

FOR IMMEDIATE RELEASE

June 26, 2021 #21-26

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City Opens Cooling Centre

Fraser Health has issued an Extreme Heat Alert. In response, the City of Maple Ridge has opened the Greg Moore Youth Centre as a cooling centre to provide residents with temporary relief from the heat.

The Greg Moore Youth Centre is located at 11925 Haney Place in Maple Ridge. The entrance is located opposite the north entrance of Haney Place Mall just south of the ACT Arts Centre. The facility will be open:

- Saturday June 26 from 2:00 pm to 10:00 pm
- Sunday June 27 from 1:00 pm to 10:00 pm
- Monday June 28 from 1:00 pm to 10:00 pm

This site will be staffed by City employees, Emergency Support Services volunteers and security personnel who will be providing guests to the facility with bottled water, washroom access and seating to provide some comfort from the heat. Additional days may be added as this weather system moves through the region.

The City's spray parks were activated on the May long weekend and continue to be available to citizens. The two largest parks are located at:

- Maple Ridge Park at 23200 132 Avenue
- Albion Sports Complex 23778 104 Avenue

There are small water spray features located at:

- Country Lane Estates North at 24299 102A Avenue
- Country Lane Estates South at 24399 101A Avenue
- Cedar Park at 23735 132 Avenue
- Deer Fern Park at 13393 236 Street
- Blaney Hamlet Park at 13712 230A Street
- Firefighters Park at 11240 238 Street

The Salvation Army is coordinating support for homeless people in the community and a number of front-line agencies, including the City, are coordinating the response through this extreme heat emergency.

The City's Parks teams have reactivated the water fountains in downtown parks, which were previously closed down due to COVID protocols, and are in the process of reactivation all of these facilities throughout the community on a priority basis.

The Maple Ridge Library hours are as follows:

- Monday: 9:00am-6:00pm
- Tuesday: 9:00am-6:00pm
- Wednesday: 9:00am-6:00pm
- Thursday: 9:00am-6:00pm
- Friday: 10:00am-5:00pm
- Saturday: 10:00am-5:00pm
- Sunday: 1:00pm-5:00pm

People who visit the library are asked to follow the instructions of Library staff and all relevant health protocols.

Fraser Health's Extreme Heat Alert includes the following information:

Stay hydrated

- Drink cool non-alcoholic beverages (preferably water) irrespective of your activity intake. Don't wait until you are thirsty.
- If your doctor generally limits the amount of fluid you drink or has you on water pills, ask about increasing the amount of water you can drink while the weather is hot.

Keep cool

- NEVER leave children or pets alone in a parked car. Temperatures can rise to 52°C (125°F) within 20 minutes in an enclosed vehicle when the outside temperature is 34°C (93°F). Leaving the car windows slightly open or "cracked" will not keep the inside of the vehicle at a safe temperature.
- Seek out an air-conditioned facility (such as a shopping centre, library, community centre or restaurant).
- Use public splash pools, water parks or pools or take a cool bath or shower.
- At current temperatures, fans alone are not effective. Applying cool water mist or wet towels prior to sitting in front of a fan is a quick way to cool off.
- Dress for the weather by wearing loose, light-weight clothing. Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses.
- Keep your home cool. Open windows, close shades, use an air conditioner (if you have one) and prepare meals that do not require an oven.
- Avoid sunburn, stay in the shade or use sunscreen with SPF 15 or more.
- Avoid tiring work or exercise in the heat. If you must exercise, drink two to four glasses of non-alcoholic fluids each hour. Limit day time outdoor activity to early morning and evening.

Check in on others

- People living alone are at high risk of severe heat related illness. Check regularly on older people, and those who are unable to leave their homes, for signs of heat-related illness.
- Ask whether people know how to prevent heat-related illness and are doing the same.
- If others are unwell, move them to a cool shady spot, help them get hydrated and call for medical assistance if appropriate.

Get informed.

- Listen to local news and weather channels.
- For more information on heat-related illness, call HealthLink BC at 811.

As noted in the Fraser Health bulletin, please take a moment and check in on your older or more vulnerable neighbours. The COVID-19 pandemic has caused us to have to stay apart over the last year, and this weather system reminds us of the importance of connecting with family, friends and neighbours to make sure we all stay safe.