

EXTREME HEAT ALERT FOR THE CITY OF BRAMPTON
Thursday, July 8, 2010

Peel Public Health has issued an extreme heat alert for the City of Brampton. As a result, the City has stepped up efforts to enable residents to stay cool.

During heat alerts, pools, splash pads and recreation centres have extended hours:

- Eldorado outdoor pool is open until 8:00 pm.
- The City's splash/spray pads will remain open until 9:30 pm
- Gage Park wading pool is open until 8:30 pm.

- Ellen Mitchell Recreation Centre has extended the fun swim on Friday July 9. The 1:00 pm-2:00 pm swim will now be open until 3pm.
- Cassie Campbell, South Fletcher's, Earnscliffe and Century Gardens Community Centres have been designated as cooling stations, and are open until 9 pm for residents who need to cool off. Bottles of water kindly donated by Nestle Water Canada are available at all cooling centres.

Peel Public Health encourages residents to restrict outdoor activity. It is also recommended that the public stay out of the sun, drink lots of water and stay in air conditioned places. Seniors and young children are particularly at risk, and residents are encouraged to check in on friends and family who they think may be vulnerable.

For more information on heat safety, visit Peel Public Health at <http://www.peelregion.ca/health/heat/shelters-guidelines.htm>

BE SAFE IN THE WATER

Residents are also reminded to play it safe near the water:

- Always keep young children within arms' reach around the water.
- Never swim alone.
- Restrict and control access to backyard pools with fencing on all four sides.
- Put a life jacket on young children when in the pool area or at the beach.
- Designate a backyard pool lifeguard or beach lifeguard among your group.
- Choose lifeguard-supervised beaches and pools for swimming.
- Empty unattended wading pools and buckets of water if not in use.
- If you have a pool or cottage, ensure family members learn lifesaving skills.

The City of Brampton will update this heat alert information as conditions change.

