

# Bronson Wellness Center

## COVID-19 Precautions

### Face Masks

The safety of our members and staff has always, and will always, be our top priority. Part of staying safe and well in this new time of COVID-19 includes understanding the expectation and the “who”, “when”, “why” and “how” of mask usage inside the club.

#### Expectations for wearing masks inside the club

**WHY:** We know COVID-19 spreads through respiratory droplets. Respiratory droplets get into the air and spread to nearby people when we cough, sneeze, talk, sing or raise our voice. According to the CDC, face masks provide a barrier to help prevent the spread of these droplets between people.

**WHO/WHEN:** In accordance with state mandates, a properly fitted mask is required at all times.

#### HOW:

According to the state of Michigan, the following items are not sufficient replacements for cloth or surgical-style face masks: scarves, ski masks, balaclavas, neck gaiters, plastic masks, vented face masks and face shields.



  
Tighten the loops or ties so it's snug on your face and has no gaps.



It may take some getting used to, but experts have found it is safe to wear a mask while working out. However, it is important to know that a mask will cause your heart rate to increase faster than if you were not wearing a mask (about 8-10 beats per minute faster). This means you may need to adjust your first few workouts and take it a bit easier. As your body gets used to working out with a mask, you can increase your intensity. A few tips to keep in mind:

- **Listen to your body:** Start slow and increase intensity. Your heart rate will beat harder than normal while working out, so don't push yourself too hard until your body has adjusted.
- **Drink lots of water:** Keep your body hydrated before, during and after your workouts.
- **Find a mask that fits well and feels good:** Not all face coverings are created equally. Find one that fits you properly and has good breathability.

[Check out this article](#) for popular workout masks. For more tips on wearing a mask to workout, see these two helpful articles from the American Council on Exercise:

- [Exercising While Wearing a Mask](#)
- [Exercising with a Face Covering: Do's and Don'ts](#)