

Health & Fitness Advisory Committee
DRAFT Meeting Minutes
December 7, 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, Mary Helen Sprecher, Chadi Groome, Cathy Weiss, 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. Jessica's heard good feedback from other members.

Jack has been attending the gym about five days per week and hasn't gotten sick. Clubs are cleaner than ever. Jack hasn't noticed many people getting turned away from classes. He's felt very safe visiting and exercising.

S&F Updates

Dan spoke about club attendance. We are at about 30% capacity. Aqua fitness has been slow to return and that's usually about 25% of our visits for group fitness. Overall check ins right now are slightly more male. The overall demographics of the facilities hasn't changed during the pandemic.

In terms of safety, CA has been fortunate across the board both in terms of members and staff. The number of cases in which staff have contracted COVID is only 12 and no cases have been traced back to CA. Almost all cases were related to small social gatherings indoors. Over 240,000 visits since we opened S&F in June, 260,000+ staff hours since reopening and the number of cases is very small and none are traced back to CA. Case to usage ratio is about 0.002% both for CA (this matches national data.)

Temperature checks and 100% mask mandate were implemented. Everyone's care and safety have helped CA remain safe as we navigate through COVID19.

Jack talked about Governor Hogan's press conferences. Dan talked about how Governor Hogan has seemed to un-lump bars and restaurants from gyms. Dan met with Executive Ball earlier on Dec 7 and his chief of staff last week. Both Governor Hogan and Executive Ball seem to be taking the approach that exercise is important and fitness facilities should remain open at this time.

Dan spoke about Howard County restrictions to group size. The group restriction impacted youth programming more than any other program at CA. Dan stressed to Executive Ball that the group restrictions are impacting youth programming more than anything else.

Jack talked about the studio temperatures during classes and how that impacts the experience while wearing a mask. Dan talked about walking the line between keeping the spaces safe and comfortable. Cold dry air is the preferred environment for COVID transmission.

Jack asked Dan about where he thought CA might be going as COVID cases continue to rise. Dan talked about looking at both medical and financial data. It looks like the next six weeks will be difficult. Staying open is always a question. Many other facilities are closing in the US. The Governor and County Executive seem to understand the economic impacts of closing again. Almost across the board though, people are predicting a gangbuster 2022.

Dan spoke about how golf and tennis have had a phenomenal year.

Jessica asked about virtual Tribe and virtual personal training.

Jeff asked about the personal training Dec promo.

Anish talked about the new blog with ongoing content additions.

<https://www.columbiaassociation.org/blog/category/fitness-wellness/ca-fit/>

Vicki discussed CA fitness videos that are available at any time and also weekly live classes.

Jack asked about renewing membership. What happens at the end of a one year commitment? Dan talked about sending CMSC and email and locking in the rate for another year. Jeff asked about how freezes work. Are members notified at the end of freezes? Dan explained that members will be allowed to continue to freeze until they are comfortable coming back or the pandemic ends.

Dan talked about the upcoming member survey in January. CEO of Customerville has committed to helping to improve the CA survey for January. All current, canceled and frozen members to do a temperature check on how people are doing, what they miss, what are they expecting from CA. The presentation will look and feel different. This will be a big step towards CA ramping up post-COVID when people are ready to come back. Dan asked HAFAC to respond and encourage others to respond.

Next Meeting: The next meeting will be held on Mon, Feb 8 at 7:00pm. This will be another virtual meeting through Google.