



BEACH CITIES HEALTH DISTRICT EXTENDS TEMPORARY CLOSURES OF ADVENTUREPLEX AND CENTER FOR HEALTH & FITNESS DUE TO COVID-19

Testing site, virtual programming, support fund among steps taken by BCHD to slow the spread of COVID-19

FOR IMMEDIATE RELEASE

Media Contacts:

Beach Cities Health District

Cristan Higa, (310) 374-3426, ext. 117 cristan.higa@bchd.org

Dan Smith, (310) 374-3426, ext. 156 dan.smith@bchd.org

REDONDO BEACH, Calif. (April 14, 2020) – In line with Los Angeles County announcing its “Safer At Home” Health Officer Order (Order) will now be in effect through May 15 due to COVID-19, Beach Cities Health District (BCHD) has extended the temporary closures of AdventurePlex and the Center for Health & Fitness through at least May 15. The Order continues to prohibit all indoor and outdoor public and private gatherings and events; requires all businesses to cease in-person operations and remain closed to the public, unless defined as an Essential Business. These steps are a preventive effort to protect the health and well-being of residents, families and visitors.

The two facilities were initially closed March 14 through the end of April, the same time BCHD announced it was postponing or cancelling all events, volunteer trainings, classes, workshops and public meetings to slow the spread of the 2019 novel coronavirus (COVID-19). This includes the April BCHD Board meeting, which has been postponed to a day and time to be determined.

While the Center for Health & Fitness and AdventurePlex are closed to the public, employees from the facilities have been redeployed as part of the District Operations Center to provide online fitness and wellness opportunities or reassigned to assist with BCHD’s errand assistance program, answering the Assistance, Information & Referral line, and assisting at the L.A. County COVID-19 test site at the South Bay Galleria.

The Galleria site opened April 3, the first test site set up by L.A. County in the South Bay. The County has ramped up the location to a point where it is now administering 350 scheduled tests each day.

BCHD is working with the L.A. County Department of Public Health (LACDPH), L.A. County Fire, the City of Redondo Beach and Providence Little Company of Mary Hospital to staff the site. Tests are available to L.A. County residents who are showing symptoms of COVID-19, with priority for members of vulnerable populations who are at high risk for severe illness from COVID-19. This includes older adults, pregnant women and people with underlying medical conditions or compromised immune systems. County residents can visit <https://corona-virus.la/> for test requirements and to schedule appointments.

“BCHD has always been focused on fostering a healthy community and providing health and wellness tools for our residents,” said Tom Bakaly, CEO of BCHD. “Our facilities may not be open and COVID-19 has affected the ways we do our work, but our top priority continues to be health and well-being of Beach Cities residents. We encourage residents to visit bchd.org for virtual programming and continue to practice physical distancing and guidance from public health officials.

Because of the closures from COVID-19, BCHD has also developed virtual programming, including fitness videos, kids' activities, mental health information and more, available through their website at bchd.org. The ongoing Families Connected Speaker Series, presented by BCHD and [South Bay Families Connected](#), will take place virtually, with "The Journey – A Conversation About Mental Health in New, Uncertain Times" with [professional surfer Alex Gray](#) and local clinician Kevin Sousa, MFT. The meeting will be held via a live Zoom Thursday, April 30 from 6:30-8 p.m. Meeting information will be directly emailed to registered participants.

The weekly Families Connected Parent Chat, which takes place every Monday, has also gone to a virtual format, with more BCHD computer-centric programming being developed.

BCHD has also established the Beach Cities COVID-19 Fund, which is accepting tax-deductible donations to help aid vulnerable groups (older adults and adults with underlying health conditions) who are income qualified with essentials like groceries and household cleaning supplies. More information is available at BCHD's ["How to Help" web page](#).

BCHD Services

BCHD continues 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. This includes washing hands frequently, physical distancing and the use of face coverings or masks.

Health-related information and referrals:

During this time of heightened health concern, BCHD can offer help and support. For resident questions or concerns, please reach out to our Assistance, Information and Referral line at 310-374-3426, ext. 256 (Every day, 8:30 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, support groups and emergency services.

AdventurePlex & Center for Health & Fitness

BCHD will suspend operations at its Center for Health & Fitness and AdventurePlex, beginning March 14 through at least May 15, 2020.

The Center for Health & Fitness has 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 are now available to help members continue their health and fitness routine. Members should visit beachcitiesgym.org or www.adventureplex.org for more information.

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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