Any tape or film record of a Board of Trustees meeting made for whatever purpose by or at the direction of the board shall be subject to inspection pursuant to the California Public Records Act (Chapter 3.5 [commencing with section 6250] of Division 7 of Title 1), but, notwithstanding section 34090, may be erased or destroyed thirty (30) days after the taping or recording. Any inspection of a video or tape recording shall be provided without charge on a video or audio player made available by the board.