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June 26, 2020

The Honorable Andrew M. Cuomo Governor of New York State New York State Capitol Building Albany, New York 12224

## Dear Governor Cuomo:

I write to you today to express my deepest concerns about your decision to remove gyms from Phase IV of reopening. Since your announcement yesterday, I have heard from gym and fitness center owners in my district who have expressed frustrations and concerns that if they do not open soon, they may never open their doors again. In rural Upstate New York, our gyms do not have the luxury of having a large customer base like those in metropolitan areas and should not be held to the same standard as gyms in cities which often experience overcrowding. They have presented me with guidelines that neighboring states like Pennsylvania have implemented with great success. This will allow New Yorkers to not only go to the gym and promote a healthy lifestyle, but also to do so in a safe and socially-distanced manner. I would like to share these guidelines with you.

Over the last few weeks, the Southern Tier and New York State as a whole have made great strides in fighting against the spread of COVID-19. Our region, and many outside of New York City and Long Island, never experienced the surge like our fellow New Yorkers downstate. We have followed your guidelines to a T, and COVID-19 cases and death numbers continue to dwindle. While the health and safety of my constituents is my top priority, I cannot see the logic in this recent announcement.

For weeks, we have all stuck to the plan. Gyms, malls, and movie theaters have been working around the clock to come up with creative and safe ways to open their doors again. Gyms play not only a crucial role in the physical health and fitness of New Yorkers, but also contribute to mental health, which surely has taken toll during the NYS on PAUSE initiative. Studies have shown that regular exercise and fitness, as well as good sleeping and eating habits, play crucial roles in boosting one's immune system, which could ultimately play a role in how badly COVID-19 affects an individual who contracts the virus.

A gym owner in my district suggested the following guidelines be implemented to allow a safe opening of gyms across the Empire State:

- Limited occupancy starting at 25%, with a slow phase into 50%, 75%, and then finally full capacity.
- Masks required in common areas (i.e. locker rooms, reception/entry areas).
- No 24/7 facilities. Require reduced hours, and increase maintenance, cleaning, and sanitizing hours.
- Require detailed sanitation plans.
- Proper social distancing between equipment.
- Ample cleaning stations throughout gym for members to clean equipment before and after use.
- Keep logs of all members using facility in the event of a confirmed case.

It is my hope that you will review these guidelines and use them as a resource to save our struggling gyms across the state, which are fighting tooth and nail every day to keep their doors open. Thank you for your time and consideration.

Sincerely,

Clifford W. Crouch

Olf Owner

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