

september

THE MONTHLY MOVE

5 THINGS TO REMEMBER WHEN RETURNING TO THE GYM AFTER COVID-19

1. DO YOUR RESEARCH

Learn more about what your club has done during the closure and what policies have been put in place for your safety, as well as the safety of its employees. You can generally find this information on the club's website or social media channels; if it's not there, make a phone call or arrange a face-to-face visit and ask about:

- What deep cleaning took place and the new cleaning & disinfecting policies that will be in place.
- Capacity limits and if reservations are required for the gym as a whole or the area where you plan to spend your time (group fitness studio, weight room floor, functional area, cardio equipment, etc.)
- What entry policies are in place for employees and exercisers to help decrease the spread of the virus
- How policies for staff and patrons will be enforced

2. CONSIDER COVERING UP

Wearing a face covering in public is recommended. At the very least, wearing a face covering will help you avoid touching your face after coming into contact with equipment or surfaces in the gym. While equipment is sure to be spaced out, certain places in a gym present more of a challenge when trying to avoid entering another's air space. With exercise, the rate of respiration is sure to be elevated, which seems to increase the risk of transmission.

Most people can perform regular workouts while wearing a face-covering, even if it is uncomfortable. However, if you have a pre-existing respiratory or cardiovascular condition, you should take caution. High-intensity exercise is another exception; for these types of workouts, you might consider taking your sessions outdoors or to a solo location so you can exercise without the mask.

3. BE TIME & SPACE CONSCIOUS

Most facilities are using reservation systems for entry and exit times, equipment usage and classes. If your club is not, try to schedule your workouts when it is naturally less crowded. Alternatively, seek out other facilities that utilize reservations, have more space or fewer members. The less time you spend in the gym, the less exposure you will have, so get in and get out. Be prepared to use minimal areas of the club and as few pieces of shared equipment as possible.

4. SANITIZE, SANITIZE, SANITIZE

Although the club takes care of facility and equipment cleaning, you should take control of your personal sanitizing. Start by using hand sanitizer in the car after putting on your mask and before entering the building; after check-in, rewash your hands.

5. CONSIDER THE RISK & ALTERNATIVES

Exercise good judgment and do what's right for you. If you are uncertain about returning, have underlying health conditions, worry about being in frequent contact with others who are at high(er) risk whom you could possibly affect, take your time in returning. Keep in mind, there are other ways to get moving! Walking in your neighborhood, riding a bike, using an exercise app, or taking video-on-demand or live-streaming classes - there are so many options to get your body moving!