

4. LEVEL 1 HEAT WARNING

LEVEL 1 – HEAT WARNING

TRIGGER

The ECCC will issue a heat warning through the [weather alerts webpage](#) or the [WeatherCAN app](#) when the following criterion is met:
Daytime maximum temperatures are Forecasted to reach or exceed 35°C for 2 consecutive days AND the overnight minimum temperature is ≥18°C

Checklist

See Heat Warning Checklist on the following page

Internal Key Messaging

- The ECCC has issued a Heat Warning for <geographic area> due to daytime expected maximum temperatures of 35° C or warmer and nighttime minimum temperatures of 18° C or warmer
 - The Heat Warning may evolve into an Extreme Heat Emergency
 - Review the current Tk'emlúps heat risk reduction strategies in place in order to provide consistent key messaging to the public
 - Be aware of heat illness sign and symptoms
 - Monitor the [ECCC weather alerts webpage](#) and/or the [WeatherCAN app](#)
 - Adjust work schedules to the cooler part of the day as appropriate for the location and type of work
 - The EOC has been activated at <insert address>
 - A Cooling Centre has been opened at <insert address> with operating hours: <insert hours of operation>
 - Review the Community Partner Level 1 Heat Warning Checklist if applicable
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Community Partner Key Messaging

- The ECCC has issued a Heat Warning for <geographic area> due to daytime expected maximum temperatures of 35°C or warmer and nighttime minimum temperatures of 18° C or warmer
 - A Cooling Centre has been opened at <insert address> with operating hours: <insert hours of operation>
 - Additional community resources include <list available options>
 - Consider rescheduling services and major events to cooler times of day, especially outdoor activities
 - Review the Community Partner Level 1 Heat Warning Checklist
 - The EOC has been activated at <insert address>
 - To access communication materials for distribution, contact the EOC at <insert contact number>
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Public Key Messaging

See Heat Warning News Release Template

Heat Warning Checklist

EOC DIRECTOR

- ☐ Review relevant EOC Director checklists
- ☐ Consider activating a Liaison Officer and Information Officer
- ☐ Consider requesting liaisons from City of Kamloops, BCHES and IHA be present in the EOC
- ☐ Brief Chief and Council on response efforts, cooling centre and transportation details, and key messaging

LIAISON OFFICER

- ☐ Review relevant liaison officer checklists
- ☐ Establish contact with / send key messaging to EHE community partners – EHE community partner list [Appendix 1](#)
- ☐ Consider the need to schedule regular local conference calls at an appropriate frequency

INFORMATION OFFICER

- ☐ Review relevant information officer checklists
- ☐ Confirm level 1 heat warning key messaging with EOC Director
- ☐ Contact neighboring communities / regional district IOs to advise, confirm key messaging, and release joint messaging
- ☐ Issue heat warning key messaging to staff, responding agencies, supporting community partners, and the public see [section 5.5](#) extreme heat communications
- ☐ Promote heat health safety as well as signs and symptoms of heat illnesses health (e.g., how to identify heat illnesses, ways to stay cool) and where to monitor for up-to-date information
- ☐ Distribute heat health communication materials
 - ☐ Distribute [Health Canada's Staying Healthy in the Heat Poster](#)
 - ☐ Distribute [HealthLink BC Heat-related Illness pdf](#)

OPERATIONS SECTION CHIEF

- ☐ Review relevant operations section checklists
- ☐ Consider extending hours of operation of pre-existing cool public facilities and reducing entry fees
- ☐ Coordinate public water fountains, if applicable
- ☐ Reschedule all non-essential outdoor events or events in venues without air conditioning
- ☐ Check in with supporting community partners
 - ☐ Encourage re-scheduling all non-essential outdoor events or events in venues without air conditioning to cooler parts of the day
- ☐ Review relevant operations section checklists
- ☐ Confirm heat risk reduction strategies with the planning section
- ☐ Work with the planning and logistics sections to implement heat risk reduction strategies
- ☐ Confirm key messaging before checking in with supporting community partners

Heat Warning Checklist cont'd

OPERATIONS SECTION CHIEF

- ☐ Collect information regarding other heat risk reduction services and resources being offered in the community and share with plans
 - ☐ Request feedback on current/ongoing challenges
- ☐ Participate in the EMCR coordination call

PLANNING SECTION CHIEF

- ☐ Discuss / confirm heat risk reduction strategies with the General team:
 - ☐ The need to conduct a community partner conference call (If yes, go to the Extreme Heat Emergency Community Partner Coordination Call Checklist below)
 - ☐ Extend hours of operation of pre-existing cool public facilities and reducing entry fees
 - ☐ The need for a cooling centre
 - ☐ Free door-to-door transportation to cooling centre facilities
 - ☐ Request that all non-essential outdoor events or events in venues without air conditioning be rescheduled to cooler parts of the day
 - ☐ Delivery service for groceries and medication if relevant
 - ☐ Activate portable public water fountains, if applicable
- ☐ Monitor the ECCC Weather Alert Page and/or WeatherCAN App
 - ☐ [Government of Canada North Okanagan Air Quality Health Index](#)
- ☐ Consider the need for an advance planning unit
 - ☐ Monitor, assess, and plan for potential conflicting priorities (e.g., air quality concerns, wildfire evacuation alerts/orders, power outages, public health concerns, and long-term staffing)
 - ☐ Develop contingency plans as necessary
 - ☐ Consider the need for an overnight cooling centre for vulnerable residents

LOGISTICS SECTION CHIEF

- ☐ Review relevant EOC logistics section checklists
- ☐ Work with Operations and Planning to identify and source resources required and anticipated

FINANCE SECTION CHIEF

- ☐ Review relevant EOC finance section checklists
- ☐ Review EMCR eligibility for heat emergency table in [Appendix 12](#)



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]

Heat Warning Notification

For Immediate Release

Tk'emlúps te Secwépemc would like to advise residents a Heat Warning is in effect. Residents are encouraged to:

- Spread the word. Check in with friends, neighbours, and family who might require assistance during heat events.
- If you have any health questions or concerns, please go directly to an urgent care provider or call 8-1-1, for free-of-charge health information and advice
- 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: <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:**

Heat Exhaustion Symptoms:

- Heavy Sweating
- Cold, pale, and clammy skin
- Tiredness or weakness
- Fast, weak pulse
- Nausea or vomiting
- Muscle Cramps
- Dizziness
- Fainting
- Headache

What To Do:

- Cool your body or cool bath)
- Sip water, Avoid caffeine
- Loosen clothes
- Move to a cool place
- If symptoms worsen or last longer than 1 hour, get medical help

Heat Stroke Symptoms:

- High body temperature (103°F or higher) Hot, red, dry, or damp skin
- Fast, strong pulse Nausea
- Dizziness
- Fainting
- Headache

What To Do:

- Call 911 – heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower temperature with cool cloths or cool bath
- Do not give the person anything to drink

- Use the heat buddy system; someone who will check in with you frequently and regularly as well as provide assistance if necessary
- A Cooling Centre has been opened at <insert address> with operating hours of <insert hours of operation>
- Additional community resources include <list available options>
- For more information please monitor:
 - Tk'emlúps website: tkemlups.ca
 - Tk'emlúps Facebook: [Tk'emlúps te Secwépemc Facebook](#)

TARGETED HEAT WARNING PRINTABLE DOCUMENTS

VULNERABLE POPULATION GROUPS	KEY MESSAGING	URL LINK	DETAILS
Children	Keep Children Cool! Protect Your Child From Extreme Heat	https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/keep-children-cool-extreme-heat/extreme-heat-brochure-keep-children-cool-en.pdf	English PDF – Health Canada
Landlords and property managers	Tenant Postcard	https://www.bchousing.org/sites/default/files/media/documents/wellness-card-for-tenants.pdf	English PDF – BC Housing
General	Heat-Related Illnesses	https://www.cdc.gov/disasters/extremeheat/pdf/Heat_Related_Illness.pdf	English PDF – CDC Infographic
Parents and Coaches	Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children	https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf	English PDF – US National Athletic Trainers' Association
Perinatal Population	Safety During Extreme Heat	https://www.healthlinkbc.ca/sites/default/files/documents/hfile35a_0.pdf	English PDF - HealthLinkBC
Pet owners	Heat and Pets: Heatstroke and Heat Exhaustion	https://www.bchousing.org/sites/default/files/media/documents/Heat-and-Pets-HeatStroke-Heat-Exhaustion.pdf	English PDF – BC Housing

Extreme Heat Coordination Call Agenda Checklist

The objective of the coordination call is to bring community partners together to collaborate, share information in an efficient and effective manner, and to help facilitate a collective community response to an extreme heat event.



Best Practice: Identify any specific information requirements from community partners in advance of the meeting and include in the community partner update component

- ☐ Offer an introduction/welcome
- ☐ Provide an update on the current situation (current and available information). This may include:
 - ☐ Information from ECCC (e.g., heat warning or extreme heat emergency)
 - ☐ Weather forecast
 - ☐ Information from EMCR
 - ☐ Regional/Provincial context (i.e., activities)
 - ☐ Band actions being taken
 - ☐ Resources and services available
 - ☐ Any other information that may be relevant to community partners
- ☐ Identify any Band concerns
- ☐ Call on attendees present (one-by-one) to give a brief update containing the following possible information:
 - ☐ Details on resources or services they are provided, if any
 - ☐ What is working well
 - ☐ Any challenges and potential solutions
 - ☐ Any unmet needs (e.g., vulnerable population challenges or concerns)
 - ☐ Any other comments, concerns, or questions
- ☐ Communicate Key Messaging. This may include:
 - ☐ Review and confirm information distribution sources of key messaging from the Band.
Consider:
 - ☐ Voyent Alert
 - ☐ Tk'emlúps Facebook
 - ☐ Radio and Television
 - ☐ Tk'emlúps website
 - ☐ Print media
 - ☐ CLC or MSG

- ☐ Encourage community partners to regularly reach out to formal and informal contacts, especially those who may be more isolated and potentially vulnerable during an extreme heat event
- ☐ Encourage community partners to amplify key messaging through their distribution lists and social media networks
 - ☐ Provide opportunity to discuss any final questions and concerns
- ☐ Closing Remarks
 - ☐ Express appreciation for participants' involvement and contributions
 - ☐ Reinforce the importance of their roles in Tk'emlúps extreme heat response efforts
 - ☐ Confirm methodology for contacting the EOC with outstanding needs
 - ☐ Set timeline for the next coordination call