

Dear Supervisors,

In the past, I have been able to use the indoor pool for much needed exercise. I did laps for an hour every other day. Due to age and arthritis, this low impact exercise has been important, increasing my endurance and general fitness. Walking and other things have been painful in extended sessions. I have a hard time when I must use the outdoor pool, because I am very vulnerable to the sun, needing to wear a sun block hat and shirt, plus sunglasses. Also, it was chilly out there today. Due to the coronavirus, I hesitate to visit my doctors to acquire a written excuse. Perhaps a more reasonable restriction might be to confine the use of the pool to physical therapy with the therapists, and to people over the age of 65 (I am 76). Many seniors hate to expose themselves to the sun, despite use of sunblock and other items to curtail skin cancer. Thank you for considering my comments and request.

Yours,

Anne Ward

Ukiah