

There can be no doubt that we are all able to engage in ways that impact our community for better or worse and it is imperative that we all take the steps we can to safeguard the vulnerable in our population, whether that vulnerability is physical, mental, or financial.

There is little to no evidence to suggest that gyms and fitness organizations are a high-risk of spread activity with appropriate guideline adherence. Fitness organizations have demonstrated they are well equipped to manage the risks of Covid spread with limited access through reservation times, regular cleaning and stringent mask and social distancing protocols in place.

It is prudent and responsible to minimize the overall number of unique exposures where possible, to wear masks, to enact physical distance requirements, to practice hand washing frequently and to disinfect high contact surfaces with regularity. It makes good sense to have health and safety protocols that everyone follows to safeguard our communities.

It is not prudent nor responsible to indiscriminately close our gyms and fitness organizations without any relevant data to say that gyms, martial arts and dance schools, yoga and pilates studios, etc., are sources of excessive transmission.

Our gyms and fitness organizations serve a valuable role in preserving the health and vitality of our communities. In addition to general health benefits, our fitness organizations provide much needed movement, stress reduction, normalcy and connection for children and adults alike who are struggling with unprecedented isolation and inactivity.

For those with serious illnesses such as Parkinson's, ALS and MS, many fitness organizations provide services that are absolutely critical to maintaining function and countering the symptomatic progress of those diseases.

As most gyms and fitness organizations are small businesses, they themselves are a part of the financially vulnerable population that we must take steps to protect during this time. To have fitness organizations and their respective populations unfairly bear the brunt of enforced closure without relevant data is both irresponsible and unjust.