

HEALTH CLUBS ARE SAFE



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At IHRSA, the International Health, Racquet & Sportsclub Association, the trade association representing 200,000+ fitness facilities across the globe, 40,000+ in the US, for we have a responsibility to educate and inform


- Fitness facility operators how to best prepare their facilities to open safely, securely and thoughtfully, and
- People so that they can feel comfortable and confident going into fitness facilities throughout the world.

Therefore, this presentation shows that clubs have taken the lead and are among the safest public businesses in operation, and that with proper sanitization protocols in place, people can safely return to their workout routines.

Working out has never been more important to help boost immunity and improve mental health. It's time to acknowledge that gyms are safe.

HEALTH CLUBS ARE SAFE

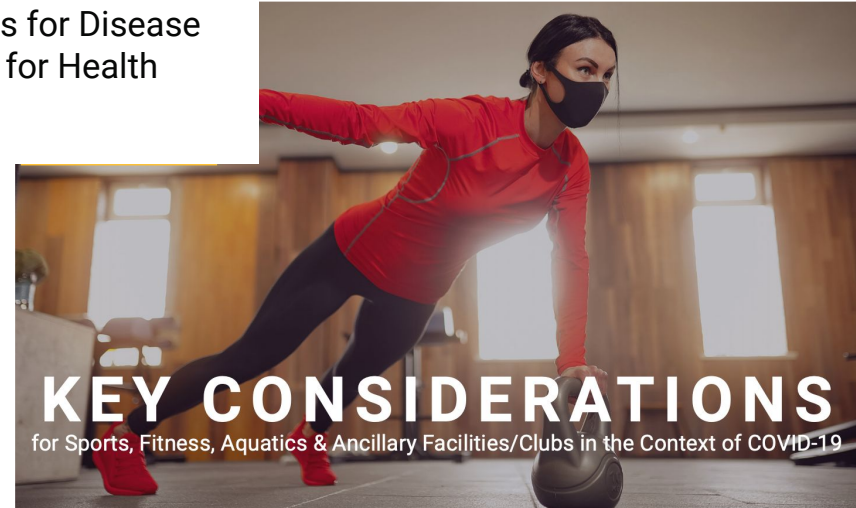
Contents

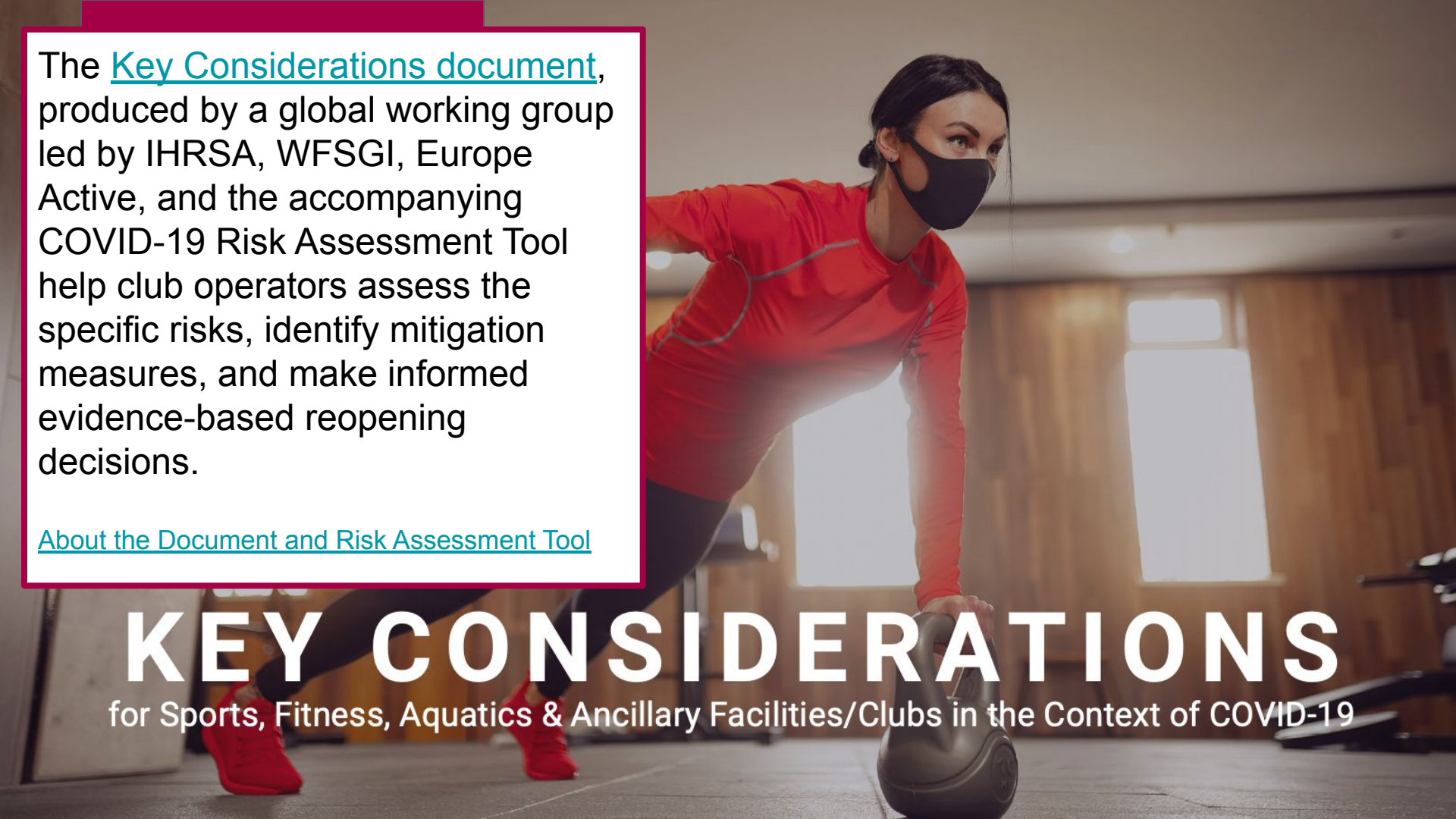
- IHRSA's Efforts and Examples of How Clubs have Prepared themselves to be Safe
 - Examples of How Safe Clubs Truly Are
 - US Visit to Virus Ratio Study
 - Contact Tracing Louisiana
 - Contact Tracing Colorado
 - The University of Oslo Study
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IHRSA's efforts to help clubs prepare to reopen safely

While we cannot completely eliminate the risk of COVID-19 in fitness centers—or anywhere in society—IHRSA has provided multiple resources to the fitness industry, including the following guidance:

- A [framework for managing risks associated](#) with COVID-19 in exercise facilities, created with reference to the WHO, U.S. Centers for Disease Control and Prevention (CDC), and John Hopkins Center for Health Security.
- A [Key Considerations Document with Correlating Risk Assessment and Mitigation Tool](#) developed by a team including IHRSA, Europe Active, World Federation of the Sporting Goods Industry (WFSGI), and many other health and safety experts. The document is adapted from the World Health Organization (WHO) COVID-19 guidance for mass gatherings and sporting events.





The [Key Considerations document](#), produced by a global working group led by IHRSA, WFSGI, Europe Active, and the accompanying COVID-19 Risk Assessment Tool help club operators assess the specific risks, identify mitigation measures, and make informed evidence-based reopening decisions.

[About the Document and Risk Assessment Tool](#)

KEY CONSIDERATIONS

for Sports, Fitness, Aquatics & Ancillary Facilities/Clubs in the Context of COVID-19

The US Visits to Virus Ratio Study

National Study by IHRSA and MXM Confirms
It's Safe To Work Out At The Gym

Data Shows No Evidence of COVID-19 Spread in Gyms

Visit to Virus Ratio Data

From May 1 through August 6, 2020, IHRSA and MXM closely examined and compared member check-in data (number of gym visits) from a number of fitness facilities – such as Planet Fitness, Anytime Fitness, Life Time, and Orangetheory – across the country with self-reported infection rates.

After nearly 50 million check-ins over that three-month period, the study found that a nominal 0.0023 percent tested positive for COVID-19.



Visit to Virus Ratio Data

Gyms nationwide have robust COVID-19 safety measures in place and there is zero evidence that the positive cases originated in gyms themselves.

[The Full Article](#)

[The Methodology](#)

There is similar data out of [the UK](#) and [Australia](#).



THE GYM IS A SAFE PLACE FOR FITNESS

2,873 GYMS

across the industry took part in providing their data

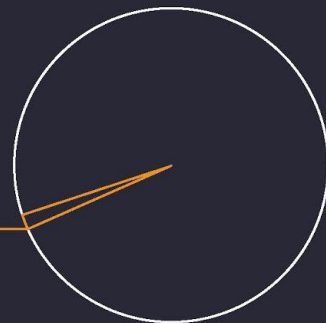
SOURCES: **IHRSA** **MXM**

**49.4 MILLION
MEMBER
CHECK-INS**

over three months

**NO EVIDENCE
THAT THE
POSITIVE CASES
ORIGINATED
IN GYMS**

Infection Rate
.0023%



HEALTH CLUBS CAN HELP WITH CONTACT TRACING

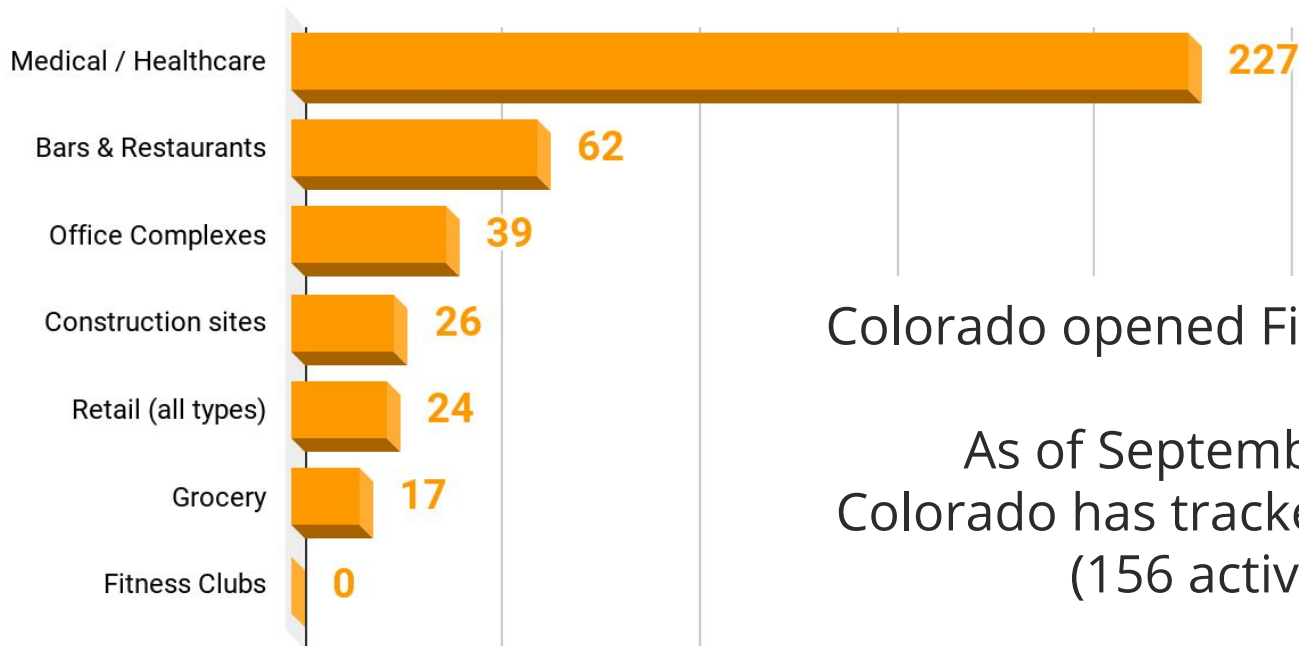
Health and fitness clubs are uniquely positioned to help states conduct accurate and efficient contact tracing.

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.



Contact Tracing in Colorado

Colorado Outbreaks



Colorado opened Fitness on June 15.

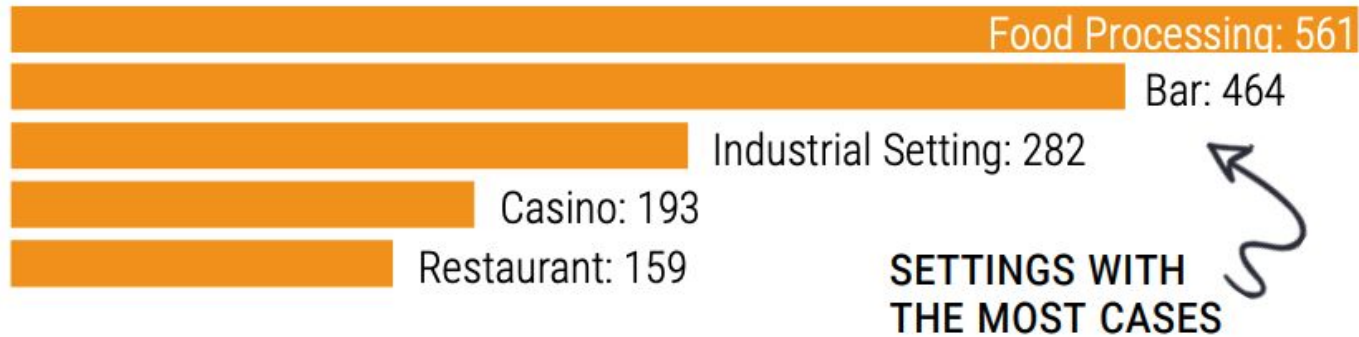
As of September 4, the State of Colorado has tracked 625 outbreaks (156 active / 469 resolved.)

GYMS IN BOTTOM 5 IN COVID-19 CASES BY SETTING

Contact Tracing in Louisiana

Louisiana has begun releasing tracking data on COVID-19 cases by setting.

Source: [Louisiana COVID-19 Outbreak Tracking](#) (as of August 7, 2020)



IHRSA'S HELEN DURKIN FEATURED ON NPR'S ALL THINGS CONSIDERED



"The whole idea that [gyms are] a risky place to be - around the world, we just aren't seeing those numbers."

Helen Durkin, IHRSA EVP of Public Policy

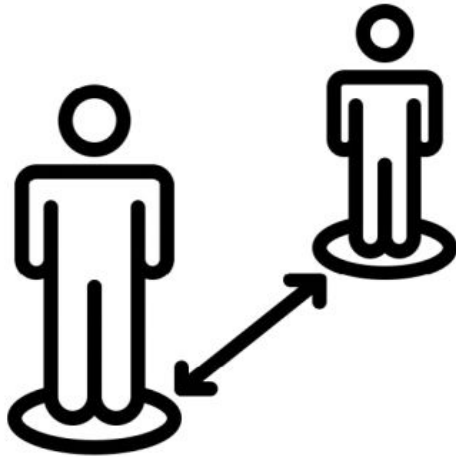


LISTEN
HERE

SOCIAL DISTANCING MEASURES INCLUDE:

1 METER
FOR FLOOR
EXERCISE

2 METERS
FOR HIGH
INTENSITY



University of Oslo
Study found NO
CASES of COVID-19 at
Training Facilities
following Social
Distancing and Safety
Procedures

[University of Oslo Independent Study](#)