

Health & Fitness Advisory Committee
Meeting Minutes
July 13, 2020

The meeting of the Health and Fitness Advisory Committee came to order at 7:05 p.m. Present were Jessica Rennekampf, Dick Boulton, Steve Hess, Alan Lassman, Cathy Weiss, Mary Helen Sprecher, Jack Sacchetti, Larry Sorkin, Chadi Groome, Jeff Lunder, Tavia Patusky, Anish Manrai, Kevin Shaffer, Leslie Flynn, Laurie Mambert, Vicki Burns and Dan Burns.

Agenda: The agenda was approved as presented.

Minutes: The minutes were approved as presented.

Chair Update and Group Discussion

Jessica has not visited the gym since the closure in March and didn't have club experience updates. Alan shared he has been swimming at CG and SSC. Steve and Jack commented that CG has been doing a good job of reminding people to wear masks and clean equipment. Jack has been doing Body Pump twice a week and using CG exercise equipment. Jack has felt there has been good social distancing. Cathy mentioned she has been enjoying the online classes at home.

Dan talked about how CA usage matches the 30% other gyms across the country are seeing. CA is also seeing similar patterns for freezes and cancellations, but with more freezes than cancellations. Dan also spoke about a study in Oslo, Norway with 4000 participants (half working out in a fitness facility without a mask and half not using the facility.) In the study, only one participant using the facility got COVID19 and that was contracted at their work space.

Jack asked about the amount of air circulated with the newly installed UV fans in the space. Jack asked what CA would do if there was a reported case at a club. Dan indicated CA has been in contact with the health department. Health department indicated CA should follow the contact tracing protocol.

Dan also spoke about the difference between air circulation and air exchange. Best practice to mitigate COVID in buildings is to maximize air exchange and minimize air circulation. CA is maximizing the air exchange by pulling in more fresh air (which can make the clubs feel warmer during the summer) and minimizing air circulation by turning off all fans other than UV fans.

Dan mentioned the first Clarabridge survey in several months is going out within the next few weeks. We'll be gathering feedback and putting together information for members to answer FAQs as people return to the facilities.

Cathy asked about capacity limits in the facilities. Dan explained we track capacity within the club every hour, but we are not even close to being at 50% capacity at any given time. Specific places within the club are tighter and those are the areas we are focusing on to ensure we can maintain social distancing.

Dan talked about new 1Fit and F&P members still doing pretty well (mirroring what other parts of the country are seeing in terms of sales.)

Jeff shared that he wishes there was an opportunity to tour the club before the first billing back so people could decide whether they wanted to freeze or continue with their membership.

Steve talked about occupancy limits in class sizes. Dan talked about how larger classes sizes are not comfortable for many members and instructors at this time. We'll continue to add classes to help with capacity issues. Down the road, we may look at expanding class size.

FY20 Annual Report & FY21 Charge

Jessica reviewed the annual report and FY21 charge. The group agreed to focus on adding diversity to the HAFAC committee, working to increase participation in programming and services and using Clarabridge to improve club experiences.

Next Meeting: The next meeting will be held on Wednesday, September 16 at 7:00pm. This will be another virtual meeting through Google.