

**From:** [Niagara Kung Fu](#)  
**To:** [Group-Councillors 2018](#)  
**Subject:** mandatory face masks  
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Dear Councillors,

I hope you are all doing well. I wanted to reach out with some input into the upcoming regional decision regarding mandatory face masks and hopefully offer some insight as a business owner and wellness educator.

We are hoping this motion to make masks mandatory does not pass. In our form of physical exercise we are ensuring that our students are continually distanced appropriately and screened upon entry. Also we regularly disinfect surfaces and we are keeping track of every person who enters the building (being membership based, we have contact information for everyone). This is done under the advice of Niagara Regional Public Health. These are the most effective measures against further spread of Covid-19, as expressed by Niagara Regional Public Health.

We have been following the guidelines of Dr. Hirji and have noticed that his professional opinion does not recommend the mandate, even though mere political pressure (and not science based evidence) are heavily leaning toward it. We feel this decision, if mandated, does not reflect the views of professional health care authorities but is instead fear based and not actually rational. This concerns me because of the nature of our physical activity.

In the summer months when students are exerting themselves physically, wearing a mask will inhibit this form of exercise, partially through restricting their breathing, but other factors are involved. This difference in breathing is not significant when not engaging in exercise, obviously, but when the heart rate is up continually during exercise the effects are different. When students perspire, masks become moist, increasing the likeliness they will be handled, reducing any effectiveness they may have had. I believe this mandate will generally discourage people from engaging in physical exercise at a time when it is most desperately needed. We hear daily from parents claiming their children are falling into states of depression due to prolonged periods of inactivity. The same is true for adults. The prolonged period of inactivity is having disastrous effects on our community's mental and physical well being, which are not being considered strongly enough, and any mandate that will discourage people from getting out and getting active again must be weighed very cautiously, especially against a motion that is backed only speculatively.

Please let me know if there is anyone else I can share this with to weigh in on this decision while there is time to do so.

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