



## BEACH ACCESS POINTS

Find beach access at the end of these streets:

- Arm
- Denniston
- Forshaw
- Foster
- Kinver
- McNaughton
- Nelson
- Sturdee
- Yarrow

### West Bay Walkway

West Bay Walkway is fully accessible and provides rest stops where every bench has a great view. Find washroom facilities at the Head Street entrance.

**Beach access details at**  
[esquimalt.ca/recreation](http://esquimalt.ca/recreation)

## TOWNSHIP OF ESQUIMALT HOT WEATHER INFORMATION

### QUESTIONS?

Contact your health provider or 8-1-1 for heat-related health questions.

Contact Esquimalt Emergency Program for emergency preparedness information.

**P:** 250-414-7120

**E:** [EEMP@esquimalt.ca](mailto:EEMP@esquimalt.ca)

**A:** 1229 Esquimalt Rd

[esquimalt.ca/emergency](http://esquimalt.ca/emergency)



## HOT WEATHER INFORMATION FOR RESIDENTS





## ESQUIMALT FACILITIES

These public buildings are open and available for those seeking relief from the heat.

- **Gorge Park Pavilion**
- **Esquimalt Recreation Centre**
- **Esquimalt Branch—Greater Victoria Public Library (GVPL)**

Unless otherwise posted, the buildings are open under normal hours and normal business operations.

## FOUNTAINS

- **Saxe Point Park** – beside main parking lot \*\*
- **High Rock Park** – just off pathway in the meadow (dog off leash area)
- **Memorial Park** – beside the playground \*\*
- **West Bay** – at the entrance of the walkway \*\*
- **Gorge Park** – by men’s washroom at the nature house and inside the pavilion. \*\*
- **Adventure Park** – lion’s head fountain by the picnic tables. \*\*

\*\* washrooms available nearby

# HEALTH WARNING SIGNS

## Feeling the heat? Watch for these signs of heat exhaustion

- pale, cool, moist skin;
- heavy sweating, cramps, rash;
- fatigue, lightheadedness, headache;
- nausea, vomiting;
- rapid breathing and heartbeat;
- extreme thirst; and
- decreased urination with unusually dark yellow urine.

If you see any of these signs during extreme heat, immediately move to a cool place and drink liquids. Water is best.

## Heat stroke is a medical emergency!

Call 911 or your local emergency number immediately if you are caring for someone who has a high body temperature and is unconscious, confused, or has stopped sweating.

High fever, hallucinations, seizures and unconsciousness require urgent medical attention.

# STAYING COOL AT HOME

- stay hydrated with water;
- use fans and ice packs;
- sleep in coolest place in your house;
- prepare meals that don’t need to be cooked in an oven;
- keep blinds closed when sun is on them;
- take cool showers or baths; and
- avoid going out in the hottest part of the day.

*Images: (this page) Gorge Park Pavilion and GVPL Esquimalt Branch; (front page) West Bay Walkway and Esquimalt Recreation Centre*



## Being active in a heatwave: know your risks

Being physically active provides many health benefits, but during extreme heat it can put you at risk even if you are healthy. Your risk increases if you have:

- breathing difficulties;
- heart problems;
- hypertension; or
- kidney problems.

If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat and follow their recommendation.

Heat illnesses can include heat stroke, heat exhaustion, heat fainting, heat edema (swelling of hands, feet and ankles), heat rash and heat cramps (muscle cramps) and are mainly caused by over-exposure to extreme heat or over-exertion for a person’s age and physical condition.

**DON’T FORGET TO CHECK ON YOUR NEIGHBOURS & LOVED ONES**

**MORE AT [ESQUIMALT.CA/EMERGENCY](https://www.esquimalt.ca/emergency)**