

## 2. PRE-SEASON PLANNING

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### PRE-PLANNING

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#### TRIGGER

EVERY FEBRUARY 1<sup>st</sup>

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#### Checklist

See attached page for checklist

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#### Internal Key Messaging

- A Heat Warning can be expected 1 – 3 times per summer and means that temperatures are very hot and can pose a moderate risk to public health
  - An Extreme Heat Emergency can be expected 1 -2 times per decade and means that temperatures are dangerously high and there is a very high public health risk
  - Review the [BC HARS](#) document
  - Review the Tk'emlúps Extreme Heat Plan
  - Review Community Partner Pre-Season Checklist, if applicable
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#### Community Partner Key Messaging

- Please review the Community Partner Pre-Season Checklist
  - To access communication materials for distribution, contact the EOC at <insert contact number>
  - A Heat Warning can be expected 1 – 3 times per summer and means that temperatures are very hot and can pose a moderate risk to public health
  - An Extreme Heat Emergency can be expected 1 -2 times per decade and means that temperatures are dangerously high and there is a very high public health risk
  - A community partner coordination call is scheduled for <insert date, time, and location> to discuss the upcoming heat season
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#### Public Key Messaging

- See Pre-Season News Release Template
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# Pre-Season Extreme Heat Checklist

## ENSURE THE COMMUNITY EXTREME HEAT PLAN IS UP TO DATE

- ☐ Confirm contact lists are complete and current
  - ☐ All staff and service areas are subscribed to receive relevant alerts (i.e., Voyent)
  - ☐ All key staff are subscribed to receive alerts from the [WeatherCAN](#) app, etc.
  - ☐ Supporting community partners
    - ☐ Confirm extreme heat risk reduction services and resources for upcoming season – see [section 5.4.3](#) community partner engagement in the extreme heat plan for examples
  - ☐ Volunteers (e.g., availability, capacity, and contact information)
  - ☐ Reach out to local suppliers to confirm possible donation opportunities
- ☐ Ensure key messaging is current
  - ☐ Most current [BC HARS document](#) and [Interior Health website](#)
- ☐ Update procedures if/as necessary
- ☐ Review / socialize the plan with key community partners and new staff

## SCHEDULE AND COORDINATE HEAT HEALTH AWARENESS EDUCATION AND TRAINING

- ☐ Extreme heat plan familiarization training for staff, substitute staff, volunteers, community partners who engage with vulnerable populations, as well as Chief and council so they may confidently speak to the heat risk reduction activities supported by the community
- ☐ Provide information on how to recognize heat illness signs and symptom to staff (especially outdoor workers) and volunteers
- ☐ Cultural safety training, trauma-informed training, and de-escalation training for staff, substitute staff, volunteers, and community partners who may engage in outreach

## RE-STOCK PUBLIC EDUCATION MATERIALS IN ADVANCE OF HEAT SEASON

- ☐ [Extreme heat community preparedness brochures from Health Canada:](#)
  - ☐ Adapting to Extreme Heat Events – Guidelines for Assessing Health Vulnerability
  - ☐ Heat Alert and Response Systems to Protect Health: Best practices guidebook
  - ☐ It's Much too Hot – Protect yourself from extreme heat
  - ☐ Keep Children Cool! – Protect your child from extreme heat
  - ☐ Staying Healthy in the Heat – Heat exhaustion
  - ☐ Staying Healthy in the Heat – Safety tips
  - ☐ Staying Healthy in the Heat – Who is most at risk?
  - ☐ You're Active in the Heat. You're at Risk! – Protect yourself from extreme Heat
- ☐ Print the [Prepared BC Extreme Heat Preparedness Guide pdf](#)
- ☐ Print the following HealthLinkBC pdfs (various language options):
  - ☐ [Beat the Heat](#)
  - ☐ [Heat-related Illness](#)
  - ☐ [Heat-related Illness in Infants and Young Children](#)
  - ☐ [Safety for Infants and Young Children During Extreme Heat](#)
  - ☐ [Safety for the Perinatal Population During Extreme Heat](#)

# Pre-Season Extreme Heat Checklist cont'd

## CONVENE COMMUNITY PARTNERS TO REFRESH / PLAN FOR THE UPCOMING SEASON

- ☐ Review heat alert protocols, any plan changes, and community partner engagement expectations and practices
  - ☐ Go to Pre-season Community Partner Meeting Agenda checklist
- ☐ Consider connecting with City of Kamloops and/or TNRD to discuss options for joint messaging or resource sharing

## CONFIRM BAND HEAT PLANS, CONTINGENCY PLANS, AND RESOURCES ARE IN PLACE

- ☐ Department heat response plans are in place (i.e., modified work schedules and triggers for adjusting hours of work for outdoor activities for cooler parts of the day, and increased scheduled water breaks)
  - ☐ Contingency plans are in place for staff summer vacations
- ☐ Availability or access to emergency response equipment (e.g., fans, generators, and back-up communications)
  - ☐ Consider EOC, Reception Centre, and designated Cooling Centre facilities
- ☐ Any critical service disruptions are scheduled for spring or fall outside of potential heat warning and extreme at emergency events
- ☐ Cooling infrastructure for Band owned facilities have been inspected
- ☐ Cooling infrastructure for designated cooling centres have been inspected

## ACTIVATE PRE-SEASON PUBLIC EDUCATION CAMPAIGN

- ☐ Engage with local non-profit organizations to build heat health awareness
  - ☐ Distribute heat health information to local NGOs and service providers
- ☐ Display heat health information displays/guides in designated community locations – see [Section 5.5.1.3](#) in the extreme heat plan
- ☐ Increase community awareness of public cooling options (e.g., pools, splash parks, shaded green spaces, libraries, and shopping centres)
- ☐ Continue to promote the Voyent app and educate the public on where to go to for official information

## CONFIRM EXTREME HEAT RESPONSE STRATEGIES FOR UPCOMING SEASON

- ☐ Schedule a local supporting community partner meeting or conference call to discuss community response strategies
- ☐ BC Transit – Options for coordinating free transport for accessing cool public spaces and need for additional service
- ☐ Parks & Rec – Work with City of Kamloops to potentially reduce pool and rec fees
- ☐ Local library – Work with TNRD for options to extend hours of operation
- ☐ Planning & Operations – providing portable water fountains at designated public places
- ☐ Water distribution resources are in place (Portable water fountains and bottled water delivery to at-risk populations)
- ☐ Cooling Centre facilities, resources, services, and transportation options are in place
  - ☐ Staff are alerted to potential extended hours of operations



Tk'emlúps te Secwépemc

## Media Release

200-330 Chief Alex Thomas Way  
Kamloops BC, V2H 1H1  
Tel: (250) 828-9700  
Tkemlups.ca

[Date: Month, day, year]

MEDIA CONTACT: Name, Title

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## Pre-Season Heat Notification

### For Immediate Release

Tk'emlúps te Secwépemc would like to remind residents that warmer weather is on the way. Residents are encouraged to:

- Prepare a Personal Heat Plan: [https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/preparedbc\\_extreme\\_heat\\_guide.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/preparedbc_extreme_heat_guide.pdf)
- [Register with the Voyent Alert mass notification system](#) to stay informed in events of extreme heat alerts, fire alerts, water conservation measures and other important notifications
- **Establish a heat buddy system; someone who will check in with you frequently and regularly as well as provide assistance if necessary**
- Spread the word. Check in with friends, neighbours, and family who might require assistance during heat events
- A Heat Warning can be expected 1 – 3 times per summer and means that temperatures are very hot and can pose a moderate risk to public health
- An Extreme Heat Emergency can be expected 1 – 2 times per decade and means that temperatures are dangerously high and there is a very high public health risk
- Be prepared to change your routine. If outdoor tasks are required, consider performing them before 11am or after 5pm.
- Be aware of how to stay healthy in the heat. See the Health Canada Staying Healthy in the Heat Fact Sheet: <https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/fact-sheet-staying-healthy-heat/fact-sheet-staying-healthy-heat.pdf>
- Be aware of the signs of heat related illness and what to do
- Keep bottled water on hand
- For more information please monitor:
  - Tk'emlúps website: [tkemlups.ca](http://tkemlups.ca)
  - Tk'emlúps Facebook: [Tk'emlúps te Secwépemc Facebook](#)



For more information, visit the Extreme Heat webpage at [canada.ca](http://canada.ca)  
**STAYING HEALTHY *in the* HEAT**

## HEAT EXHAUSTION



Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination



If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids; water is best.

What are the  
**SIGNS AND SYMPTOMS**  
of heat illness?

## HEAT STROKE

High body temperature



Confusion and lack of coordination



Dizziness/  
Fainting



No sweating,  
but very hot,  
red skin



Heat stroke is a medical emergency! **Call 911 or your local emergency number immediately.** While waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.



ILLUSTRATION: JENNIFER HARRIS/ISTOCKPHOTO.COM



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Canada

Canada

## Who is MOST AT RISK?

### FACT 1 OLDER ADULTS

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

### FACT 2 INFANTS AND YOUNG CHILDREN

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.



### FACT 3 CHRONIC ILLNESS/ SPECIAL MEDICATION

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.



### FACT 4 PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS

People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.



For more information, visit the Extreme Heat webpage at [canada.ca](http://canada.ca)

## STAYING HEALTHY *in the* HEAT



### SAFETY TIPS

#### TIP 1 PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- If you have an air conditioner, make sure it works properly.
- If you don't have an air conditioner, find an air-conditioned spot close by where you can cool off for a few hours on very hot days.

#### TIP 2 KNOW THE SIGNS OF HEAT

#### TIP 3 PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL

Frequently visit neighbors, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.

#### TIP 4 DRINK LIQUIDS; WATER IS BEST.

#### TIP 5 STAY COOL



#### *How to stay cool?*



Wear loose-fitting, light-coloured clothing made of breathable fabric.



Take cool showers or baths until you feel refreshed.



Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.



Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.



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# HEAT PREPAREDNESS

## Is Your Facility Prepared?



### Summer Is Approaching...

In the summer of 2021, Environment Canada issued multiple heat warnings throughout the province of British Columbia.

The Island Health region experienced daily temperatures of over 40 degree Celsius causing serious health and safety risks within our communities.

Community Care Facilities Licensing is committed to ensure Licensees are proactive and prepared for the upcoming summer heat.



### Watch for symptoms of heat illness

dizziness or fainting  
nausea or vomiting  
fatigue and weakness  
extreme thirst, heavy sweating  
pale, cool, moist skin  
muscle cramps, headache, rash  
rapid breathing and heartbeat  
decreased urination with  
unusually dark yellow urine

### Getting Prepared in Residential Care

To ensure your site is prepared to respond to heat emergencies, it is important to have a plan in place. Please see below for some important points to consider as you develop your preparedness plan.

- Create a Heat Preparedness Policy and ensure all staff are trained and knowledgeable;
- Provide staff training on extreme heat emergency measures;
- Increase frequency of checks on persons in care during hot days;
- Increase frequency of hydration rounds for persons in care;
- Increase frequency of rest and water breaks;
- Drink plenty of water; ensure access to water; create shade/cooling stations (fans, air conditioners, ice-water baths/showers);
- Ensure fans, air-conditioners and HVAC systems are regularly maintained and in working order ahead of time;
- Continue to monitor indoor temperature to modify preparedness plan when necessary;
- Block direct sun with blinds and shutters; increase air flow where possible;
- Have popsicles on hand; consume foods with higher water content including fruit and vegetables; store and prepare food with extreme heat in mind;
- Wear light-colored, loose fitting, breathable clothing; wear hats;
- Ensure sunscreen is applied to all persons in care when outside as need;
- Reduce strenuous activity during periods of extreme heat; plan physical activities for cooler parts of the day;
- Never stay in a parked car on a hot day.



### Resources

- ✿ BC Heat Impacts Prediction System (BCHIPS), BCCDC
- ✿ Heat Safety, Island Health
- ✿ Heat-Related Illness, HealthLinkBC
- ✿ Health Facilities Preparation for Extreme Heat: Recommendations for Retirement and Care Facility Managers, Government of Canada
- ✿ Wildfire Smoke, BCCDC
- ✿ Wildfire Smoke and COVID-19 in Long Term Care



# Heat Preparedness Considerations

To ensure your site is prepared to respond to heat emergencies, it is important to have a plan in place. Please see below for some important points to consider as you develop your preparedness plan.



Create a Heat Preparedness Policy for your facility



Monitor indoor temperatures regularly and modify preparedness plan if necessary



Ensure staff are trained and knowledgeable on facility policies, responding to emergencies and identifying heat responses for persons in care



Block direct sun with blinds, shutters or reflective material; increase air flow where possible



Increase frequency of hydration rounds and visits with persons in care



Have cool refreshments available such as popsicles, fruit and veggies with higher water content



Increase frequency of rest and water breaks



Wear light-coloured, loose fitting clothing and hats; ensure sunscreen is applied to all persons in care when outside



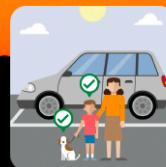
Drink plenty of water and ensure access to water; create shade and cooling stations with fans or air conditioners



Plan physical activities for cooler parts of the day



Ensure fans, air-conditioners and HVAC systems are regularly maintained and in working order ahead of time



Never stay in a parked car on a hot day

## PRE-SEASON COMMUNITY PARTNER MEETING AGENDA CHECKLIST

- ☐ Offer an introduction/ welcome and share objective of the pre-season meeting.
- ☐ Provide reminders of BC HARS two level alert system and the criteria for each
- ☐ Ensure roles and responsibilities are understood. Consider:
  - ☐ Environment and Climate Change Canada (ECCC)
  - ☐ First Nation's Health Authority
  - ☐ Interior Health Authority
  - ☐ Community Partners
  - ☐ Tk'emlúps te Secwépemc
- ☐ Call on attendees present (one-by-one) to
  - ☐ Confirm and/or update contact information
  - ☐ Confirm and/or update services and resources that may be offered
- ☐ Review the plan for the upcoming season. Consider:
  - ☐ What community partners can expect
  - ☐ Alert protocols
  - ☐ Training opportunities
  - ☐ Communication protocols
- ☐ Review and confirm information distribution sources of key messaging from the Band.  
Consider:
  - ☐ Voyent Alert
  - ☐ Tk'emlúps Facebook
  - ☐ Tk'emlúps website
  - ☐ Print media
  - ☐ Radio and Television
- ☐ Confirm print material requirements for distribution to community partners. Consider:
  - ☐ Quantities required
  - ☐ Type and style of material
- ☐ Provide opportunity to discuss any additional concerns
- ☐ Provide opportunity for questions or clarifications
- ☐ Closing Remarks
  - ☐ Express appreciation for participants' involvement and contributions
  - ☐ Reinforce the importance of their roles in Tk'emlúps extreme heat response efforts
  - ☐ Set expectation for when an extreme heat event coordination call might be expected