

March 12, 2020

Hi ...!

My husband and I have been tracking the development of COVID-19 very closely since early February, and I have felt dismayed by the prevalent approach across countries and communities of being reactive instead of proactive. I feel so much suffering and chaos could be minimized if we look ahead and act now, from a place of calm and consideration.

I hope that ... can lean into the proactive approach, as part of our civic responsibility and to make it possible for all of us to keep getting fitter while respecting the need for increased hygiene and physical distancing. I have noticed you guys are already on it with wiping down equipment etc. - so thankful for that! I also think that in the days and weeks to come we may need to up that even more.

For this reason, I was wondering if we could have some shared agreements as a gym collective - much of what I imagine we are all already doing :) I have put some suggestions in the attached doc.

I am also wondering if ... has thought about offering a class a day virtually for those who choose to stay home to "flatten the curve" of spread. I myself have stopped coming to the gym this week (and miss it dearly!) for this reason. I do a lot of my work online using zoom and find it works so well for all kinds of shared classes too - happy to share more about how to use it if you are not yet familiar with this. I think if ... got prepared now for virtual class(es) you would have a real business advantage; there are a quickly increasing number of businesses and schools moving to virtual for the time being across the world, and now in north america, to help contain the spread of this outbreak.

Curious to hear your thoughts!

With love,  
miriam

PS: Here a compelling link on the exponential rate of spread and why physical distancing is so key: <https://medium.com/@tomaspueyo/coronavirus-act-today-or-people-will-die-f4d3d9cd99ca>

### **A a fitness community I feel we could have some shared agreements, such as:**

- **Wash your hands with soap for 20-30 seconds.** Wash them so much. The current best guess is that coronavirus is transmitted via close contact and surface contamination. Wash your hands each time you enter a new building and after being in shared spaces, in addition to the standard practice of washing after using the bathroom and before eating. Hand sanitizer also kills this virus, as does rubbing alcohol (the main ingredient in hand sanitizer).
- If you are **sick, stay home.**
- **No handshaking!** Use a fist bump, hand on heart, slight bow, elbow bump, etc.

- **Use only your knuckle** to touch light switches, handrails, door handles etc..
- **Open doors with your closed fist or hip** – do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and doors.
- **Facial awareness:** Don't put your fingers in your mouth, on your lips, or nose or in your eyes. Surface contact works like this: you touch something dirty. Maybe it's an elevator button. Virus sticks to your hands. Then you rub your eye. Then you touch your sandwich, and put the sandwich in your mouth. Now there is virus in your eyes and mouth. An observational study found that people sitting at a desk working touched their eyes, nose, or lips between 3 and 50 times per hour.
- If possible, **cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to.** The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!
- Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer **whenever you return home** from ANY activity that involves locations where other people have been.
- **Only visit elderly friends, neighbors, grandparents if you are healthy.** Stay away if you are sick. They are the most vulnerable.
- **Keep your immune system strong!**
- Get creative - is there a way **what we offer can be moved online for a while if needed?** If any of you want encouragement to use zoom, I am happy to help ( I have used it for years now as a way to connect with clients).
- Put **disinfectant at gym entrance with clear directions** to use them.
- Ensure the **washroom facility** (esp. tap for handwashing) is **in good working order**, with plenty of soap and warm water.
- **Daily sanitation** of doorknobs, light switches, shared keyboards at schools, salad bar tongs and other commonly-touched surfaces, and moving from green cleaners to more powerful **anti-viral cleaners**, including alcohol and bleach, for the immediate future. Perhaps we can coordinate this effort?
- Posting **Public Health Canada hygiene tips** in washroom, offering advice on hand washing and other ways to stay safe.

