

Preparing for Masks

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Our entire world has turned upside down by the coronavirus. It has impacted everyone's life and we have been forced to make changes to our daily tasks and work. Leaving our homes have completely changed. Instead of remembering your car keys, wallet, and phone, now you have to remember the required face mask for protection. Masks used to be reserved for healthcare workers. Today, masks and facial coverings are recommended and have even become a new fashion item. The Center for Disease Control recommends everyone over the age of 2 should be "wearing a cloth face covering in public settings where other social distancing measures are difficult to maintain especially in areas of significant community-based transmission." For most people, a face covering or mask is new and brings up a lot of questions.

- What type of mask or face covering should I use?
- Where do you purchase masks?
- Are all masks the same?
- How snug should it be?
- How often should I change my mask or facial covering?

Fitness centers and health clubs will be re-opening soon and operators need to develop a plan for masks and face coverings.

- Will members be required to wear masks?
- Are staff required to wear masks?
- Do members bring their own masks or will the health club provide them?
- How do you dispose of masks?

Exercising while wearing a mask can be challenging. The mask should be loose enough so breathing is not restricted. While doing high intensity exercise, moisture forms on the face and in the mask. Will health clubs provide a replacement mask if it gets too wet and soggy? The health club industry is quickly learning about masks.

Masks and face coverings will be part of the "the new normal" in public and in fitness centers. Health clubs may need to get their members used to wearing masks while working out for some period of time, at least until a vaccine and proven treatments become available and accessible. The coronavirus has changed our daily tasks including going to the fitness center. It may be scary for our members and staff. Having a detailed plan and procedures for your members, new customers and staff will make everyone feel more comfortable.

Cozzia USA in Los Angeles, California has cared about your health and well-being for 12 years. They are passionate about wellness seating, technology and innovation. Today, Cozzia USA's parent company, Ogawa, converted some production lines over to producing KN95 respirators and three-ply disposable masks. These are now available FOB California. Cozzia USA is working directly with hospitals, the aging communities, and national retail partners to ensure that both staff members, residents, and guests remain as safe as possible during this pandemic.

Cozzia USA saw the opportunity to help others and adapt their offerings and services. If you have questions on masks, please contact Sarah Meyer at sarah@cozziausa.com for further information.

Allison Flatley has over 30 years of leadership in the health and fitness industry. Allison is a mentor, educator, facilitator, international speaker and executive, who likes to help leaders and businesses succeed. She can be reached at allisonflatley85@gmail.com.