

**EXTREME HEAT ALERT FOR THE CITY OF BRAMPTON**  
**Wednesday, July 7, 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.
- Cassie Campbell Community Centre has added a family swim on Wednesday evening from 8:00 pm – 9:00 pm, in addition to the regularly scheduled 7:00 pm – 8:00 pm public swim, for the heat alert.
- Ellen Mitchell Recreation Centre has added the following fun swims:
  - Wednesday July 7 – 2:00 pm-3:00 pm swim added
  - Friday July 9 – 1:00 pm-2:00 pm swim has been extended until 3pm
- Cassie Campbell, South Fletcher's, Earnscliffe and Century Gardens Community Centres have been designated as cooling stations, and are open until 10 pm for residents who need to cool off.

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.