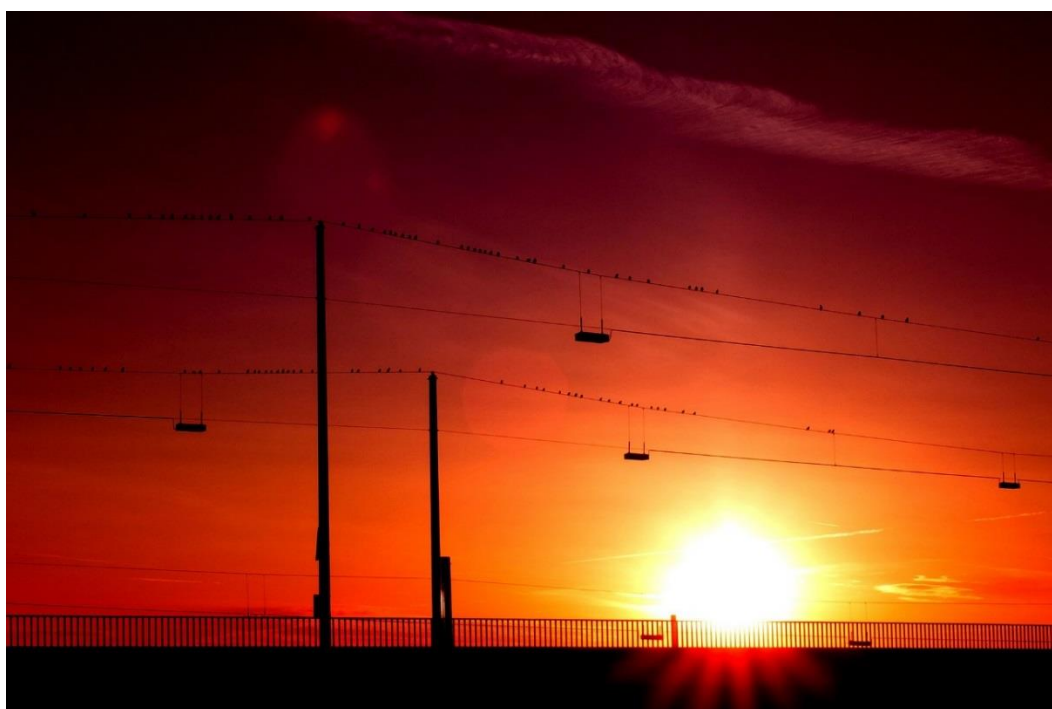


**EXTREME HEAT RESPONSE PLAN:  
A homeless-centered guide to keep  
Winnipeggers safe during extreme heat**



MAY 2019





This guide is created as a collaborative effort with the Extreme Weather Response Steering Committee. See Appendix I for a full list of committee members.

For more information regarding the Extreme Heat Response Plan, please contact  
End Homelessness Winnipeg

[info@endhomelessnesswinnipeg.ca](mailto:info@endhomelessnesswinnipeg.ca)

204-942-8677

<http://www.endhomelessnesswinnipeg.ca>

**Updated May 2019**

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## What is Extreme Heat?

Extreme Heat is a period of un-seasonally high temperatures, typically accompanied by high humidity and lack of night-time cooling. Extreme Heat can last for several days, and the severity of the situation may be further complicated if accompanied by poor air quality (e.g. during wildland fire smoke episodes or urban 'smog').

In Southern Manitoba, a heat warning is issued by Environment and Climate Change Canada (ECCC) when temperatures are a high of 32° Celsius and a low of 16° Celsius for two consecutive days (or with a humidex of 38° C).

Though, it is also recognized that periods of extreme heat can occur before a heat warning is actually issued by ECCC, and additional precautions may be needed. It is important to stay aware of announcements from the City of Winnipeg or Manitoba Health for any measures during extreme heat events.

## Why an Extreme Heat Response Guide?

The goal of the *Extreme Heat Response Plan: A homeless-centered guide* is to prevent harmful health impacts of extreme hot weather on the homeless population of Winnipeg.

This Plan provides hot weather preparedness, response information and activities which focus on reducing the negative health impacts of extreme hot weather conditions. The main objectives during extreme heat are to:

- Alert those most vulnerable that extreme hot weather conditions are either expected or currently exist;
- Enable those most vulnerable to take appropriate precautions;
- Trigger response actions by agencies that provide services or alter operations in such a way as to protect vulnerable people from extremely hot weather.

The Plan includes a focus on preventing direct impacts of extreme hot weather on people experiencing homelessness.

## Extreme Heat and Homelessness

It is a well-known fact that people experiencing homelessness are particularly vulnerable to direct health impacts of extreme hot weather. People experiencing homelessness are at high-risk for heat illness because they are likely to spend long periods of time outside, resulting in increased exposure. Many chronic problems faced by people experiencing homelessness, including inadequate clothing, shelter from the sun, or malnutrition, can increase the risk of extreme hot-weather injuries. Some medical conditions, such as heart conditions or breathing problems can be made worse in too much heat. Chronic heat exhaustion, sleep disturbances and susceptibility to minor injuries and sicknesses have all been attributed to the possible effects of prolonged exposure to heat.

## Recognizing Heat Illness

Heat-related illnesses can result from too much exposure to heat in combination with not having enough water to drink and include:

- Heat exhaustion
- Heat cramps (muscle cramps)
- Heat syncope (fainting)
- Heat edema (swelling of hands, feet, ankles)
- Heat rash
- Heat stroke (this is a medical emergency; more information below)

**Signs of heat illness can include:**

- Extreme thirst;
- Headache;
- Muscle cramps;
- Pale and clammy skin;
- Fainting, dizziness, weakness, tiredness;
- Nausea, vomiting;
- Rapid breathing and heartbeat;
- Decreased urination with dark yellow urine color.







If individuals show early signs of heat-related illnesses or heat exhaustion such as symptoms above, they are at risk for more severe symptoms. Ideally, they should be brought somewhere cooler, out of the sun, given water to drink or sponged on the skin, and allowed to rest. Monitor these individuals for worsening signs.

See Appendix IV for First Aid advice for Heat-Related Illness.

**Heat stroke is a medical emergency. Call 911 immediately.** During heat stroke, a person has a core body temperature above 40° C (105° F). Signs of heat stroke include:

- Red, hot, and dry skin;
- No sweating;
- Dizziness and confusion;
- Complete or partial loss of consciousness;
- Headache;
- Nausea;
- Rapid pulse;

While waiting, keep the person out of the heat and cool them down as much as possible by sponging water on skin or fanning them. The longer a person’s body is above 40° C, the greater likelihood of permanent effects or death.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temp. above 40° C Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place, and rest</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<p style="text-align: right;"><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Take immediate action to cool the person until help arrives</li> </ul> <p style="text-align: right; font-size: small;">Adapted with permission from SacramentoHealth.org</p>

## Preventing Heat Illness Before It Happens

**Recommendations for keeping cool to prevent heat illness include:**

- Prevention of dehydration is important. People need to drink more water and more frequently.
- Seeking spaces that are out of the heat and reducing activities particularly at hottest times of the day—this can be challenging for the homeless population but would include seeking shaded areas and shelter in air-conditioned environments such as public libraries, shopping malls, or other spaces listed in the resources section (Appendix II).
- If indoors, closing windows and blinds during the hottest part of the day and opening windows and blinds when it is cooler in the evening.

To learn more about the effects of extreme heat, please visit Manitoba Health’s “Heat and Your Health” website: <https://www.gov.mb.ca/health/publichealth/environmentalhealth/heat.html>.



# Extreme Heat Notifications

## Heat Warnings

The **Heat Warning** issued by Environment and Climate Change Canada (ECCC) is based on forecasted maximum and minimum daily temperatures, taking humidity into account by using Humidex as an additional index. The number of days that these conditions are expected to last will be described in the warning and may affect the protocols various agencies adopt to respond to the situation.

In Southern Manitoba the following temperature/humidex thresholds must be met for at least 2 consecutive days:

Temperature MAX	Temperature MIN	Humidex MAX
32° Celsius	16° Celsius	38

## Special Weather Statements

ECCC may also issue **Special Weather Statements** for extreme one-day events early in the season when people are not yet acclimatized to the heat.

Additional unofficial Weather Notifications may be provided by ECCC 2-4 days in advance of a potential heat event. These are only shared with stakeholders and not the general public.

The Chief Provincial Public Health Officer (CPPHO) of Manitoba may release a **Heat Advisory**, most likely linked to a Heat Warning, for an event that will last more than 2 days. These are done at the discretion of Manitoba Public Health and are meant to reinforce safety messaging in the Warnings.

To receive ECCC official alerts by email, sign up at <https://ecalertme.weather.gc.ca/>. You can also download the official ECCC WeatherCAN app.

## Extreme Heat

The Extreme Weather Response Steering Committee ('The Committee') recognizes that periods of extreme heat can occur when temperatures remain high (29°C and warmer) and do not dip below 16° Celsius for several days. Precautions may be needed before a heat warning is issued by ECCC.

The City of Winnipeg does not have a specific temperature value that triggers their response, but will watch the weather and community responses in order to assess when a formal response is needed. The City of Winnipeg will notify The Committee when their response is triggered.

## How the Extreme Heat Response Works: Stakeholder Roles

Stakeholders and partners support the Extreme Heat Response Plan in a variety of ways. Some provide direct services to people who are experiencing homelessness or at particular risk of harm due to heat, while others provide a wider range of services, funding, or supports to individual agencies, the homeless-serving sector, or the broader community.

### End Homelessness Winnipeg will:

- Consult with members of the Extreme Weather Response Steering Committee to coordinate planned response activities. The Committee will monitor the situation and determine when normal warm weather operations (yellow level) may resume.
  - Note: Individual shelters and other organizations may decide to add or extend services that offer protection from the heat regardless of whether an extreme heat warning has been issued.
- Communicate to the public, stakeholders and partner organizations by:
  - Issuing a media release to notify the public, as it relates to homelessness;
  - Ensure all stakeholders have the updated Extreme Heat Weather Response Plan;
  - Post the Extreme Heat Weather Response Plan on EHW website and social media outlets.
- Notify by email any other organization or individual that asks to be included on the notification list. All such requests should be directed to End Homelessness Winnipeg.

### Other stakeholders and partners will:

- Sign up to receive ECCC weather alerts at <https://ecalertme.weather.gc.ca/> or through the WeatherCan app;
- Have their own plans for responding to such warnings; and
- Participate in periodic meetings to evaluate the extreme heat response and consider improvements that can be implemented immediately or incorporated into plans for the next extreme hot season.

The annual cycle for Winnipeg Extreme Heat Response is divided into three stages:

- **The Green Stage** is in effect from November 1 to April 16, when the previous extreme heat season response is evaluated, and plans are developed for the next summer.
- **The Yellow Stage** is in effect April 17 to October 31, when ECCC's 24-hour forecast normally calls for temperatures of 15°C or warmer, except when a heat warning is issued.
- **The Red Stage** is in effect when a **heat warning** has been issued by Environment Canada, **or *The Committee decides a coordinated response is needed, taking lead from the City of Winnipeg's actions.***

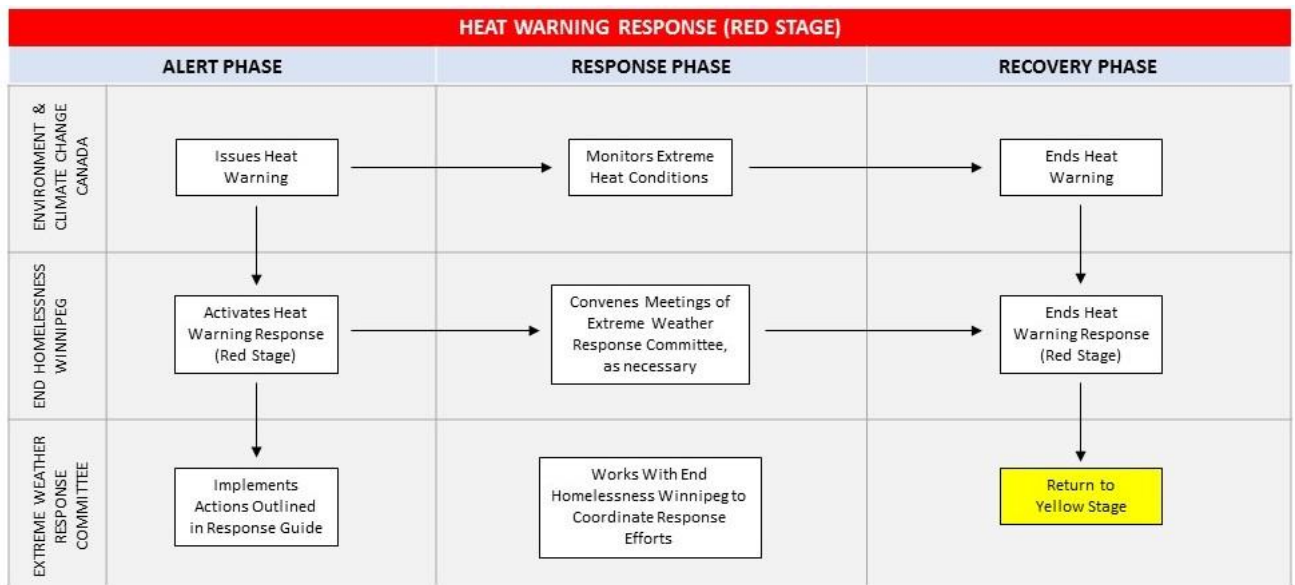
STAGE: GREEN			
PRIOR TO ONSET OF WARM WEATHER (November 1 - April 16)			
End Homelessness Winnipeg (EHW)	City of Winnipeg	Shelters	Agencies
<p>Convene periodic meetings for all Extreme Weather Response Steering Committee stakeholders to evaluate the prior heat season response, prepare for the upcoming heat season, or conduct a mid-summer assessment, if required.</p> <p>Email Extreme Heat Response updates to stakeholders, as required.</p>	<p>Unless stated otherwise, the City's lead is the Winnipeg Emergency Management Coordinator (WEMC).</p> <p>Attend Extreme Weather Response Steering Committee meetings.</p> <p>Review City of Winnipeg plans for extreme heat.</p> <p>Monitor email updates from EHW.</p>	<p>Attend Extreme Weather Response Steering Committee meetings.</p> <p>Provide clients with information about the risks of extreme heat and how they can protect themselves.</p> <p>Review internal operating plans for extreme heat to include provisions for additional staffing and supplies, as needed.</p> <p>Educate staff and volunteers about operating plans for extreme heat.</p> <p>Monitor email updates from EHW.</p>	<p>Attend Extreme Weather Response Steering Committee meetings</p> <p>Identify vulnerable populations and high-risk clients.</p> <p>Provide vulnerable populations with information about the risks of extreme heat and how they can protect themselves.</p> <p>Develop targeted strategies/plans for responding to extreme heat warnings.</p> <p>Prepare messages to advise staff, volunteers, clients, and partners about the agency's response to extreme heat warnings.</p> <p>Monitor email updates from EHW.</p>

**STAGE: YELLOW WARM WEATHER OPERATIONS IN EFFECT (April 17-October 31)**

<b>End Homelessness Winnipeg (EHW)</b>	<b>City of Winnipeg</b>	<b>Shelters</b>	<b>Agencies</b>
<p>Email annual reminder to Extreme Weather Response Steering Committee to begin stage yellow, warm weather operations.</p> <p>Receive notices from ECCC that a heat warning is in effect or ended.</p> <p>Convene Extreme Weather Response Steering Committee meetings to coordinate responses and solve problems.</p> <p>Email a notice to Extreme Heat Response stakeholders signaling the end of warm weather operations.</p> <p>Coordinate media strategy with Extreme Weather Response Steering Committee.</p>	<p>Unless stated otherwise, the City's lead is the Winnipeg Emergency Management Coordinator (WEMC).</p> <p>Receive notices from ECCC that a heat warning is in effect or ended.</p> <p>Attend Extreme Weather Response Steering Committee meetings.</p> <p>Prepare to activate internal operating plans for extreme heat if needed.</p> <p>Deliver water tanks to shelters if requested and available.</p>	<p>Receive notices from ECCC that a heat warning is in effect or ended.</p> <p>Attend Extreme Weather Response Steering Committee meetings.</p> <p>Deploy outreach vans (applicable to Salvation Army and Main St. Project).</p> <p>Coordinate with other shelters to accept clients who are turned away.</p> <p>Prepare to activate internal operating plans for extreme heat if needed.</p>	<p>Receive notices from ECCC that a heat warning is in effect or ended.</p> <p>Attend Extreme Weather Response Steering Committee meetings.</p> <p>Prepare messages to advise staff, volunteers, clients, and partners about the agency's response to extreme heat warnings.</p> <p>Coordinate resources to ensure high-risk or vulnerable clients are monitored.</p> <p>Prepare to activate internal operating plans for extreme heat if needed.</p>

STAGE: RED HEAT WARNING			
End Homelessness Winnipeg (EHW)	City of Winnipeg	Shelters	Agencies
<p>Receive notices from ECCC that a heat warning is in effect or ended.</p> <p>Convene Extreme Weather Response Steering Committee meetings to coordinate responses and solve problems.</p> <p>Communicate updates provided by stakeholders.</p>	<p>Unless stated otherwise, the city's lead is the Winnipeg emergency management coordinator (WEMC).</p> <p>Receive notices from ECCC that a heat warning is in effect or ended.</p> <p>Make City facilities (libraries, recreation centres, etc.) available to the public as cooling areas during normal business hours.</p> <p>Relax loitering rules in City facilities serving as cooling areas.</p> <p>Open additional cooling centers if required.</p> <p>Extend operating hours for cooling areas</p> <p>Issue media messages to citizens in consultation with Extreme Weather Response Steering Committee.</p> <p>If a local state of emergency is declared: Use winnipeg.ca home page as "EmergWeb."</p> <p>Attend Extreme Weather Response Steering Committee meetings.</p>	<p>Receive notices from ECCC that a heat warning is in effect or ended.</p> <p>Activate extreme heat response plans.</p> <p>Work with the Winnipeg Police and Fire Paramedic services on formalized interventions.</p> <p>Continue operating outreach vans.</p> <p>Shelters to collaborate to re-direct clients to any available beds.</p> <p>If capacity is reached: Contact the City of Winnipeg's emergency preparedness coordinator to assess the need for additional cooling centres to be opened.</p> <p>Attend Extreme Weather Response Steering Committee meetings.</p>	<p>Receive notices from ECCC that a heat warning is in effect or ended.</p> <p>Activate extreme heat response plans.</p> <p>Provide outreach to high-risk or vulnerable clients and arrange for additional services/care if needed.</p> <p>Target preparedness messages at staff, volunteers, clients and agency partners.</p> <p>Attend Extreme Weather Response Steering Committee meetings.</p>

# Heat Warning: Alert, Response, and Recovery Phases



## **APPENDIX I: Extreme Weather Response Steering Committee Members (2019)**

The following organizations and groups participate in the Extreme Weather Response Steering Committee:

1JustCity – Just a Warm Sleep (Augustine United Church)  
Aboriginal Health & Wellness Centre of Winnipeg  
Bear Clan Patrol  
City of Winnipeg (Community Services Department, Winnipeg Fire and Paramedic Service, Office of Emergency Management, Winnipeg Police Service)  
Downtown Winnipeg BIZ – CHAT  
End Homelessness Winnipeg  
Environment and Climate Change Canada (ECCC)  
Health Sciences Centre  
Ma Mawi Wi Chi Itata Centre  
Macdonald Youth Services  
Main Street Project  
Manitoba Housing  
Ndinawemaaganag Endaawaad Inc.  
North Point Douglas Women’s Centre – Mama Bear Clan  
Resource Assistance for Youth (RaY)  
Salvation Army Booth Centre  
Siloam Mission  
Spence Neighbourhood Association (& West End 24/7)  
West Central Women’s Resource Centre  
Winnipeg Outreach Network  
Winnipeg Regional Health Authority

## APPENDIX II: Homelessness Resources available during Extreme Heat

### **211 Manitoba – <http://mb.211.ca/>**

211 Manitoba is an online database and includes health, government, and social services available across Manitoba. The site will help Manitobans find community and social resources. The website is a partnership between the United Way and Volunteer Manitoba.

### **CHAT –the Community Homelessness Assistance Team**

CHAT is dedicated to performing comprehensive outreach to individuals at-risk of, or experiencing homelessness downtown. CHAT Outreach Workers pursue a unique preventative outreach approach that will address the dynamic barriers and complexes faced by the homeless population in order to link those in need to individually and culturally relevant service. CHAT Outreach Workers will thus facilitate individual transition from homelessness to enhanced stability – inclusive of housing, employment and educational support, as required. CHAT Outreach Workers can be identified on the street by their name badges, and will work in collaboration with other agencies in order to ensure a meaningful approach is employed that complements all service provider efforts in supporting this vulnerable population. For more information, please contact: Christy Loudon, Outreach Coordinator, 426 Portage Ave., [christy@downtownwinnipegbiz.com](mailto:christy@downtownwinnipegbiz.com)

### **Health Outreach and Community Support (HOCS) – 204-794-3804**

During regular business hours, HOCS can be contacted to provide mobile follow up with individuals that are homeless and who have been identified as needing assistance in connecting to appropriate health and social services. HOCS provides support at an individual and agency level as a direct point of connection for information and referral, assessment, psycho social support, and service delivery.

### **Main Street Project – <http://www.mainstreetproject.ca/>**

Main Street Project offers programming and services to help our community members build stability in the area of Mental Health and Addictions. Under a Harm Reduction Philosophy, they work with each individual to support the right to self-determination and access to barrier free services in the areas of Detox (Male and Female Identified), Protective Care (IPDA), Mainstay Transitional Housing, The Bell Hotel partnership, low barrier Emergency Shelter, Van Patrol Outreach, and Case Management.

Address: 75 Martha Street

Phone: 204-982-8229

Population: Men, Women 18+

Hours: Drop-in 8:30 am – 11:30am/1:00pm – 4:00pm (Day time sleep space available)

Overnight shelter: 7:00 pm – 6:30 am

Van: 11:30 pm – 8:00am (24hr voluntary transportation support, provided through the partnership with WFPS and WPS)

Food: Soup and coffee throughout the day, meal provided for those booking in overnight.

Services: Mail, clothing, showers and hygiene products. (Case Management by referral)



**Salvation Army** – <http://www.wpgboothcentre.ca/>

Located in Winnipeg's downtown core, The Salvation Army's Winnipeg Centre of Hope continues a tradition of caring service to individuals and families coping with homelessness, poverty, addictions and mental illness. Since 1886, The Salvation Army in the community of Winnipeg has been meeting needs and providing hope and dignity to those who need it most.

Address: 180 Henry Avenue, 72 Martha Street  
Phone: 204-946-9402  
Population: Men, women and families  
Hours: 10:30 pm – 8 am  
Food: Breakfast

At the Winnipeg Centre of Hope, located at 180 Henry Avenue/72 Martha Street, the day room is open as a cooling centre and there is water available inside.

The Salvation Army Weetamah, located at 324 Logan Avenue, is open during the day as a cooling centre and there is water available inside. For more information, please call 204-946-9490.

**Siloam Mission** – <https://www.siloam.ca/>

Building connecting points between the compassionate and people experiencing poverty and homelessness, Siloam Mission is an innovative Christian humanitarian organization that alleviates hardships and provides opportunities for change for those effected by homelessness.

Address: Shelter located at 300 Princess St. / Drop-In located at 303 Stanley St.  
Phone: 204-956-4344  
Contact: info@siloam.ca  
Population: Shelter 18+ with the exception of the emergency family room  
Overnight shelter: 8:00 pm – 7:30 am  
Drop-In Hours: 7 days a week 6:30 am – 2:00pm/4:00pm - 8:00 pm \*  
Food: Breakfast 9:00 am – 10:00 am  
Lunch 12:30 am – 1:30 pm  
Supper 6:45 pm – 8:00 pm  
Supplies: clothing, toiletries.

\*During extreme heat, the drop-in extends open hours to cover 2-4pm when they would normally be closed. The drop-in population is adults, families, youth.

**Macdonald Youth Services** – <https://www.mys.ca/services/youth-crisis-services>

**204.477.1804 (Winnipeg) or 1.888.477.1804 (outside Winnipeg)**

The Youth Resource Centre (YRC) and Emergency Shelter is open 24 hours a day, 365 days a year. The shelter offers short-term, overnight, emergency stays for youth ages 12–17. In addition, crisis intervention, counselling, case management, advocacy and basic needs (e.g., food, hygiene, clothes, shower) are all services offered to youth accessing the shelter. Based on the needs of youth, eight beds are available and assigned on a daily basis; however, staff ensure youth are not turned away and will find alternative resources if needed. When youth arrive at the shelter they are greeted by staff who welcome them and work with the youth to understand what brought them to the YRC/Shelter. The YRC offers referral, advocacy, resources, information and short-term basic needs services to youth ages 12–21 on a walk-in basis.

**Ndinawe Youth Resource Centre (Tina's Safe Haven) – [www.ndinawe.ca](http://www.ndinawe.ca)**

Tina's Safe Haven is a 24/7 safe space for youth ages 13-24. The centre operates in a strength and value-based approach with the young people who access the centre. We believe that the youth are the experts of their own challenges, and we need to invest in relationships that foster capacity building so that we can continuously learn from the youth to being able to provide appropriate services based on their needs. The centre is a safe alternative to the streets for youth who are in need of immediate support and resources, when other resources are unavailable. Resources include computers, access to internet, laundry, hygiene products, use of telephone, cultural ceremony and supports, Indigenous wellness workers, recreational programming and arts centre.

Address: 472 Selkirk Avenue, Winnipeg, MB R2W 2M7

Phone: (204) 417-7233 ext. 2

Site manager: Karrie Burzuik

Population: Youth ages 13 to 24 years old

Hours: 24 hours a day, 7 days a week

Food: Meals and snacks provided

**Ndinawe Safe House – [www.ndinawe.ca](http://www.ndinawe.ca)**

Ndinawe is a safe place for youth ages 11 to 17. Youth can self-refer and do not need to be in care of Child and Family Services. Ndinawe Safe House provides shelter for up to 16 youth including female, male and 2Spirit. Youth can be admitted for a variety of reasons such as parent/teen conflict, placement break down, living on the streets, being at risk of abuse or sexual exploitation.

Ndinawe Safe House is a place where our youth can live in a positive and safe environment, where their voices will be heard. We advocate and arrange meetings for youth to address any concerns they may have and what is important to them.

Address: 370 Flora Avenue, Winnipeg, MB R2W 2R5

Phone: 204-417-7233 ext. 1

Site manager: Eleanor Paulic

Population: Youth ages 11 to 17 years old

Hours: 24 hours a day, 7 days a week

Food: Meals and snacks provided

**Resource Assistance for Youth, Inc. (RaY) – <http://rayinc.ca/>**

A non-profit street-level agency working with street-entrenched and homeless youth up to the age of 29. RaY is non-judgmental and non-partisan, employing a harm reduction approach to all interactions with youth in need. RaY provides water and a cool down space on very hot days.

Address: 125 Sherbrook St.

Phone: 204-783-5617

Population: Youth up to age 29

Hours: Monday – Friday 9:00 am – 5:00 pm

**Drop-In:** Monday – Friday 1:00 pm – 3:00 pm; Mon/Wed 5:30 pm – 8:45 pm;

Saturday 12:00 pm – 4:00 pm

Van: Monday – Friday 1:00 pm – 9:00 pm

Food: Available during designated drop in hours

Supplies: Toiletries, feminine hygiene products, safe sex products, clothing, socks and bedding

**Spence Neighbourhood Association/West End 24 Hour Safe Space –**  
[www.spenceneighbourhood.org](http://www.spenceneighbourhood.org)

The West End 24 Hour Safe Space is an overnight drop in for youth ages 13-26 who are in need of a safe space to rest, receive support, access resources and basic needs supplies. The program operates from 11:00 pm to 7:00 am on Fridays, Saturdays and all school holidays including being open 7 nights per week during school summer holidays.

WE24 is an inclusive and strength based space which provides meals, sleeping mats, blankets, and pillows for use on site, gender-neutral washrooms, toiletries and hygiene products, safer sex supplies, and clothing as well as crisis support, safe transportation, wraparound supports, advocacy and referrals.

A van operates between 11:00 pm to 2:00 am and 6:00 am-7:00 am for safe rides and conducts street outreach between the hours of 9:00 pm-2:00 am as able.

Address: 430 Langside Street  
 Phone: 204-333-9681  
 Population: Youth age 13-26  
 Hours: 11:00 pm to 7:00 am on Fridays, Saturdays and all school holidays including being open 7 nights per week during school summer holidays.

**West Central Women’s Resource Centre (WCWRC) – <https://wccwrc.ca/>**

WCWRC is a drop-in space open to all women-identified individuals.

Address: 640 Ellice Avenue  
 Hours: Monday, Wednesday, Friday: 9- 4:30 (Breakfast and lunch available.)  
 Tuesday, Thursday: 12:30pm to 8pm (Supper is available.)  
 Tuesday: Family night — men are allowed in the space from 4pm to 8pm  
 Saturday: 8:30am - 12 pm (Pancake breakfast available.)

**Winnipeg Regional Health Authority**

All WRHA clinic spaces are open to the public to come in, cool off and use the bathroom. Access Centres and other clinics are located around the city. In the Downtown/Point Douglas community, clinics locations are outlined below. During regular business hours, Access Downtown, located at 640 Main may provide same day or walk in medical appointments. There is a community phone available for use at no cost. For emergency health care assistance, call 911.

Clinic	Address	Hours
Access Downtown/Point Douglas	640 Main Street	Mon-Thurs 8:00-6:00 (doors close at 5:45pm) Fri 8:00-4:30 Saturdays open 8-4:30 until June 22nd* *Closed Saturdays Jun22- Sept 7/19.
Aikens Street Community Health Centre	601 Aikens Street	M-F 8:30-4:30
Northern Connections Medical Centre	425 Elgin Avenue	M-F 8:30-4:30
McGregor Walk-In Connected Care	363 McGregor Street	M-F 12:00-7:30 Sat, Sun, and Stat Holidays 9:00-4:30

**Winnipeg Street Connections** – 204-981-0742 - <http://www.streetconnections.ca/>

The Street Connections Van drives around the city every evening except Sunday, providing nursing services, distributes safer sex and safer drug use supplies, and performs other activities that reduce the spread of STBIs. The Van does not provide any transport. The schedule sometimes changes, but you can usually find the Van in the Downtown, North End, and West End neighbourhoods between 6pm and midnight. You can also find them during the day from Monday to Friday in their office on the main floor of 496 Hargrave St.

**City of Winnipeg: Free, Non-Heated Outdoor Pools**

Free admission is available at the following non-heated outdoor pools:

- Freight House (200 Isabel St.)
- Happyland (520 Marion St.)
- Provencher (590, rue Langevin)
- Windsor Park (333 Speers Rd.)

Outdoor pools open June 28 for the season. Hours vary; check the website for hours or pool information: <https://winnipeg.ca/cms/recreation/facilities/pools/outdoorpools.stm>

**City of Winnipeg: Family Pools**

The City of Winnipeg offers free admission at almost all spray pads and wading pools. **Adults must be accompanied by children at most sites.**

**Wading Pools**

Wading Pools are for children under 12 years old. Children under 7 must have a parent or guardian present 12 years or older actively supervising them.

View hours and location:

[https://winnipeg.ca/cms/recreation/facilities/pools/wading\\_pools/wadingpool\\_locations.stm](https://winnipeg.ca/cms/recreation/facilities/pools/wading_pools/wadingpool_locations.stm)

**Spray Pads**

Spray Pads are free of charge (except Transcona Aquatic Park and Kildonan Park Outdoor Pool). Open hours include 9:30am-8:30pm during open season.

Adults must be accompanied by children at the following Pools: Central Park, Sturgeon Heights, Vimy Ridge Memorial Park, Westdale, West Kildonan, Machray Park, Shaughnessy Park. Spray Pads are unsupervised. We recommend that children under 12 years of age be accompanied by a parent/guardian.

View locations: <https://winnipeg.ca/cms/recreation/facilities/pools/spraypads.stm>

**Winnipeg Outreach Network** has produced a Street Resource Guide outlining many other available resources: <https://endhomelessnesswinnipeg.ca/winnipeg-outreach-network-resource-guide/>

## APPENDIX III: Extreme Heat Safety Tips for Everyone

### Prepare for extreme heat:

- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Discuss heat safety precautions with members of your household. Have a plan for wherever you spend time-at home, work and school.
- Prepare for power outages, when air conditioning will not work.
- If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).
- Know those in your neighborhood who are likely to develop heat illnesses and may need help.
- Be aware that people living in urban areas may be at greater risk from the effects of prolonged heat than are people living in rural areas.
- Get trained in First Aid to learn how to treat heat-related emergencies.
- Ensure that your animals' needs for water and shade are met.

### What to do during extreme heat:

- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Never leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of water even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- Eat foods with high water content.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Take frequent breaks if you must work outdoors.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on your animals frequently to ensure that they are not suffering from the heat.

## APPENDIX IV: First Aid for Heat-Related Illnesses

During extreme heat, people are susceptible to three heat-related illnesses. Here's how to recognize and respond to them.

**Heat cramps** are muscular pains and spasms that usually occur in the legs or abdomen. Heat cramps are often an early sign that the body is having trouble with the heat.

- Get the person to a cooler place and have him or her rest in a comfortable position.
- Lightly stretch the affected muscle and gently massage the area.
- Give an electrolyte-containing fluid, such as a commercial sports drink, fruit juice or milk. Water may also be given. Do not give the person salt tablets.

**Heat exhaustion** is a more severe condition than heat cramps. Heat exhaustion often affects athletes, firefighters, construction workers and factory workers. It also affects those wearing heavy clothing in a hot, humid environment. Signs of heat exhaustion include cool, moist, pale, ashen or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.

- Move the person to a cooler environment with circulating air.
- Remove or loosen as much clothing as possible and apply cool, wet cloths or towels to the skin. Fanning or spraying the person with water also can help.
- If the person is conscious, give small amounts of a cool fluid such as a commercial sports drink or fruit juice to restore fluids and electrolytes. Milk or water may also be given. Give about 4 ounces of fluid every 15 minutes.
- If the person's condition does not improve or if he or she refuses water, has a change in consciousness, or vomits, call 911.

**Heat stroke** is a life-threatening condition that usually occurs by ignoring the signals of heat exhaustion. Heat stroke develops when the body systems are overwhelmed by heat and begin to stop functioning. Signs of heat stroke include extremely high body temperature, red skin which may be dry or moist; changes in consciousness; rapid, weak pulse; rapid, shallow breathing; confusion; vomiting; and seizures.

- Heat stroke is life-threatening. **Call 911 immediately.**
- Rapidly cool the body by immersing the person up to the neck in cold water, if possible OR douse or spray the person with cold water.
- Sponge the person with ice water-doused towels over the entire body, frequently rotating the cold, wet towels.
- Cover the person with bags of ice.
- If you are not able to measure and monitor the person's temperature, apply rapid cooling methods for 20 minutes or until the person's condition improves.



