

**Health & Fitness Advisory Committee  
Meeting Minutes  
September 16, 2020**

The meeting of the Health and Fitness Advisory Committee came to order at 7:05 p.m. Present were Jessica Rennenkampf, Dick Boulton, Steve Hess, Alan Lassman, Cathy Weiss, Jack Sacchetti, 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 hasn't been back at the clubs yet. She asked about the experience of other HAFAC members.

Jack has been attending the gym about five days per week and attending Body Pump several times during the week. Jack felt the gyms are cleaner than they've ever been. Not a lot of people yet. Jack saw most of the Columbia Gym members weight training and fewer people using the cardio machines. Plenty of room to go and be socially distanced from others.

Jeff asked about the use of masks in Body Pump. Anish explained Gov Hogan's updated executive order resulted in updates to the CA face mask policy. Face masks are now required at all times in the facility. The only exceptions are while on cardio equipment or in specific cardio or HIIT group fitness classes where they are recommended but not required. Face masks should not be used while actively swimming.

Jack asked about UV fans and how Columbia Association determined the number of fans to put in each area. Anish explained the UV fans serve a certain amount of square feet. Anish talked about HAFAC systems also bringing in lots of fresh air exchange.

Cathy asked about infographic from IHRSA regarding infection rates associated with gyms. She wanted to know Maryland specific rates of infection at gyms. That data was not readily available.

### **S&F Updates**

Anish talked about membership usage going up slightly in August. Supreme was up slightly year over year (but this may be due to construction in August 2019.) The facilities are staying consistent with cleaning, masks and social distancing.

Locker rooms have reopened for general member use. Some lockers remain closed to provide social distancing. The saunas remain closed. Face masks are required except while actively showering.

Roller/Ice skate public sessions are returning in October. Sessions will have limited skating capacity to ensure proper social distancing. Masks will be required. Snack bars will not reopen yet.

Columbia Association is working to offer a variety of programming to support families right now. Kidspace is offering KidzEscape a \$25 two hour drop off kids program that provides CDC-based safety

while still ensuring kids have fun. School Age Services is providing distance learning support/child care with flexible schedule options to meet family needs. Martial arts is returning to Columbia Gym in October to provide another healthy, safe programming option for kids.

Steve asked about the electrostatic sprayer. Leslie and the other GMs explained the electrostatic sprayer is used throughout the day to disinfect the facilities.

Dan talked about the safety of fitness clubs during the pandemic. Most fitness clubs are at only 30% usage and fitness buildings are designed to deal with heavy breathing.

Alan asked about the reopening of the whirlpools at CG and Supreme. Dan talked about the social distance concerns and possibility that only one person could use it at a time. He left the door open of the possibility of the whirlpools opening on a future date.

**Next Meeting:** The next meeting will be held on Monday, Dec 7 at 7:00pm. This will be another virtual meeting through Google.