

**Pilon, Janet**

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**Subject:** Hamilton gym CoVID rules

**From:** Carlee Kantautas

**Sent:** October 23, 2020 8:25 AM

**To:** [clerk@hamilton.ca](mailto:clerk@hamilton.ca)

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Good morning,

I forwarded you an email message last night, that I had addressed to Mayor Eisenberger, my city councillor and Dr. Elizabeth Richardson, regarding the recently implemented rule forcing gym members to wear masks while exercising.

This message is to further express my concerns with yet another "rule" I learned today when I showed up for my 7:30 am gym class.

When I arrived at the gym I was told I could not bring my water into the studio with me. I was told I had to leave my water with my personal belongings and if I needed to drink water during my workout I had to stop what I was doing, leave the studio, and drink water outside the studio. As I explained in my previous email message, this is a HIGH INTENSITY workout. How is it safe to not be allowed to have water by my side? I was told if I had a straw, I could bring my water in, because then I would not have to lower my mask to take a drink of water; I could slide the straw under my mask to drink water. So, if I had a straw, I was not allowed to breathe properly while I was drinking water. Needless to say, I left the gym without doing the class.

I am having a very hard time understanding how lowering my mask to drink out of a regular water bottle is so dangerous. Each fitness facility is required to ask screening questions to every member upon entry; members are kept now 3 meters apart at all times; cleaning of all equipment, and touch points is done excessively, including floors; change rooms and showers are closed; the bathroom is cleaned after each use; hand sanitizer is forced upon entry; and members wear masks at ALL times (which is insane, and is the reason for my previous email message). Is that not enough? Now we have to bring a particular type of water vessel and cannot lower our masks to take a drink of water. I am very worried that all of this is going to be permanent. The outbreak at SpinCo is done. It happened. There is nothing we can do to take that back. What happened at SpinCo has not happened at any other gym in the city. So, what is going to change, that will have you take away the rule that people have to wear masks while exercising? One CANNOT breathe properly when wearing a mask while working out. The masks are HOT and wearing one while exercising makes you want to drink even more water than normal. If you are waiting for a vaccine - that could be years!

Again, I invite Mayor Eisenberger, Dr. Richardson, and all members of city council to come to Orangetheory and participate in a class while wearing a mask and drinking water without lowering your mask.

The rules of wearing masks while exercising and not being allowed to lower your mask to take a drink of water NEED to be addressed in a city council meeting. Enforcing this rule is harmful to the health of every gym member in this city. It is torture, in my opinion, and it disgusts me that a medical doctor has allowed this to happen.

Regards,

Carlee Kantautas