

Pilon, Janet

Subject: Mask wearing while exercising

From: C Kantautas

Sent: October 22, 2020 10:20 PM

To: clerk@hamilton.ca

Subject: Fwd: Mask wearing while exercising

Hello,

Below is an email message I recently addressed to Mayor Eisenberger, my city councillor, Sam Merulla, and Dr. Elizabeth Richardson. Please consider discussing the content of this message at a city council meeting.

Thank you.

Regards,

Carlee Kantautas

----- Forwarded message -----

From: **Carlee Kantautas**

Date: Wed, Oct 21, 2020 at 23:15

Subject: Mask wearing while exercising

To: <mayor@hamilton.ca>, <sam.merulla@hamilton.ca>, <elizabeth.richardson@hamilton.ca>

Dear Mayor Eisenberger, Councillor Merulla and Dr. Richardson,

I am writing to you as a very concerned citizen of Hamilton who is an avid gym-goer. I live in Ward 4 (246 Province Street South) and I am a member of Orangetheory Fitness at Eastgate Square (75 Centennial Parkway North).

On Monday you came to the decision to enforce mask wearing while exercising in fitness facilities. Although I greatly appreciate the fact that the gyms are still open, this decision frustrates me because it is NOT, in any way, based on science. In my opinion this was a knee-jerk reaction based on fear stemming from the unfortunate outbreak at one fitness facility in Hamilton.

In case you haven't done your research, there is MUCH scientific data to support that masks are ineffective in preventing the transmission of CoVID-19. Below I have provided three links where you will find information proving you have made a decision that will not help, but harm the health of Hamiltonians.

Guidelines by the World Health Organization stating that masks should NOT be worn while exercising.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters#exercising>

A scientific article explaining the ill effects on the body caused by exercising while wearing a mask.

<https://www.sciencedirect.com/science/article/pii/S0306987720317126#b0055>

A review article with a plethora of information and references explaining why mask wearing is ineffective.

<https://www.meehanmd.com/blog/2020-10-10-an-evidence-based-scientific-analysis-of-why-masks-are-ineffective-unnecessary-and-harmful/>

In particular, the information in the above links explains the HARM caused by wearing cloth masks. Even before CoVID happened, Orangetheory - Eastgate Square was the cleanest gym I had ever been in. It was part of their regular protocol to provide members with multiple cleaning wipes during the class to wipe equipment clean before another person started using it. Since re-opening at the end of August, they have increased their already stellar cleaning protocols, and went above and beyond to ensure members were kept at a 6-ft distance from each other. Masks were only allowed to be taken off while exercising.

Since the announcement to enforce mask wearing while exercising, Orangetheory has provided members with complimentary cloth masks. These masks are similar to what other sport companies such as Reebok, Under Armour, and Bauer are selling - a so called breathable, moisture wicking fabric. This morning was the first time I wore one of these masks for the entirety of my workout. I don't know if any of you have been to an Orangetheory gym, but their workouts are akin to high intensity interval training. Everyone wears a heart rate monitor and every workout consists of a block of time on a treadmill, a rowing machine and in a weight room. The classes are typically 60 minutes long, but they have been altered to 45 minutes since mask wearing became mandatory. During the workout you are encouraged to obtain a heart rate of 84% of your maximum or higher - it is in this "orange zone" that you are burning the most calories and continue to burn calories after you leave the gym. The number of minutes you are in this zone is tallied and your stats are displayed on a screen during the class. The coaches encourage members to challenge and push themselves to reach the orange zone. Anyone who has their heart rate in this zone is SWEATING. Because the use of fans in gyms is prohibited (due to CoVID), one sweats even more than they're used to. During my class this morning, in no time, my mask was soaked with sweat. I was touching my mask more than I do outside of the gym because I had to pull it away from my face frequently for fresh air, to drink water, and to wipe the sweat from my face. You will read in the information I attached, that wearing any mask while exercising is harmful for one's health; and wearing a wet cloth mask is MUCH worse. Almost everyone in my gym wears a cloth mask and I am sure by mid-class, everyone's cloth mask is wet with sweat.

I invite you to pop into Orangetheory - Eastgate Square and try a class while wearing a mask. Or, just come in to see how well the cleaning and social distancing guidelines are maintained.

Below I have listed some highlights from the articles in the links I provided. These bullet points are directly from the aforementioned links and are not my own thoughts.

- Individuals exercising with a mask would have physiological effects similar to a Chronic Obstructive Pulmonary Disease (COPD) person exercising such as discomfort, fatigue, dizziness, headache, shortness of breath, muscular weakness and drowsiness.
- Exercising with facemasks induces an acidic environment, and thus mobility of hypoxic natural killer cells to the target cells would be affected, aggravating the chances of infection during the pandemic. A further change in humidity and temperature in the upper airway causes immotile cilia syndrome predisposing individuals to lower respiratory tract infections by deep seeding of oropharyngeal flora
- Cloth masks are absolutely ineffective. Worst yet, they may increase the incidence of disease in wearers and the population.
- Despite the high-level scientific evidence against cloth masks, the CDC made the inexcusable mistake of telling us cloth masks worked. They even provided directions on their website for making homemade cloth masks.
- Wearing masks while exercising decreases oxygen levels in the blood and increases carbon dioxide levels the blood
- Decades of the highest-level scientific evidence (meta-analyses of multiple randomized controlled trials) overwhelmingly conclude that medical masks are ineffective at preventing the transmission of respiratory viruses, including SAR-CoV-2.
- Those arguing for masks are relying on low-level evidence (observational retrospective trials and mechanistic theories), none of which are powered to counter the evidence, arguments, and risks of mask mandates.
- The majority of the population is at very low to almost no risk of severe or lethal disease from CoVID-19.

There are many points in the attached information that support the ineffectiveness of mask wearing so it is obvious to me that your decision to have people wear masks in fitness classes was NOT BASED ON SCIENCE. This is disappointing, especially considering a medical doctor was involved in making this decision.

I beg you, please rescind this decision. Just because someone CAN wear a mask while exercising doesn't mean it's good for their health. I can smoke cigarettes while I exercise but we all know that's not good for me.

Sincerely,

Carlee Kantautas