



BEACH CITIES HEALTH DISTRICT TEMPORARILY CLOSES FITNESS CENTER & POSTPONES OR CANCELS EVENTS TO SLOW THE SPREAD OF COVID-19

FOR IMMEDIATE RELEASE

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REDONDO BEACH, Calif. (March 12, 2020) – Beach Cities Health District (BCHD) is temporarily closing its Center for Health & Fitness and postponing or cancelling all BCHD public meetings and select events, volunteer trainings, classes and workshops until the end of April to slow the spread of the 2019 novel coronavirus (COVID-19).

BCHD is following the guidance of Los Angeles County Department of Public Health (LACDPH), which is recommending that members of vulnerable populations who are at high risk for severe illness from COVID-19, including older adults, pregnant women and people with underlying medical conditions or compromised immune systems, practice social distancing immediately and avoid being in close contact with others who are ill.

In addition, the state's public health officials updated policy on gatherings includes postponing non-essential gatherings of more than 250 people, while smaller events can proceed only if organizers can implement social distancing of six feet per person. Gatherings of individuals who are members of vulnerable populations (pregnant women, older adults and people with underlying medical conditions or compromised immune systems) should be limited to no more than 10 people, while also following social distancing guidelines.

"We are closely monitoring the developments as they evolve alongside our three cities, school districts and chambers," said Tom Bakaly, CEO of Beach Cities Health District. "As the local health resource in the community, we are taking a preventive approach in line with recommendations from public health officials to slow the spread of COVID-19 and reduce the impact to residents. We all have a role in the health of our community—everybody can be a leader and practice social distancing and good public health hygiene. Now is the time to support our community and support one another."

Public Board & Committee Meetings

BCHD is postponing all public board meetings, committee meetings and study sessions (including the March 19 Study Session) in March and April to ensure full transparency and public participation when the Board considers potential modifications to its Healthy Living Campus plan. This decision was also based on community input. In contrast to city and school public meetings, BCHD meetings occur monthly and therefore these postponements will not adversely impact BCHD's continuity of operations and two additional regular meetings will be scheduled by resolution later this year.

Center for Health & Fitness

BCHD will also suspend operations and classes at its Center for Health & Fitness, effective March 14 through April 30, 2020. The fitness center is a certified medical fitness facility by the Medical Fitness Association with more than 2,500 members, whose average age is 65. This is one of the vulnerable

populations who are at risk of severe illness from COVID-19. Online video classes will be available next week to help members continue their health and fitness routine. Members should visit beachcitiesgym.org for more information.

Other BCHD Events

All BCHD events, volunteer trainings, classes and workshops that fall under the recommended guidelines for members of the vulnerable populations and gathering thresholds mentioned above will be postponed or cancelled. Please visit bchd.org for up-to-date information.

BCHD Services

BCHD will continue to deliver services to older adult clients and provide case management at this time. We have taken precautions to ensure that staff and volunteers are aware of the LACDPH recommendations to protect themselves and others from respiratory infections like the flu and COVID-19. At this time, AdventurePlex will remain open to public.

Health-related information and referrals:

During this time of heightened health concern, BCHD is available to offer help and support. For resident questions or concerns, please reach out to our information and referral line at 310-374-3426, ext. 256 (Monday – Friday, 9 a.m. – 5 p.m.) or email communications@bchd.org. Visit bchd.org/coronavirus for information about COVID-19 or bchd.org/resources to find assistance related to mental health and social-emotional health for youth and adults in addition to support groups and emergency services.

For more information about COVID-19 visit:

Los Angeles County Department of Public Health
<http://publichealth.lacounty.gov/media/Coronavirus/>
Centers for Disease Control and Prevention (CDC)
www.cdc.gov/coronavirus/
World Health Organization
<https://www.who.int/health-topics/coronavirus>

About Beach Cities Health District

Beach Cities Health District (BCHD) is among the leading preventive health agencies in the nation and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. As a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases in every lifespan. BCHD also operates AdventurePlex, a health and fitness facility where kids play their way to good health, and the Center for Health & Fitness, a comprehensive fitness center that is the only Medical Fitness Association-certified facility in California. Visit www.bchd.org or call (310) 374-3426 for more information.

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