



City of El Segundo

Office of the Mayor

February 17, 2021

Elected Officials:

Drew Boyles,
Mayor
Chris Pimentel
Mayor Pro Tem
Carol Pirsztuk,
Council Member
Scot Nicol,
Council Member
Lance Giroux,
Council Member
Tracy Weaver,
City Clerk
Matthew Robinson,
City Treasurer

Appointed Officials:

Scott Mitnick,
City Manager
Mark D. Hensley,
City Attorney

Department Directors:

Barbara Voss
Deputy City Manager
Joseph Lillio,
Finance
Chris Donovan,
Fire Chief
Charles Mallory,
Information Technology
Services
Melissa McCollum,
Community Services
Sam Lee,
Development Services
Bill Whalen,
Police Chief
Elias Sassoon,
Public Works

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Honorable Governor Newsom
Governor, State of California
State Capital, First Floor
Sacramento, CA 95814

RE: Youth Sports in California

Dear Governor,

The El Segundo City Council urges you to require the California Department of Public Health (CDPH) to issue new guidance that will permit all youth sporting activities and competition in California to resume immediately, with the proper safety protocols in place. The pandemic has had devastating impacts on our children's mental health, and our children are at risk of suffering long-standing trauma associated with anxiety and depression that health experts are only starting to understand.

The City of El Segundo is a family-friendly sports town in the South Bay that has nine youth organizations that serve 15 sports and approximately two thousand students. Our students join millions of others across the state that have been sidelined through no fault of their own. Youth sports provide students with direction, discipline, and hope. And this is exactly what our students desperately need to weather the pandemic.

According to an online article published May 15, 2020, at un.org, the World Health Organization (WHO) states that "Lack of exercise and physical activity can have mental health impacts that further exacerbates stress and anxiety that many will experience from isolation from normal social life." Additionally, WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity per week and states that periodic exercise is proven helpful in times of anxiety, crisis, or fear. "There are concerns therefore that, in the context of the pandemic, lack of access to regular sporting or exercise routines may result in challenges to the immune system, physical health, including by leading to the commencement of or exacerbating existing diseases that have their roots in sedentary lifestyle."

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The City stands in alliance with the members of the California State Assembly working to pass a bipartisan resolution as part of the “Let Them Play CA” effort to update the CDPH guidance to allow youth sports to resume. The co-authors of the resolution, Yuba City Assemblyman James Gallagher and Rocklin-based Assemblyman Kevin Kiley cite that more than 40 states have proven that it is possible to allow youth sporting activities to continue with limiting COVID-19 transmission. The resolution also states that the ban on youth sports competition is currently creating an alarming negative mental health impact in the areas of suicide ideation, anxiety, depression, and suicide itself.

We understand the need for a cautious approach to issuing public health guidelines, but with the proper safety protocols in place, it is possible to find a balance between preventing transmission and allowing our children to play sports again.

As a result, the El Segundo City Council respectfully requests that you require CDPH update its guidance allowing all youth sports to resume immediately, with proper safety protocols in place. The change will support the well-being of children and their mental health as we move toward not just economic recovery but mental health recovery as well.

Sincerely,



Drew Boyles
Mayor of El Segundo

CC: Honorable State Senator Ben Allen
Honorable State Assemblymember Autumn Burke
Honorable L.A. County Supervisor Janice Hahn
El Segundo City Council