

Extreme Heat Cooling Stations on Vancouver Island-Revised June 29, 2021

Cowichan Cooling Stations:

Cooling Centres Open - Monday, June 28

June 27, 2021

Three cooling centres will be open on **Monday, June 28**, as a reprieve from the current heatwave.

The following three locations will be open to the public from **12 noon until 6:00 p.m.**

- Fuller Lake Arena (upper and lower lobbies / waiting areas)
- Crofton Community Centre (main hall)
- Chemainus Seniors Centre

Bring your family (dogs welcome too) in for a cool down and cold drink of water. All COVID-19 protocols will be in place, and masks will be provided if needed.

For more information, please call 250-746-7665.

Ladysmith Cooling Station:

Come cool off at the Frank Jameson Community Centre!

The Town is opening a temporary three-day cooling centre in the FJCC lower program room.

The cooling centre will be open Saturday through Monday, 12-4 p.m.

Patrons will be reminded to follow all COVID-19 safety protocols, such as practicing good physical distancing, wearing a mask and staying away if they feel sick.

The maximum number of people permitted inside at one time will be limited to 14 people. With record-breaking temperatures expected in the coming days, we'd like to remind residents of a few tips.

- Drink plenty of water even before you feel thirsty and stay in a cool place.
- Check on older family, friends and neighbours. Make sure they are cool and drinking water
- Never leave people or pets inside a parked vehicle.
- Watch for the symptoms of heat illness: dizziness/fainting; nausea/vomiting; rapid breathing and heartbeat; extreme thirst; decreased urination with unusually dark urine.

To get more information:

- Check the local news for health and safety updates.
- Check HealthLinkBC online resources about heat-related illness and how to protect yourself at www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness.
- Call HealthLinkBC at 8-1-1 to ask about heat-related illness

Port Alberni Cooling Station:

Echo Centre: Residents have until 9 p.m. to visit the Wallace Street facility, which is fully air conditioned

Victoria

- The City of Victoria has set up a cooling station — or misting station as they call it — at **Royal Athletic Park**. The cooling station will be open until 8 p.m. Monday.
- Vic West Community Centre, Quadra Village Community Centre, Burnside Gorge Community Association building and the Fernwood Neighbourhood Resource building are all open, fully air conditioned and available for public drop-ins.
- Town of **Sidney** has opened the **SHOAL Centre**, located on Resthaven Drive in Sidney, as a cooling centre until 5:30 p.m. on June 28. It will also be open from 8:30 a.m. until 5:30 p.m. on June 29.

Map of water fountains in Victoria:

- [Map of water fountains](#)

For those in Greater Victoria who are experiencing homelessness or can't shelter from the heat, resources are available. Our Place Society (919 Pandora Avenue), Victoria Cool Aid Society (535 Ellice Street) and the Salvation Army (525 Johnston Street) have water available at their sites. People can get some shade at Our Place's drop-in centre from from 6:30 a.m. to 9 p.m. daily. The Cool Aid Society's hygiene area is open for cold showers from 12:30 p.m. to 3:30p.m.

Other heat-mitigation resources for those experiencing homelessness include:

- AVI Health and Community Services will be visiting sites with water, electrolytes, freezies and sunscreen
- the Encampment Outreach's "orange backpacks" will have water and can provide clinical supports
- Harbour staff will walk the 900-block of Pandora Avenue with water
- PEERS's outreach van will be running every evening as usual and will have water and snacks
- Bylaw officers, SOLID Outreach will have water available for anyone who needs it

Victoria Libraries are extending hours to be used as cooling stations. FYI to beat the heat

- <https://www.gvpl.ca/branches-hours/?fbclid=IwAR3h-MFq0XSKFk6XNFuNHkjBiJkBm7RVR9QVOMDnOGh8RRSvUmE6ZgmWhHI>

Comox Valley Cooling Stations:

- With the exceptionally strong ridge of high pressure that has developed over British Columbia and the record-breaking temperatures expected this Friday to Tuesday, the Town of Comox is offering options to beat the heat as follows:
- 1) **Comox Community Centre Indoor Cooling Areas (1855 Noel Ave.):** Friday, Monday and Tuesday 6 am – 6 pm, Saturday and Sunday, 8 am – 1:45 pm
- 2) **Comox Fire Hall Outdoor Cooling Mist Station (1870 Noel Ave.):** Located in front of the Fire Hall, daily 11 am – 5 pm, as well as a dog bowl
- 3) **Comox Rotary Splash Park (127 Port Augusta St.):** Open daily 10 am – 8 pm.
- People are encouraged to drink plenty of water, even before feeling thirsty and staying in cool places. Check on older family, friends and neighbours to make sure they are cool and drinking water. FMI visit Environment Canada <https://bit.ly/3vU8Diw>.

Oceanside

Regional District of Nanaimo (RDN) will again open Oceanside Place Arena Victor Kraatz Rink as a cooling centre to provide people with temporary relief from the predicted record-breaking temperatures. The cooling centre will be open on Monday, June 28 from 1 p.m. to 5 p.m. Signage will be in place to direct all visitors to the building. Bottled water will also be available.

The capacity of the cooling centre will not be limited to 50 people at a time, as capacity limits do not apply to cooling centres under the latest Public Health Order. No one will be turned away.

The RDN has provided bottled water to Mount Arrowsmith Salvation Army to distribute throughout the week to all visitors to the soup kitchen. RDN Transit Road Support Agents also have bottled water in their operation vehicles and will offer water to anyone in need in the transit system.

Port Alberni

- In Port Alberni, the Bread of Life Centre (3130 Third Avenue) will be open from 9 a.m. to 6 p.m. all weekend long. Staff and volunteers will be handing out cold water and freezies.
- On the other side of town, Kuu-us Crisis Line Society (4589 Adelaide Street) has also opened a cooling station from 11 a.m. to 4 p.m. all weekend. Water and light snacks will be provided. These cooling stations are open to everyone.

Westshore

The Salvation Army Church and Resource Center located at:

103-737 Goldstream Avenue

Victoria, BC V9B 2X4

(located under Darcy's Pub, entrance on the side of the building)

They are open Tuesday-Friday 9:30-3:30 and have snacks and cold drinks available.

Nanaimo Cooling Stations:

- The City has partnered with the Nanaimo Homeless Coalition, the Canadian Mental Health Association (CMHA) and the 7-10 Club to operate a temporary emergency cooling centre at the City's Community Services Building at 285 Prideaux Street. The cooling centre to be run by the 7 10 Club, will be open daily for two weeks from June 26th to July 10th 2021 from 10:30 am to 4:30 pm. Funding is being provided by the CMHA, the City and Federal Reaching Home funding administered by the United Way on behalf of the Nanaimo Homeless Coalition.
- Starting June 25, 2021, the emergency overnight shelter run by the First Unitarian Church at 595 Townsite is opening earlier every day at 1:00 pm to allow for cool shelter space for 24 people until 7:30 am starting June 25, 2021 to June 28, 2021 inclusive to be extended as needed.
- The Society for Equity, Inclusion and Accessibility (SEIA) –are providing space for approximately 8 women within their women's drop-in centre from 8:00 am to 5:00 pm at 489 Wallace Street.
- CMHA is providing space for approximately 8 people to cool at their drop in centre in the basement of the NYSA building on 290 Bastion Street. They are providing bottled water, sunscreen and other supplies for heat protection at the same location. Bottled water is also available at the 437 Wesley Street Overdose Prevention Site.
- Other agencies are also providing cool space for their clients as part of their regular operations.