commercial fitness clubs, and strengthen the safety measures of commercial fitness clubs.

Keywords: Commercial Fitness Clubs; Accidental Injury Accidents; Preventive Mechanisms.

1. Introduction

The rapid development of commercial fitness clubs is closely related to the rapid growth of China's social economy, the continuous improvement of people's health awareness, and people's profound understanding of the value of sports. At present, China's total economic output has steadily ranked second in the world, and people's awareness of fitness has never been greater. More importantly, national policies are actively promoting nationwide fitness activities, which has laid a good environmental foundation for the construction and development of China's commercial fitness club market. As is well known, sports have indisputable value and function in improving people's physical and mental health. And commercial fitness clubs also utilize the essential function of sports to achieve their commercial goals. However, commercial fitness clubs still face various risks of accidental injury accidents, such as improper operation by fitness coaches, potential injury hazards for students themselves, or environmental factors such as unsafe equipment and facilities, which may lead to accidental injury accidents. Undoubtedly, the accidental injury incidents of commercial fitness clubs will greatly affect the normal operation and development of the industry, as evidenced by cases such as the "Liu v. Hao Dispute over Right to Life, Health, and Body" ([2021] Liao Minshen No. 3694) and the "Wang v. Shenyang Siwei Yu Online Fitness Service Co., Ltd. Dispute over Right to Life, Health, and Body" ([2022] Liao 01 Min Zhong No. 3661). Therefore, in order to ensure the healthy development of commercial fitness clubs and reduce the occurrence of accidents, it is necessary to clarify the connotation of accidents in commercial fitness clubs, clarify the obligations and responsibilities of commercial fitness clubs, and establish a prevention mechanism for accidents in commercial fitness clubs.

2. Interpretation of the Connotation of Accidental Injury Accidents in Commercial Fitness Clubs

What is a commercial fitness club? Different scholars have different perspectives and different focuses. Based on the definition characteristics scholars have pointed out that social organizations are the classification of commercial fitness clubs, profitability is the differentiae of commercial fitness clubs, and fitness and entertainment facilities and methods are their content. Based on this, the scholar defines commercial fitness clubs as "profit-making organizations that provide entertainment facilities and teach fitness methods.[1] Of course, some scholars have also defined it as: "Commercial fitness clubs are sports management entities that provide venues, equipment, technical guidance, and related leisure and fitness services to consumers for the purpose of profit." [2] Although the wording and sentence of the above two definitions are slightly different, they only explain the connotation of commercial fitness clubs from different perspectives. Specifically, the definitions of the two are not fundamentally different, but the latter comprehensively explains some of the conceptual content of the former definition. The former uses the term 'entertainment facilities', while the latter provides content such as venues and equipment. Strictly speaking, literal explanations better reflect the essence of commercial clubs, and any explanation that goes beyond the literal meaning must have a higher dimension of conceptual guidance in order to be accepted. Literally, commercial fitness clubs have three important components: business, fitness, and clubs. Among them, business reflects the characteristics of the organization, which means it requires the organization to be profitable; Fitness showcases the functions of the organization, emphasizing the improvement of the physical quality and quality of life of

fitness participants; Clubs refer to groups or places that engage in social communication, cultural entertainment, and other activities.[3] It is the support or carrier of fitness activities for fitness participants. Therefore, fundamentally speaking, a commercial fitness club is first and foremost an activity venue, which is the prerequisite and foundation for fitness and commercial operations.

Of course, in theory, it can also be understood as an organizational structure or group for commercial fitness. Here it has an extended meaning. Obviously, without the club as a venue, there would be no other place to talk about; Secondly, commercial operation is one of its main value objectives. The purpose of establishing a fitness club is to make profits, and its commercial value can only be realized through commercial management; Of course, commercial operations can also be interpreted as the provision of fitness service products by society; Finally, fitness is a tool or means of commercial operation for clubs. Without the tool of fitness, the value function of commercial fitness clubs will no longer exist. Of course, fitness is not only about providing fitness facilities and equipment, but also requires various exercise techniques and methods. In short, fitness refers to achieving the fitness goals of fitness participants through sports activities. So, the connotation of commercial fitness clubs can be interpreted as - commercial fitness clubs are fitness activity venues or business entities with commercial operation as the purpose and sports as the form.

Accidental injury accidents refer to objective facts or events that result in personal injury caused by reasons beyond the will of the parties involved. In terms of ideology, it manifests as the parties being unforeseeable or trusting to avoid the event, and the event or behavior violates the parties' wishes. Of course, the causes of harm can be external or personal, sudden or long-term, but it should be emphasized that regardless of the cause, they should be unintentional and non diseased. Obviously, the causes of accidental injuries in commercial fitness clubs are different from those in accident insurance. In accident insurance, external harmful substances should have four major elements: external, sudden, unintentional, and non disease. This regulation clearly narrows the scope of causes of accidents and reduces the level of compensation risk in the insurance industry. However, in commercial fitness clubs, accidental injury accidents are not just the four types of harmful factors in the insurance law. The cause of an accident can be either external or personal. In commercial fitness clubs, fitness enthusiasts who blindly increase their exercise volume or intensity due to their own motivation, regardless of the coach's arrangement, may cause their own body injury accidents. For example, in the process of self-directed practice, practicing one's own incorrect actions or lack of concentration can be the cause of harm to the body. Accidents can be sudden or non sudden. As is well known, the long-term persistence of incorrect actions or the unreasonable arrangement of fitness plans by coaches often leads to the end result of unexpected injuries and accidents in the future. Of course, whether it is a commercial fitness club or an insurance industry, their unintentional and non disease causes of harm are consistent. That is, the non subjective intention of accidental injury accidents and injuries caused by one's own physical illness.

Finally, civil liability for accidental injury accidents. The Civil Code stipulates that accidents are caused by accidents, and whether to bear civil liability depends on the specific situation. If they are caused by force majeure, emergency

avoidance, and other circumstances, civil liability is not required. Article 176 of the Civil Code of the People's Republic of China stipulates: "Civil subjects shall fulfill their civil obligations and bear civil liability in accordance with legal provisions or as agreed upon by the parties.

3. Exploration of the Causes of Accidental Injuries in Commercial Fitness Clubs

Generally speaking, accidental injuries in commercial fitness clubs are closely related to fitness programs, methods, equipment, and environment. For example, in fitness programs, some students choose fitness clubs that focus on fighting and confrontation, which typically include sports such as Sanda, boxing, taekwondo, and judo. Due to the inherent requirements of adversarial and high-intensity hitting in this type of sports, it is inevitable that some injury accidents will occur during the practice process. Secondly, in terms of fitness methods, there may also be some unexpected injuries. If the strength control is not reasonable or the applied strength exceeds the endurance range of the trainer in flexibility exercises such as gymnastics and dance, it may lead to injuries such as ligament tearing among fitness students. Thirdly, the practice of equipment in commercial fitness clubs is also an important area that can cause accidental injuries. According to relevant reports, commercial fitness clubs integrate multiple sports and can provide scientific, comprehensive, and safe training equipment. Their equipment can generally be divided into two categories: physical fitness equipment and aerobic equipment.[4] Generally speaking, the areas where accidents occur in commercial fitness clubs are mainly concentrated on the barbells, dumbbells, and squat racks in the free equipment area, as these devices have a wide variety of types and are prone to exceeding their own carrying capacity due to increased load or physical fatigue during practice.[2] Finally, the fitness environment is also one of the reasons for accidental injury accidents. The quality of venue facilities, the control ability of security personnel, and the allocation of fire-fighting measures can all affect the physical and mental health of fitness students. Although there are various cases of accidental injuries in commercial fitness clubs, the specific reasons are mainly as follows:

Firstly, the management, layout, and quality of venue facilities. The accidental injury accidents of commercial fitness clubs are closely related to the management, layout, and quality of venue facilities, and the specific reasons mainly involve three aspects: firstly, the management is not strict. The facilities of commercial fitness and sports venues need to be strengthened in management, and inadequate management may lead to accidental injury accidents. If the ground of the venue facilities is slippery and uneven, it is an important reason for the injury of fitness students; Secondly, the layout is not scientific. The layout of venue facilities is also an aspect that affects the physical health of fitness participants. If the layout of sports events is not reasonable and the projects interfere with each other, it is inevitable that unexpected injuries and accidents will occur during the exercise process. Among them, special attention should be paid to equipment sports projects. Once the equipment of fitness students is removed or separated from the exercise area, it may cause a certain degree of physical injury to nearby fitness students in other projects. The third reason is that the quality is not up to standard. The quality of venue facilities is the basic guarantee

for the physical health of fitness students. If the quality of venue facilities is not up to standard, it will lay hidden dangers for the exercise of fitness students.

Secondly, the knowledge, ability, and attitude of coaches. The orderly operation of commercial fitness clubs cannot be separated from qualified coaches. As a qualified coach, its basic qualities should include complete professional basic theoretical knowledge, proficient professional teaching and guidance skills and methods, as well as persistent dedication and dedication. In other words, coaches are a crucial link in the commercial operation of commercial fitness clubs. Without coaches, the operation of commercial fitness clubs will be difficult to sustain, let alone have better market development prospects. Obviously, in fitness activities, if coaches lack systematic basic knowledge of fitness theory, it is difficult to scientifically and reasonably apply fitness guidance methods. This not only fails to achieve good fitness results, but on the contrary, it may even lead to serious accidental injury accidents. Of course, in this process, the coach's work attitude is also extremely important. Only by being willing to contribute, diligent in learning and thinking, can coaches become excellent coaches and avoid injuries and accidents during the fitness process. For example, in the "Putian Haoya Fitness Co., Ltd. and Cai Moumou Violation of Safety Guarantee Obligation Liability Dispute Case" ([2015] Puminzhong Zi No. 247), the plaintiff in the original trial, Cai Moumou, suspended exercise on his left knee during the guidance process of a personal coach, but the coach did not timely judge the injury and allowed him to go to other areas for exercise, resulting in a lawsuit of tearing the left knee inner and outer meniscus.[1] This is the result of the coach's improper work attitude.

Thirdly, the motivation, behavior, and quality of students. Fitness accidents are closely related to students' motivation, behavior, and quality. Firstly, commercial fitness clubs place great emphasis on students' fitness requirements, but their motivation for practice is not just about fitness or fitness. During practice, fitness motivation often develops into showoff or display behavior. In other words, showing off and showcasing can also be said to be another behavioral motivation that arises during fitness practice. So, in terms of practice attitude, students will become eager for quick success and then disregard the gradual training methods and methods. In practice behavior, it often manifests as prolonging the practice time or increasing the intensity of the load. As is well known, once students practice excessively without effective and timely recovery of physical, technical, and mental abilities for a long time, it may lead to the occurrence of physical accidents. Especially when students practice in a free zone, without the guidance and careful supervision of coaches, injury accidents are more likely to occur. In addition, the quality of students themselves is also an important influencing factor. Generally speaking, new students with relatively poor physical fitness or basic illnesses are prone to accidental injury accidents when practicing in sync with other students who have a foundation in practice. Therefore, the practice of new students should strictly follow the technical guidance of coaches or the health activity requirements of medical institutions, and be practiced under scientific guidance and control to avoid the occurrence of accidents caused by excessive practice.

Fourth, accidents involving accidental injuries to third parties. In commercial fitness clubs, third-party accidental injuries can be divided into two types: internal and external.

Firstly, third-party accidental injuries within the club are mainly caused by other people's fitness activities, which are often closely related to the spatial arrangement of fitness projects. If the fitness space is narrow and the personnel are too dense, accidental injuries are prone to occur. Moreover, the spatial layout of sports events is not reasonable, and accidental injuries are also an important reason. Of course, external personnel of commercial fitness clubs may also cause harm to fitness participants. Although this situation is relatively extreme and rarely occurs, it is also necessary to strengthen security to avoid such accidents.

4. Legal Liability for Accidental Injury Accidents in Commercial Fitness Clubs

In commercial fitness clubs, there are various reasons for accidental injury accidents, which can be related to the quality of venue facilities, the ability level of coaches, and even the quality of students themselves. Of course, it may also be caused by a third party. Due to different causes of accidental injury accidents, the legal liability for them may also vary.

4.1. Venue Facilities and Accidental Injury Liability

The accidental injury accidents of venue facilities are related to management, layout, and quality, and the legal responsibility for different accident causes may also vary. Firstly, management issues. The principle of fault liability should be adopted for accidental injuries caused by negligence in staff management and careless work, and the legal responsibility should be borne by commercial fitness clubs. Commercial fitness clubs can prove that they are not at fault and do not assume or reduce responsibility. After the commercial fitness club takes responsibility, it can pursue corresponding responsibilities with the specific person in charge of the work. Of course, during this process, students themselves also have corresponding duty of care to ensure their own safety issues; Secondly, layout issues. If the layout of the venue is unreasonable, resulting in accidents for students, the principle of process presumption of responsibility should also be adopted. After taking responsibility, commercial fitness clubs should optimize the layout of venue facilities, ensure the scientific and reasonable layout, and ensure the safety of students' fitness; Thirdly, quality issues. The principle of no fault should be adopted when quality issues cause physical damage to students. After the commercial fitness club takes responsibility, if there are construction problems, they can be held accountable to the construction unit. If the quality of sports equipment is unqualified, the manufacturer will be held accountable.

4.2. Coaches and Accidental Injury Liability

Coaches are the guides for students to practice fitness techniques and the planners for the process of students' fitness activities. In other words, coaches are the actors in the effectiveness of student fitness. Therefore, the fitness status of students is closely related to the abilities of coaches. To be precise, it is closely related to the knowledge, ability, and attitude of coaches. So, during the fitness process, if a student's accidental injury accident is related to the coach's knowledge, ability, and attitude, the coach should bear the corresponding responsibility for the accidental injury accident. Obviously, coaches lack basic knowledge of fitness

and their guiding principles are extremely unscientific. Therefore, when formulating fitness exercise plans, it is possible to violate the basic laws of students' physical and mental development. This not only fails to achieve good practice results, but also may have negative effects on fitness practice, ultimately leading to the occurrence of unexpected injuries. The technical level and teaching guidance ability of coaches are also important factors in avoiding accidents during fitness exercises. Coaches have a high level of technical proficiency, strong ability to control key nodes of technology, and scientific and standardized teaching guidance arrangements. As a result, the incidence of accidental injuries among students during practice will decrease, while conversely, the incidence of accidents during fitness exercises will increase. Due to the lack of subjective motivation in the knowledge level and technical ability of coaches, they should not be held responsible for fault. On the contrary, commercial fitness clubs should ensure the ability and level of coaches in the process of hiring coaches, therefore, commercial fitness clubs should bear corresponding responsibilities. Finally, there is the subjective attitude of the coach. Coaches have a positive and conscientious subjective attitude, and strict requirements are imposed on lesson preparation, venue preparation, and equipment preparation to avoid accidents. But if the coach has a negative attitude, attends classes casually, and lacks a systematic and thorough teaching and training plan, the effectiveness of fitness exercises will decrease, leading to frequent accidents and injuries. If it is a problem with the knowledge and ability of the coach that leads to an accidental injury accident, no fault liability should be taken, and the club should bear the adverse consequences of the fitness exercise accidental injury accident. If it is not a matter of knowledge and ability, fault liability should be adopted. In subjective terms, fault is defined as fault, and no fault is defined as accident. Of course, as coaches are appointed members of commercial fitness clubs, commercial fitness clubs should first bear responsibility for any accidental injury accidents, and after assuming responsibility, they can pursue responsibility from the coaches who were at fault.

4.3. Student and Accidental Injury Liability

Students are the main participants in fitness exercises and the service targets of commercial fitness clubs. That is to say, there is a service or contractual relationship between students and commercial fitness clubs. As is well known, during the process of participating in commercial fitness club exercises, the club often signs relevant agreements or contracts with the students to explain the rights, obligations, and responsibility sharing between the commercial fitness club and the students. In terms of division of responsibilities, commercial fitness clubs usually set up exemption clauses. If one party (Party A) of the commercial fitness club is unable to provide fitness services to the fitness participants (Party B) as agreed due to force majeure or other reasons, Party A shall be exempted from liability. Alternatively, if Party B is unable to receive fitness services as agreed due to force majeure or sudden illnesses that affect fitness safety, Party B shall be exempted from liability. Of course, although there are relevant agreements and contracts between students and clubs, these types of contracts are usually format contracts, and students do not participate in negotiations seriously and equally, and the division of responsibilities may not be entirely fair and reasonable. Therefore, unexpected injury incidents among students need to be analyzed based on specific circumstances,

and the main content is as follows: firstly, the cause of the disease. If the accidental injury accident occurs due to the student's own illness, it is necessary to pay attention to whether the club conducts corresponding physical tests and health checks on the student when recruiting them, or whether the student provides their own health certificate, and whether the club has corresponding review records. If the students' physical and health issues are not carefully reviewed, the club will have certain faults. According to the principle of fault, the club should bear an unshirkable responsibility. If the above audit record procedures are complete, the club also has the responsibility to promptly handle unexpected incidents and avoid the risk of further escalation of injuries in the event of accidents. That is to say, the club has the safety attention or guarantee obligation to respond to unexpected accidents. Secondly, the reason for exercise. The accidental injury accidents caused by exercise are closely related to the teaching and guidance abilities of coaches, whether it is organizational practice or self practice. In organizing exercises, the correctness of coaches' technical methods and the scientificity of exercise plans play a crucial role. In self practice, coaches play a role of supervision and attention. That is to say, coaches should pay attention to whether students have practiced according to the teaching plan and methods. If there are technical errors or other unreasonable practices, they should be corrected in a timely manner to avoid injury accidents. If the coach fulfills the duty of care, the responsibility of the coach or club should be reduced or exempted. Thirdly, third party reasons. If the accidental injury to the student is caused by a third party, the third party shall bear civil liability for compensation. Of course, the club can also compensate in advance and then seek compensation from a third party. Finally, the rule of 'self acceptance of risk' does not apply to club accidents. The 'voluntary risk taking' rule refers to a rule where the victim voluntarily assumes the possibility of damage and places themselves in a dangerous environment or situation, and the perpetrator of the damage does not assume responsibility. The Civil Code first legalizes the voluntary risk rule in Article 1176 of the Tort Liability Code, and clarifies the scope of application of the rule as "cultural and sports activities with certain risks", mainly applicable to sports infringement disputes and other cases.[6] From this, it can be seen that the "voluntary risk" rule is aimed at cultural and sports activities with certain risks. Obviously, the so-called risk refers to the risks of cultural and sports activities that the general public can understand, such as football, boxing, rock climbing, etc. Their accidental injuries have a certain degree of rationality, such as the reasonable physical collision in football. Commercial fitness clubs are aimed at commercial operation and use fitness as a means to ensure the health and safety of students, which is their indispensable responsibility. Therefore, the practice content of commercial fitness clubs clearly does not belong to the project content required by the "self risk" rule.

5. Prevention Mechanism for Accidental Injuries in Commercial Fitness Clubs

The accidental injury incidents in commercial fitness clubs not only damage the physical and mental health of fitness students, but also affect the normal operation and development of commercial fitness clubs. In order to promote the operation and sustainable development of commercial

fitness clubs, it is necessary to strengthen the prevention mechanism of fitness clubs and avoid the occurrence of accidental injury accidents, specifically from the following aspects:

One is to strengthen the legal awareness of commercial fitness clubs. Rule of law consciousness is the general term for people's knowledge, viewpoints, and psychology about the rule of law. The level of development of the rule of law in a country determines the strength of citizens' awareness of the rule of law, which in turn affects the quality and level of rule of law construction. The awareness of the rule of law is largely reflected in people's respect and trust in the law.[7] Commercial fitness clubs also need to enhance their awareness of the rule of law. Through the enhancement of legal awareness, the legal management of commercial fitness clubs will be strengthened. In this way, it can not only ensure the legal management of commercial fitness clubs, but also ensure that the relevant rights of students are effectively protected. The rule of law requires commercial fitness clubs to exercise their rights correctly, promote the legitimate operation of commercial fitness clubs, improve the management effectiveness of commercial fitness clubs, implement safety guarantees for commercial fitness clubs, and effectively safeguard the legitimate rights and interests of commercial fitness club students.

The second is to strengthen the operation and management of commercial fitness club venues and facilities. The management of venue facilities in commercial fitness clubs involves three aspects: (1) environmental management. The main purpose of this management is to examine whether the specific environment of commercial fitness clubs is suitable for fitness activities, such as the intensity of light, air quality, noise pollution, indoor ventilation, whether the materials on the ground meet the sports requirements, whether the decorative materials are qualified, whether the ground is slippery, flat and damaged, hygiene and cleanliness, and the number of obstacles on the site, etc; (2) Equipment management. Equipment management emphasizes the scientific use of sports equipment, such as the placement of equipment, risk warnings for equipment use, identification of equipment use, maintenance of equipment, usage methods, and daily inspection procedures. (3) Quality assurance of venue facilities. The quality of venue facilities is also an important aspect of avoiding accidental injuries to fitness students. Both venue equipment and venue buildings require qualified quality and must undergo strict quality supervision and acceptance. Otherwise, they will become a hidden danger for commercial fitness clubs.

The third is to strengthen the ability cultivation of coaches in commercial fitness clubs. Commercial fitness clubs are places of operation where fitness is the main means of operation, therefore, the cultivation of coaches' fitness ability is extremely important. In the process of cultivating coaches' fitness abilities, it is necessary to consolidate the basic theoretical knowledge related to sports, such as sports physiology, sports anatomy, sports mechanics, fitness exercise prescriptions, etc. Secondly, improve teaching guidance and practical abilities. By receiving formal training, mastering the correct skills and methods, enhancing the scientific nature of course design, and improving the ability to predict sports risks. In fitness practice, it is possible to conduct teaching demonstrations correctly, arrange exercise loads reasonably, and promptly stop students' incorrect movements or behaviors. Finally, it is necessary to cultivate

the professional qualities of coaches. That is to correct the attitude of coaches towards teaching and guidance, improve service awareness, and establish a sense of responsibility. Shown in work is a mindset of patience, love, and service.

Fourthly, efforts should be made to enhance the risk prevention and control awareness of students in commercial fitness clubs. Improving students' awareness of self-protection and risk control can also prevent accidents from happening. Its main content includes: improving physical fitness, reasonable exercise load, maintaining a good mental state, carefully learning from training experience, and safety prediction of physical health. In terms of improving physical fitness, attention should be paid to comprehensive practice of physical fitness, that is, strength, speed, endurance, agility, and flexibility should not be neglected, and comprehensive development should be carried out. Comprehensive improvement of physical fitness can avoid physical defects, facilitate subsequent learning and improvement, and also avoid the occurrence of accidental injuries. Secondly, it is necessary to arrange exercise load reasonably. During load training, it is important to pay attention to preparation activities and actively warm up to improve body function and prevent sports injuries. At the same time, the load should be appropriate and it is not advisable to practice for too long or with too much intensity. In endurance training, it is important to emphasize that aerobic exercise is the foundation, gradually improving other skills or qualities while improving cardiovascular function. Thirdly, an appropriate psychological state. During the practice process, students should focus their attention, avoid excessive tension, depression, and avoid the negative psychological state of blindly comparing and taking risks. Fourthly, carefully absorb training experience. The trainees have rich training experience and can also avoid accidental injury accidents. During the practice process, it is important to diligently summarize the practice experience, such as considering the impact of seasonal changes on the preparation activities during warm-up activities, paying attention to the impact of mental state on the intensity or amount of exercise load during exercise, and emphasizing the important role of active recovery exercise and nutritional supplementation at the end of exercise. Finally, students' perception prediction. The perception of students' physical abilities is extremely important, and students can timely avoid sports injuries based on their instinctive perception.

Fifth, efforts should be made to enhance the safety and security capabilities of commercial fitness clubs. Safety assurance mainly includes security safety, fire safety, institutional norms, and strong execution. In terms of security, it is necessary to ensure that security personnel are properly equipped, monitoring equipment is free from blind spots, and emergency plans are complete. At the same time, fire-fighting facilities should be regularly inspected. In terms of institutional guarantees, there should be strict service standards and processes, and a clear division of responsibilities. Moreover, training should be provided to personnel in various job positions to ensure the quality level of security personnel. Finally, the decision execution is strong. In terms of decision-making execution, it is necessary to ensure the stable order of practice for venue students, as well as the timely arrival of emergency personnel, to achieve strong system execution.

6. Conclusion

At present, the country requires strengthening the construction of a sports powerhouse, and the formation and development of commercial fitness clubs can be said to actively respond to the country's call. However, commercial fitness clubs also experience accidents due to factors such as the level of coaches or the quality of venue facilities. Therefore, in order to ensure the stable and effective development of commercial fitness clubs, it is necessary to strengthen the construction of prevention mechanisms for accidental injury accidents. In this process, commercial fitness clubs must implement the principle or concept of legal governance, specifically achieving the following points: firstly, to strengthen the operation and management of venue facilities of commercial fitness clubs; Secondly, it is necessary to strengthen the ability cultivation of coaches in commercial fitness clubs; Thirdly, it is necessary to enhance the risk prevention and control awareness of commercial fitness club students; Fourthly, we need to enhance the safety and security capabilities of commercial fitness clubs.

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