



June 29, 2018

HEAT WAVE

Stay cool in the pool, at Goyette-Hill Park

In response to the coming heat wave, the Town is increasing access to the community pool in Goyette-Hill Park. Two extra hours are added to the pool schedule on Sunday July 1st. For most of next week, as long as the heat wave is present, access to the pool will be unrestricted.

OPENING HOURS FOR THE POOL AT GOYETTE-HILL PARK

SUNDAY, JULY 1ST	10h30 à 19 h30
MONDAY, JULY 2 AND FOLLOWING	11 h30 à 19 h30

Recommendations during the heat wave

To reduce risks during periods of extreme heat and avoid overheating, here are some tips to keep in mind:

- Stay hydrated (6 to 8 glasses of water a day for an adult)
- Go to cool or air-conditioned places for a few hours (shopping centres, air-conditioned stores, cinemas, etc.)
- Avoid alcoholic beverages
- Limit physical activity
- Wear light clothing

Seniors, people with mental health conditions as well as people with chronic illnesses such as diabetes or cardiovascular, respiratory, renal and neurological conditions must be especially vigilant, as well as children under the age of 4.

Consult the following link for more information to prevent the effects of oppressive and extreme heat:

<https://www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-the-effects-of-oppressive-and-extreme-heat/>