



MEDIA RELEASE

Thursday, July 4, 2019

FOR IMMEDIATE RELEASE

City reminds residents to stay cool during heat wave

(Barrie, ON) With hot temperatures in the forecast, the City of Barrie reminds residents to keep cool and stay safe. During a high heat alert, the public are reminded to:

- Rest frequently in shaded areas
- Drink plenty of fluids
- Never leave infants, children or pets in a parked car
- Dress in cool, loose clothing and shade your head with a hat or umbrella
- Check regularly on family, friends or neighbours who are at higher risk of heat-related illnesses and who do not have air conditioning
- Plan to attend the festivities during cooler parts of the day.
- Seek shelter indoors or in the shade.

Here are some other ideas on how to beat the heat:

- Head to the beach. Barrie is lucky to have several locations to choose from. Lifeguards are on duty at Centennial and Johnson's Beaches from Friday, June 29 to Sunday, August 19 from 11:30 a.m. – 5:30 p.m. daily, weather permitting. There is NO supervision available at any of the other waterfront locations. Residents are reminded to practice water safety; there is no substitute for parent supervision. Stay within arm's reach, swim with a buddy and get trained. Visit www.barrie.ca/beaches for more information.
- Jump in a pool. Those looking to avoid the sun but still enjoy the water, can visit one of the pools located at the City's recreation centres including Allandale Recreation Centre, Holly Community Centre and East Bayfield Community Centre. Visit www.barrie.ca/DropIns for pool schedules.
- Splash around at the splash pad at Lampman Lane Park or the popular water feature at Heritage Park.
- The City's recreation centres and libraries are open and available to the public during regular operating hours.

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For more information, please contact:

Scott LaMantia

Senior Communications Advisor

scott.lamantia@barrie.ca

705-739-4220 x4529