



Extreme heat is a major risk to public health and safety, increasing mortality, among older adults, those with chronic illnesses, with mental illness, poor quality housing, or who work outdoors. Materially and socially disadvantaged people are at higher risk. Adverse extreme heat-related effects are also higher for people with chronic conditions, those who are pregnant, infants, and children.

As part of the emergency management plan, Regional District of Nanaimo, Emergency Services, is building collective capacity to respond to people in need during extreme heat weather events.

What is an Extreme Heat Weather Event?

In the Vancouver Island region* alerts trigger when Environment and Climate Change Canada forecasts: **two or more consecutive days of daytime maximum temperatures reaching 26°C or warmer** and when **nighttime minimum temperatures are expected to fall to 16°C or warmer**. (*except Northern Vancouver Island sections). Urban spaces can be several degrees hotter than surrounding rural areas.

How is an Extreme Heat Weather Event announced?

An alert will be issued in local media, the RDN web site www.rdn.bc.ca, RDN social media, and through relevant community support organizations. RDN Emergency Services will gather information, coordinate supports, and connect with community partners to assist those most impacted. Once Environment Canada lifts the weather warning, the alert and support activities cancel.

What help is available during the day?

Daytime Cooling Spaces

Daytime: Lobbies of Recreation Centres in City of Nanaimo

- **Bowen Park Complex - 500 Bowen Road** (T 250-755-7501)
Monday to Friday 08:30 to 16:00 - Saturday, Sunday – closed.
- **Beban Social Centre - 2300 Bowen Road** (T 250-756-5200)
Sunday to Saturday 08:30 to 20:00.
- **Nanaimo Ice Centre - 750 Third Street** (T 250-756-5200)
Sunday to Saturday 07:00 to 23:00.
- **Oliver Woods Community Centre - 6000 Oliver Road** (T 250-756-5200)
Sunday to Saturday 08:00 to 22:00.

Daytime: Lobbies or Recreation Centres in Oceanside

- **Ravensong Aquatic Centre - 737 Jones St., Qualicum Beach** (T 250-752-5014)
www.rdn.bc.ca/ravensong-aquatic-centre
- **Oceanside Place - 830 Island Hwy, Parksville** (T 250-248-3252)
www.rdn.bc.ca/oceanside-place-arena

Daytime: Vancouver Island Regional Libraries ([Find a Branch - Vancouver Island Regional Library](#))







- **Nanaimo Harbourfront - 90 Commercial Street, Nanaimo** (T 250-753-1154)
Mon. to Thurs. 10:00 to 20:00., Fri. to Sat. 10:00 to 17:00, Sun. 12:30 to 16:00.
- **Nanaimo North - 6250 Hammond Bay Road, Nanaimo** (T 250-933-2665)
Mon. to Thurs. 10:00 to 20:00, Fri. to Sat. 10:00 to 17:00. Sun. 12:30 to 16:30.
- **Nanaimo Wellington Branch - 3200 North Island Highway, Nanaimo** (T 250-758-5544)
Mon. to Thurs. 10:00 to 18:00, Fri. to Sun. 10:00 to 17:00.

- **Qualicum Beach - 101 - 660 Primrose St, Qualicum Beach** (T 250-752-6121)
Mon. to Thurs. 10:00 to 20:00 Fri. and Sat. 10:00 to 17:00. Sun. closed.
- **Parksville – 100 Jensen Ave E., Parksville** (T 250.248.3841)
Mon. to Thurs. 10:00 to 20:00, Fri. to Sat. 10:00 to 17:00, Sun. 12:30 to 16:00.
- **Gabriola Island - #5 - 575 North Rd., Gabriola Island** (T 250-247-7878)
Mon. closed. Tues. to Thurs. 10:00 to 19:00. Fri. and Sat. 10:00 to 17:00. Sun. closed.
- **Bowser - 6996 W Island Highway, Bowser** (T 250-757-9570)
Mon., Tues., Sun. closed. Wed. 12:00-15:00 & 16:00-19:00. Thurs. 10:00-12:00 & 13:00-17:00.
Fri. 13:00-17:00. Sat. 10:00-14:00.

Daytime: Other locations

- **Gabriola Senior Citizen's Centre** - 685 North Road, Gabriola (T 250-247-9638)
- **Salvation Army Hope Centre - 19 Nicol Street** (T 250-754-2621). For current shelter guests only.
- **Woodgrove Centre - 6631 Island Hwy** (T 250-390-2721)
- **Nanaimo North Town Centre - 4750 Rutherford Rd** (T 250-758-8111)
- **Country Club Mall - 3200 North Island Hwy, Nanaimo** (T 250-758-1102)

Other important supports

	In serious distress or non-responsive? Dial 911
	In crisis and need more help? Dial 1-888-494-3888 (Vancouver Island Crisis Line)
	Food or a hot meal? www.rdn.bc.ca/emergency-shelter and food & www.oceansidecat.org/documents-and-resources/
	Experiencing homelessness? T 250-741-7645 (Homelessness Outreach Response team)
	Local emergency shelters www.rdn.bc.ca/emergency-shelter
	Need emergency access to drinking/bottled water? Mount Arrowsmith Salvation Army - 187 Alberni Hwy, Parksville & 886 Wembley Road, Parksville Oceanside Place - 830 Island Hwy, Parksville Regional District of Nanaimo Transit Building, 6300 Hammond Bay Road, Nanaimo Descanso Bay Campground - 595 Taylor Bay Rd, Gabriola Island Dunsmuir Community Park - 326 Horne Lake Rd, Qualicum Beach