

On behalf of the Ukiah Valley Athletic Club, I want to thank you (BOS, CEO, SHERIFF, PHO) for all you are doing. You are in a no-win situation and I can't thank you enough for your efforts. I am glad I am not in your shoes at a time like this with such diversity. So many people are on edge in so many ways and the only people speaking out are the opposition to your decisions. I want to acknowledge the strong economic support I have witnessed in conjunction with your concern for our public health and safety. You have been allowing businesses to open as much as possible and when the spread started here, you put the brakes on opening more in hopes to not have to shut some back down. That is not an easy task and you all have done a great job in my opinion.

At the gym we are continuously working to make it a safer place,

1. We have UV lights in all our HVAC's to kill viruses, mold and bacteria in our recirculating air.
2. We opened up all the HVAC vents so we pull as much fresh air in as possible.
3. We have moved and will move more equipment outdoors with spacing to allow for a safer place to have rigorous workouts.
4. In addition to wipes, we have dozens of disinfectant spray bottles available.
5. We have staff patrolling the gym about every 1/2 hour to remind members to wear their mask and that it must cover their mouth and nose
6. We have purchased air purification boxes, they filter finer than HEPA, they are ULPA filters each one puts out 20,000 CFM of air. (these were ordered 3 months ago looking to help limit the spread and make UVAC that much safer for guest)
7. We use ozonators in the facility nightly.
8. We have additional cleaning staff on duty both during and after hours.
9. We have dropped our occupant capacities to 1/10 of what it would be to make sure people can better social distance
10. We have implemented senior or at risk hours 1:30-3:00 daily. We use this time to do extra cleaning as well.
11. We stopped all day use passes! (due to financial hardships and lots of request we will now allow in county residences day passes but we will continue to stop all out of county day use passes) This will be closely monitored to make sure we are not getting mixed groups of people. We are getting many coast residents wanting to swim with the Starz center closed.
12. We stopped all towel services
13. Every person that comes in goes past a thermal imaging camera to check for fever
14. EVERY person to enter the gym checks in so if needed we can assist with contact tracing.
15. Installed state of the art pool controllers to make sure the pool chemistry is top quality.

The list can go on, this is just a highlight of some of the efforts we are taking to help slow the spread while remaining open. I did not realize just how important it was to people's mental and physical health until it was shut down for nearly 3 months. We had members that were getting more strength back, more mobility back and several of them ended up in the hospital when we were shut down due to lack of exercise. We had several members that needed psychiatric help due to lack of routine and exercise. We had some start having more anxiety attacks, more health issues, more arguments in their homes etc. When we opened our doors we were told all the stories from so many that call us their lifeline, their home. When we opened our doors again we

were surprised that the ones knocking down the doors were the "at risk" or Seniors, It's the younger ones that are canceling and stating they are concerned.

Thank you again for doing what you can to open and keep open what you can as long as you can while keeping our health in mind. I hope Mendocino can stay strong and hopefully we can start to flatten the curve without having more shut downs.

John Strangio