

FOR IMMEDIATE RELEASE

August 10, 2021 #21=33

For further information, contact:
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City Opening Cooling Centre

Maple Ridge, BC: In response to the Heat Warning issued by Environment Canada for Thursday and Friday, the City of Maple Ridge will open 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 and can be accessed from the entrance opposite the north entry to Haney Place Mall, just south of the ACT Arts Centre.

The facility will be open:

- Thursday, August 12 from 11:00 am to 7:00 pm
- Friday, August 13 from 11:00 am to 7:00 pm

This site will be staffed by City employees who will provide visitors with bottled water, washroom access and seating. Additional days may be added as this weather system moves through the region.

The City's Community Safety Officers will also be distributing bottled water while on their regular patrols and will help connect vulnerable citizens with shelter services to address their needs.

The City's spray parks have been available since the May long weekend and continue to be in operation for citizens. The two largest parks are:

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

There are other 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

Water fountains in downtown parks were reactivated in response to the extreme weather event at the end of June and remain in operation.

The Maple Ridge Library is available as an alternate venue for those seeking a reprieve from the heat and their hours are as follows:

- Thursday: 9:00 am to 6:00 pm
- Friday: 10:00 am to 5:00 pm
- Saturday: 10:00 am to 5:00 pm
- Sunday: 1:00 pm to 5:00 pm

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

The Ridge Meadows Seniors Society, located at 12150 224 Street, is open Thursday and Friday from 9:00 am to 4:30 pm for seniors to get respite from the heat. Please follow all of the safety procedures outlined by Seniors Centre staff.

We urge citizens to take a moment and check in on your older or more vulnerable neighbours, family and friends during this period of high temperatures.

Fraser Health extreme heat recommendations:

Stay hydrated

- Drink cool non-alcoholic beverages (preferably water) irrespective of your activity level. 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.