

Check the Data:

Health and Fitness Clubs Following Risk Mitigation Procedures Pose No Extra Risk

The assumption that health and fitness clubs are sources of new coronavirus infections or high-risk environments does not stand up to the data.

0.002%
**CLUB CHECK-INS LATER
REPORTED TESTING POSITIVE**

Note: Positive check-ins does not mean members contracted the virus at clubs, just that a member checked-in and later found out they were positive.

Source: [MXM Industry Survey](#) (as of August 7, 2020)

2,877
locations
tracked

49.4
million
check-ins

1,155
confirmed
cases

LESS THAN 0.2%
**OF ARKANSAS RESIDENTS
VISITED A GYM PRIOR TO
TESTING POSITIVE**

Arkansas Governor Hutchinson reported that of 5,063 active cases in the state, less than 0.2% had visited a health club before testing positive.

ONE STUDY FOUND NO CASES OF COVID-19 AT TRAINING FACILITIES

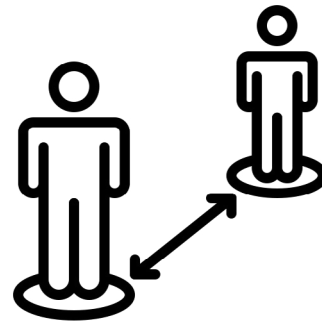
These facilities were operating under appropriate guidelines, good hygiene, and social distancing measures.

Source: [University of Oslo Independent Study](#)

SOCIAL DISTANCING MEASURES INCLUDE:

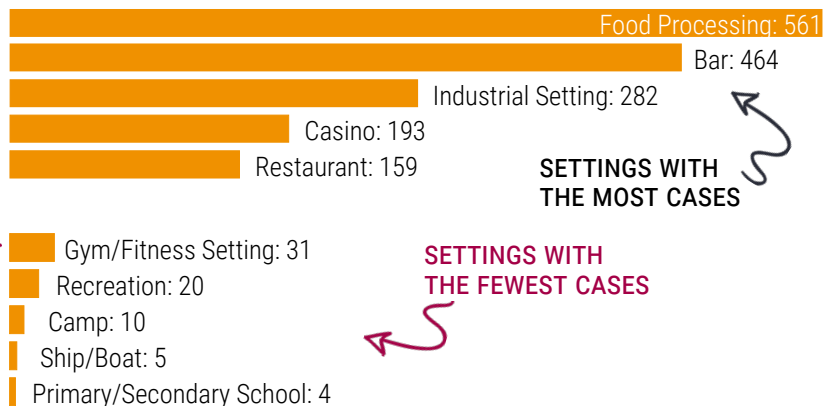
1 METER
FOR FLOOR
EXERCISE

2 METERS
FOR HIGH
INTENSITY



GYMS IN BOTTOM 5 IN COVID-19 CASES BY SETTING

Louisiana has begun releasing tracking data on COVID-19 cases by setting. Source: [Louisiana COVID-19 Outbreak Tracking](#) (as of August 7, 2020)



PHYSICAL ACTIVITY SAVES LIVES AND PROTECTS HEALTH

GETTING ACTIVE COULD PREVENT
1 IN 10 PREMATURE DEATHS

Source: [Centers for Disease Control \(CDC\)](#)

EXERCISING CAN ALSO PREVENT:



1 IN 8
CASES OF
BREAST
CANCER



1 IN 8
CASES OF
COLON
CANCER



1 IN 12
CASES OF
DIABETES



1 IN 15
CASES OF
HEART
DISEASE

PHYSICALLY ACTIVE LIFESTYLES CAN IMPROVE IMMUNE SYSTEM HEALTH

Physically active lifestyles can also diminish the risk of contracting some communicable diseases, including upper respiratory tract infections.

Source: [Department of Health, University of Bath, U.K.](#)

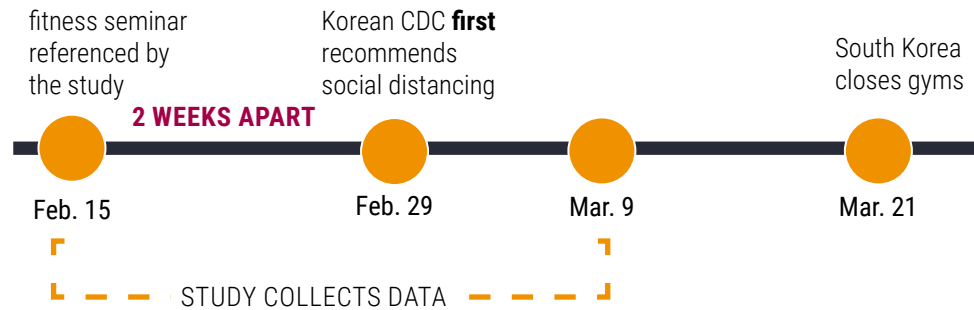
HEALTH CLUBS CAN HELP WITH CONTACT TRACING

Health and fitness clubs are uniquely positioned to help states conduct accurate and efficient contact tracing. Clubs use a check-in system, which allows them to identify who is in the club, as well as the date and time they visited.

STOP REFERENCING THE SOUTH KOREA STUDY AGAINST GROUP-EXERCISE: HERE'S WHY

THE TIMELINE

The timeline in which researchers identify cases in this study largely predates the extensive social distancing and other safety protocols subsequently adopted.



KEY DATA MISSING

The study leaves out how many total people attended the referenced fitness classes. The study says 54 fitness class students contracted COVID-19 from their instructors, but out of how many?

54 / HOW MANY?



OUTDATED KEY FACTORS

The study points to several key factors for COVID-19 transmission, which the majority of fitness facilities have already modified. The study found COVID-19 transmission among fitness participants exercising in a small space, without any social distancing or safety precautions in place.

PROTOCOLS WORK

The study itself indicates that safety protocols and lower intensity activities may largely mitigate the risk of COVID-19 transmission.

STOP EVALUATING CLUBS' RISK BASED ON IF NO PRECAUTIONS ARE TAKEN INSTEAD, EVALUATE CLUBS' SAFETY LEVEL ON THE GUIDELINES AND PRECAUTIONS IN PLACE

The study's main value is in demonstrating what the consequences would be if we all continued to operate as we had during "normal" times and how that could increase the spread of COVID. This is precisely why we have guidelines and safety protocols.

The data we have so far suggests health and fitness clubs operating under appropriate guidelines are not higher risk environments for the transmission of COVID-19.

Source: [While Informative South Korean COVID-19 Study Has Limited Applicability, IHRSA](#)