



CITY OF MAPLE RIDGE
NEWS RELEASE

FOR IMMEDIATE RELEASE

July 25, 2022 #22-20

For further information, contact:
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City of Maple Ridge Opening Cooling Centre

Maple Ridge, BC: A heat warning has been issued by Environment Canada. This means that two or more consecutive days of daytime maximum temperatures are expected to reach 33°C or warmer and night time minimum temperatures are expected to stay at 17°C or warmer.

As a precaution, the City of Maple Ridge is opening the Greg Moore Youth Centre (11925 Haney Place) as a cooling centre from 11:00 am to 8:00 pm from Tuesday to Friday. People will be able to bring their pets as long as they remain on a leash and in control of the owner.

The City is also working to deploy the Youth Centre bus to transport citizens to and from the cooling centre. Times and location will be provided on Tuesday, July 26.

Bylaw and Community Safety Officers (CSOs) are working with vulnerable citizens through the Community Resource Hub and partner agencies to ensure that services are available for unsheltered citizens.

While temperatures are not projected to hit levels from the heat dome last year, you should prepare for this stretch of weather and reach out to family members who may be vulnerable to the higher temperatures.

The City website has more information and resource links at mapleridge.ca/1229 which includes:

- Never leave children or pets unattended in a vehicle as temperatures can rise higher than 50 degrees Celsius.
- Limit the amount of time outdoors between 11:00 am and 4:00 pm when the heat and sun are most intense. When outside, remain in the shade and use sunscreen with SPF 30 or more to avoid direct prolonged exposure to the sun.

- Hot air rises, so higher levels collect more heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Take advantage of air-conditioned buildings such as malls, library, and community centres.
- Eat well-balanced, light and regular meals. Avoid salt if possible.
- Stay hydrated by drinking cool beverages (preferably water), even if you do not feel thirsty. Avoid drinks with caffeine.
- Limit intake of alcoholic beverages.
- Dress accordingly by wearing light coloured, loose fitting clothing that covers your skin and a wide-brimmed hat and sunglasses to shade your face.
- Avoid demanding physical work or exercise in the heat. If you do perform tasks that are exerting, drink plenty of extra fluids and know when to take a rest.
- Keep spray bottles full of cold water close by for a quick cool down.
- Keep your home cool by closing shades during the day, open windows at night and use an air conditioner if you have one.

The location of water fountains in the Maple ridge can be found using the website at mapleridge.ca/facilities. You can search for facilities with 'drinking water' available to the public. The location of spray parks can be found at mapleridge.ca/1453.

Please take all necessary precautions to protect the health and safety of your family and pets in these warm temperatures. If the conditions change, updated information will be provided.

This is also a good time to sign up to the City's new emergency alert system called Voyent Alert!. Information on how you can download this app to your phone and register for notifications is available at mapleridge.ca/453. Thank you to the hundreds of citizens who have already signed up for the app.