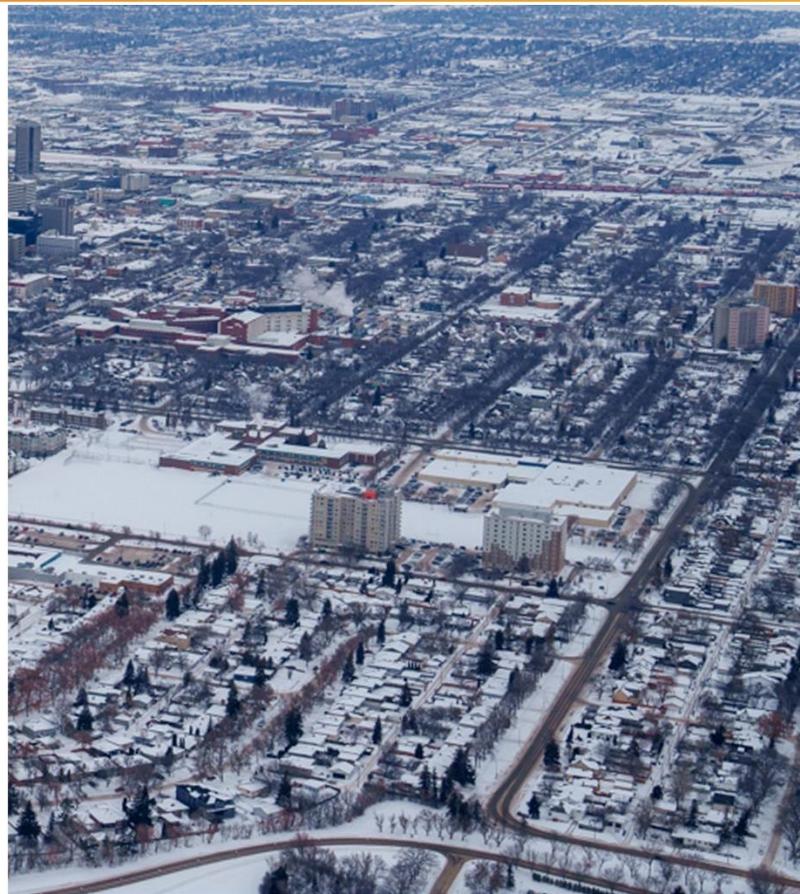


Extreme Weather Strategy



Land Acknowledgement

We acknowledge that Regina is on Treaty 4 Territory, a Treaty signed with 35 First Nations across Southern Saskatchewan and parts of Alberta and Manitoba and the original lands of the Cree, Saulteaux, Dakota, Nakota, Lakota and on the homeland of the Métis Nation.

A Land Acknowledgement statement represents an act of reconciliation, honouring the land, Indigenous heritage, and history that dates back thousands of years. To recognize the land is an expression of gratitude and appreciation to those whose territory we reside on, and a way of honouring the Indigenous people who have lived here for thousands of years. It is important that we understand our history that has brought us to reside on the land, and to seek to understand our place within history.

Introduction/Background

In the spring of 2013, the Ministry of Social Services met with service providers of Regina's houseless population including shelters, health agencies, emergency service agencies and housing providers to develop a cold weather strategy for the community.

In subsequent years, Regina experienced extended heatwaves where temperatures were recorded in excess of 40°C. In response, community partners of the "Cold Weather Strategy" convened to implement a city-wide heat response.

The heat response was used to ensure community-based cooling spaces and services were in place for individuals in vulnerable contexts. This greatly reduced their risk of heat exposure related illness during the summer months. In response, The Extreme Weather Strategy (Strategy) was developed to combine the "Cold Weather Strategy" and the response to severe heat events.

The Strategy is designed to work with existing services to support situational awareness and coordinate efforts among human service sectors and community-based organizations to ensure that unsheltered individuals and other populations in vulnerable contexts have access to warming spaces and services during Regina's cold temperatures between November 1 and March 31 and cooling spaces and services during hot temperatures from May 15 to September 1. The dates of the Strategy can be extended or adjusted as weather conditions require.

While significant weather events are a regular occurrence in Regina, extreme weather can create significant risks for residents experiencing houselessness. Impacts from severe cold and heat illness can affect resident well-being and safety.

The City of Regina collaborates with other governmental and community-based organizations on the "Extreme Weather Committee" (Committee) to provide a standardized process through which all responding organizations, both inside and outside the City of Regina, can quickly and effectively exchange information, prioritize, and plan an efficient, coordinated response. In the event of a prolonged heat or cold event in Regina, the City can activate the City of Regina Emergency Response Plan on a broader scale to ensure the safety and well-being of all residents.

Principles

This Strategy is guided by the following principles:

- Individual dignity must be respected in emergent situations; each person should have access to options that will provide relief from extreme weather.
- When the Strategy is activated, everyone should be allowed access to designated spaces

(such as shelter lobbies), including intoxicated persons or those previously placed on various “do not admit” lists.

- Warming and cooling spaces should be available, as needed, 24 hours a day.
- Family relationships need to be respected; efforts should be made to keep families and couples together.
- Committee members will work together to ensure that Regina’s vulnerable population are aware of safe, available options to reduce their exposure and susceptibility to extreme weather.
- While individual service providers make their own policies, they also collectively agree to be flexible with their policies during extreme weather to ensure people are safe.

Autonomy of Committee Members

Routine extreme weather operations are managed by each member in accordance with their organizational policies, procedures and practices. This Strategy acknowledges the autonomy of these organizations while recognizing the unity in leadership and response.

Strategy Objectives

1. Establish a process for monitoring potential extreme weather events to improve situational awareness and communication between the City of Regina and Committee members leading up to and during severe weather events.
2. Identify potential thresholds and triggers for the City of Regina and Committee members where coordination or assistance may be required (Activation Levels).
3. Identify roles and responsibilities of Committee members.

Extreme Weather Alerts

Purpose

The purpose of the extreme weather alert is to share relevant and timely information so Committee members can provide support to populations in vulnerable contexts in our community.

The coordination of resources and services from multiple organizations is important for an effective response to extreme weather.

Activation of the Strategy

Extreme Cold Warning

The City of Regina will follow Environment and Climate Change Canada (ECCC) alerting parameters for issuing an Extreme Cold Warning. Regina is grouped by ECCC under Central Interior B.C., Northern Ontario, Prairies-Alberta, Southern Saskatchewan and Southern Manitoba.

ECCC’s threshold criteria for an Extreme Cold Warning issuance are when temperatures or windchill is expected to reach -40°C for at least two hours.

When an Extreme Cold Warning is in place:

- The City of Regina’s Emergency Preparedness and Business Continuity Branch will issue a situation report to Emergency Operations Centre members and the Extreme Weather Committee.
- The City of Regina will post on its social media channels, Facebook and Twitter to notify the community of the Extreme Cold Warning and provide additional resources and information, as appropriate.
- Committee members are encouraged to increase internal and external communications

- when a warning is issued to support this Strategy and enhance community safety.
- Frontline service providers will be encouraged to ensure that clients they meet who are in need of shelter have safe lodging arranged for the night.

Extreme Heat Warning

The City of Regina will follow ECCC alerting parameters for issuing an Extreme Heat Warning.

An extreme heat warning is issued by ECCC when two or more consecutive days of daytime maximum temperatures are expected to reach 32°C or warmer and nighttime minimum temperatures are expected to be 16°C or warmer. A warning is also issued when two or more consecutive days of humidex values are expected to reach 38°C or higher.

When an Extreme Heat Warning is in place:

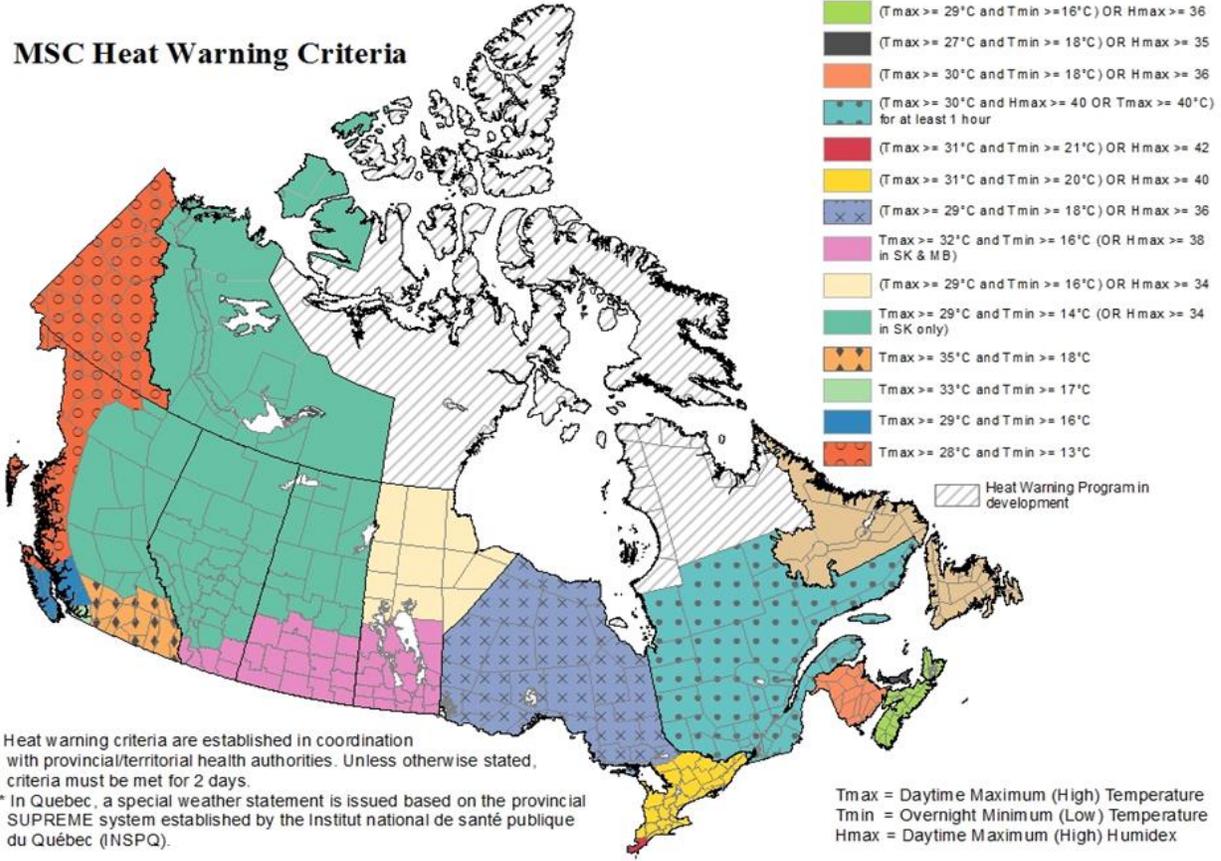
- The City of Regina's Emergency Preparedness and Business Continuity Branch will issue a situation report to Emergency Operations Centre members and the Extreme Weather Committee.
- The City of Regina will post on its social media channels, Facebook and Twitter to notify the community of the Extreme Heat Warning and provide additional resources and information, as appropriate.
- Committee members are encouraged to increase internal and external communications when a warning is issued to support this Strategy and enhance community safety.
- Committee members and frontline service providers will be encouraged to ensure that clients they meet who are in need of shelter have safe lodging arranged for the night.

Forecasts for the City of Regina can be found at:

[Regina, SK - 7 Day Forecast - Environment Canada \(weather.gc.ca\)](http://weather.gc.ca)



MSC Heat Warning Criteria



Extreme Weather Emergency Response Activation Levels

Activation Level	Purpose	EOC Activation Response	Roles and Responsibilities	Duration
Watch	<ul style="list-style-type: none"> Emergency Operations Centre monitors emerging events and provides situational awareness 	<ul style="list-style-type: none"> Routine staffing Routine operations in each member organization 	Member organizations follow normal operational procedures in ensuring individuals have information about warming/cooling locations, emergency shelter and other services available	Ongoing
Emergency Operations Centre (EOC) Activation Levels				
Level I - Monitoring	<ul style="list-style-type: none"> Air temperature or windchills are expected to reach 	<ul style="list-style-type: none"> Level I EOC alert to all EOC members 	<ul style="list-style-type: none"> EPBC activates Strategy Information shared 	Short 1-2 day

	<ul style="list-style-type: none"> -30°C for 2 days according to ECCC Air temperature or windchill is expected to reach -40°C for at least two hours When daytime temperatures are expected to reach 32°C for two or more consecutive days and be 16°C or warmer at night 	<ul style="list-style-type: none"> Email notification sent to committee members 	<ul style="list-style-type: none"> on social media through CoR Updates provided on Regina.ca Committee members share prevention & response information 	operational period
Level II – Partial Activation	<ul style="list-style-type: none"> Air temperature or windchills are expected to reach -30°C according to ECCC for more than 2 days but less than 10 days Air temperature or windchill is expected to reach -40°C for longer than 2 days but less than 5 days When daytime temperatures are expected to reach 32°C for more than two consecutive days but less than 10 days and fall to 16°C or warmer at night 	<ul style="list-style-type: none"> Level II EOC alert issued to all EOC members Email notification sent to committee members Committee members meet virtually 401s required for each operational period Situation reports shared with all EOC and committee members during each operational period 	<ul style="list-style-type: none"> EPBC activates Strategy Social media updates provided by CoR Updates to Regina.ca Committee members share prevention and response information EPBC to host debrief meeting after de-escalation Committee members participate in debriefs 	More than two operational periods (2 days)
Level III – Full Activation	<ul style="list-style-type: none"> Air temperature or windchills are expected to reach -30°C according to ECCC for more than 10 days Air temperature or windchill is expected to reach 	<ul style="list-style-type: none"> Full scale activation of all EOC members 401s required from all member organizations within 2 hours of receiving a 	<ul style="list-style-type: none"> EPBC activates Strategy Social media updates provided by CoR Updates to Regina.ca Committee members share 	Long-term activation through recovery operations

	<p>-40°C for longer than 5 days</p> <ul style="list-style-type: none"> • When daytime temperatures are expected to reach 32°C for more than 10 consecutive days and be 16°C or warmer at night 	<p>Level III EOC alert</p> <ul style="list-style-type: none"> • Situation reports shared with all member organizations • EOC and committee virtual meetings in set operational periods 	<p>prevention and response information</p> <ul style="list-style-type: none"> • EPBC to host debrief meeting after de-escalation • Committee members participate in debriefs 	
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Roles and Responsibilities

Extreme Weather Committee member roles:

Support the Strategy by providing direct services to individuals in vulnerable contexts related to weather and/or by providing specialized expertise on health and safety needs of individuals in vulnerable contexts.

All committee member responsibilities include, but are not limited to:

- Creating and maintaining their own plans for responding to such warnings that complement already established roles and responsibilities in this Strategy.
- Notifying the Chair of the Extreme Weather Committee of changes in contact information for service delivery.
- Participating in Extreme Weather Committee meetings, consultations, evaluations and communications.

Bottled Water Distribution

When a heat warning is issued, bottled water can be distributed by frontline service providers to ensure vulnerable individuals stay hydrated. Additionally, Regina Fire and Protective Services will provide bottled water at fire stations throughout the city. Everyone is encouraged to use these options.

Fire Hydrant Water Stations

Fire hydrant water stations provide safe drinking water for both people and pets and provides another option during warm summer months to keep hydrated. The fire hydrant water stations are available 24/7, June to mid-October and are located at:

- Core Community Park – 1205 11 Avenue
 - Hydrant located near Montreal Street and 11 Avenue intersection
- Victoria Park – 2190 Victoria Avenue
 - Hydrant located near Scarth Street and 12 Avenue intersection (*within the green space*)
- Buffalo Meadows Park – 3355 8 Avenue
 - Hydrant located near Montreal Street and 8 Avenue intersection

Safe Bus Program

The Safe Bus Program is a community partnership between Regina Transit, Regina Crime Stoppers and the Regina Police Service. This program provides a safe space for anyone who requires assistance during extreme weather events.

Those in need can hold up their hand (palm facing out) in the direction of an approaching bus to signal the driver that they need help. Bus operators are trained to recognize this as a sign of distress and will stop to provide assistance.

Trained transit personnel have direct access to 9-1-1. There is no transit fare or fee for using the Safe Bus Program.

Transit

The City of Regina transit buses have video terminals that can be used to display extreme weather information to help transit riders make informed decisions regarding their health and safety.

Warming/Cooling Spaces and Services

Multiple locations throughout Regina offer warm-up/cool-off spaces and services. More information can be found here: [Cooling Spaces](#). [Warming Spaces and Services](#). The City of Regina updates the [Survival Guide and Map](#) annually to help people find the services they need.

The City of Regina supports the Mobile Crisis Services Helpline. If a weather alert has been issued and someone is in need, call (306) 757-0127 or find them online at [Mobile Crisis Services](#). Mobile Crisis Services is available 24 hours a day, 7 days a week.

Communications

As part of the Extreme Weather Strategy, stakeholders use word of mouth, social media, print media and other tactics to share information with people in vulnerable contexts and the community at large.

Extreme Weather Strategy communications support the committee's broader goals in the following ways:

- Provide weather preparedness and response information focused on reducing the negative health impacts of weather hazards.
- Alert unsheltered populations and people in vulnerable contexts, and those who interact with them, when weather hazards are expected or exist.
- Support unsheltered people and the public at large to take appropriate precautions for weather-related hazards and to know how to respond to someone in need.

Key audiences include:

- People experiencing homelessness
- Front line service providers working with people in vulnerable contexts
- All Regina residents

The Committee has a key role to play when sharing prevention, response and support services information through social media, news media, email and other avenues with key audiences. The following key messages can be used by Committee members and other community-based organizations when speaking about the Extreme Weather Strategy:

- The Strategy brings together community-based organizations, first responders, public

service agencies, the City of Regina and the provincial government to develop, implement and monitor a human-centered response plan for extreme weather events.

- The Strategy sets out roles and responsibilities, offers prevention and response information for weather-related risks, and lists resources available in the community.
- Committee members work together to monitor capacity and operations across shelters, drop-ins and outreach services, identifying and responding to any emerging concerns.
- Extreme weather conditions increase risks of injury or illness for people who are outdoors. Lack of reliable access to shelter, clothing, food or transportation increases these risks.
- Community members can help by being aware of the signs of weather-related illnesses and keeping an eye out for people at risk. Know what resources are available and call 9-1-1 if someone appears injured or in distress.
- A Strategy overview and resources can be viewed at [Regina.ca](https://www.regina.ca).
- Up-to-date information on City programs and services impacted by an extreme weather event information can be found at [Regina.ca/storm](https://www.regina.ca/storm).

1

Extreme weather event identified by ECCC or EPBC notified

2

EPBC determines if weather alert meets requirement for Strategy to be activated

3

Situation Report distributed to EOC members and Extreme Weather Committee

4

Extreme Weather Strategy is activated

5

EPBC sends alert using notifynow with info on how to avoid effects of extreme weather events to residents and where to find cooling and warming spaces

6

CBOs provide clients with information about the risks of extreme weather, how to protect themselves and where to find cooling/warming spaces

7

All committee members ensure staff and volunteers are aware of the strategy and their role

8

CBOs determine shelter/warming/cooling space capacity and determine if they require additional staffing

9

CoR Communications provides weather-related info via social media and Regina.ca. Transit provides information on video terminals. Water is provided at fire stations during heat-related events

10

EOC Activation (if required)

11

CBOs provide data and updates on shelter/warming/cooling space use to CoR for situational awareness

12

Daily situation reports are issued for the duration of the event

13

ECCC issues alert indicating the extreme weather alert has ended

14

EPBC sends final situation report indicating the alert has ended and Strategy is no longer activated

15

Notifynow alert cancelled or update sent indicating weather-related event has ended

16

EPBC conducts hotwash with committee members and others dependent on involvement (ie: Transit)

17

Return to normal operations

18

EOC begins decommissioning/recovery activities



Extreme Weather Strategy Committee Members

- 211 Saskatchewan
- All Nations Hope Network/Awasiw
- City of Regina Emergency Preparedness and Business Continuity Branch
- City of Regina Community Wellbeing
- City of Regina Facilities
- Carmichael Outreach
- FLOW Community Projects
- Knox Met United Church
- Ministry of Social Services
- Mobile Crisis Services
- Namerind Housing Corporation – Community Entity
- Namerind Housing Corporation – Coordinated Access Regina
- Newo Yotina Friendship Centre
- Regina Police Service
- Regina Public Library
- Regina Transition House
- Regina Treaty Status/Indian Services (RT/SIS)
- Salvation Army – Waterston Centre
- Saskatchewan Health Authority
 - Addiction Services (Social/Brief Detox)
 - Mental Health (COAST)
 - Public Health
 - Health Promotion
- Souls Harbour Rescue Mission
- Street Culture Project
- Street Workers Advocacy Project (SWAP)
- YWCA
- Warriors of Hope Community Support

Evaluation and Improvement

The Committee will hold meetings in April and October to review the implementation of the Strategy and whether it has met the needs of individuals in vulnerable contexts in Regina.

Monitoring, evaluation and measurement of the Strategy helps to inform changes that can address gaps or risks for unsheltered individuals during extreme weather events.

A report detailing the information gathered, as well as a qualitative summary of the effectiveness of the Strategy, will be prepared by the City of Regina and circulated to committee members annually to support planning and improvement.

Extreme Weather Table-Top Exercises/Event Evaluation

Exercising the Strategy will help the Committee validate and improve on it in a practical, efficient and cost-effective way. It will use up-to-date policies, standards and best practices.

An annual table-top exercise is an opportunity to simulate an emergency situation in an informal, stress-free environment. It provides the committee with valuable insights regarding how to strengthen the Strategy and response.

The focus of the exercises will be committee members becoming familiar with their roles and responsibilities, procedures and will include a discussion of general problems and lessons learned. (See Appendix H).

Revision History

Date	Description of Change	(Re)-Approval Required (y/n)
03/11/2023	Initial release	Yes

Appendix A - Extreme Weather Conditions

Heat and humidity

Heat warnings are issued when two or more consecutive days of daytime temperatures are expected to reach 32°C or warmer and nighttime temperatures are expected to fall to 16°C or warmer. High humidity makes people feel hotter than they would on a drier day. The humidex is a measure combining temperature and humidity to reflect the perceived temperature. Heat warnings and high humidex increase risks of heat stroke and sunstroke for people outdoors.

Heavy rain

Heavy rains and severe thunderstorms can result in flash flooding, lightning and strong winds that can damage shelters or other structures and increase risks of drowning, electrocution, fire or injuries from loose objects or falling tree limbs. Wet feet and clothing over prolonged periods in cool conditions can lead to trench foot and hypothermia.

Freezing rain and ice pellets

Freezing rain falls in liquid form at first, but then falls through a layer of cold air, freezing on contact with objects on the ground that are below freezing temperature, forming a coating of ice. Walking can be dangerous in such conditions. Ice pellets are raindrops that freeze before they reach the ground, after falling through a layer of air that is below freezing.

Snow

Heavy snowfall can greatly reduce visibility, create hazardous road conditions, and knock down trees and power lines. Blowing snow is snow driven by strong winds. It reduces visibility and can cause deep drifts, which can impede transportation. Snowdrifts and snow plough deposit can also make walking difficult.

Blizzards and winter storms

A blizzard occurs when strong winds and heavy or blowing snow combine to cause low visibility. In whiteout conditions created by blizzards, people can become lost even when going only short distances. Winter storms are large-scale weather systems that tend to move west to east and can produce strong winds, heavy snow, freezing rain and extremely cold temperatures.

Cold and windchill

Extreme Cold Warnings are issued when the temperature or windchill is expected to reach -40°C for at least two hours. Windchill is when the wind makes cold temperatures feel even colder. The Windchill index indicates the combined cooling effect of these factors to reflect the perceived temperature. Cold temperatures can be hazardous, even if there is little or no wind. Windchill and cold temperatures can cause exposed skin to freeze very quickly, leading to frostbite. Extreme cold can cause hypothermia, a potentially fatal condition.

Appendix B - Recognizing and Responding to Weather-Related Illness and Injury

Heat-related Illnesses:

Heat-related illnesses can result from too much exposure to heat, along with not having enough water to drink. Heat illnesses can 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 colour

Response to Heat Illness:

- If individuals show early signs of heat-related illness, they are at risk for more severe symptoms. They should be brought out of the sun and monitored for worsening signs.
- Move the person to a cooler environment, ideally with circulating air.
- Remove or loosen as much clothing as possible and apply cool, wet clothes or towels to the skin. Fanning or spraying the person with water can also help.
- If they are having heat cramps, lightly stretch the affected muscle and gently massage the area.
- If the person's condition does not improve or if they refuse water, have a change in consciousness, or vomit, call 9-1-1.

Heat Stroke:

Heat stroke is a medical emergency. Call 9-1-1 immediately. During heat stroke, a person has a core body temperature above 40°C (105°F). Signs of heat stroke include:

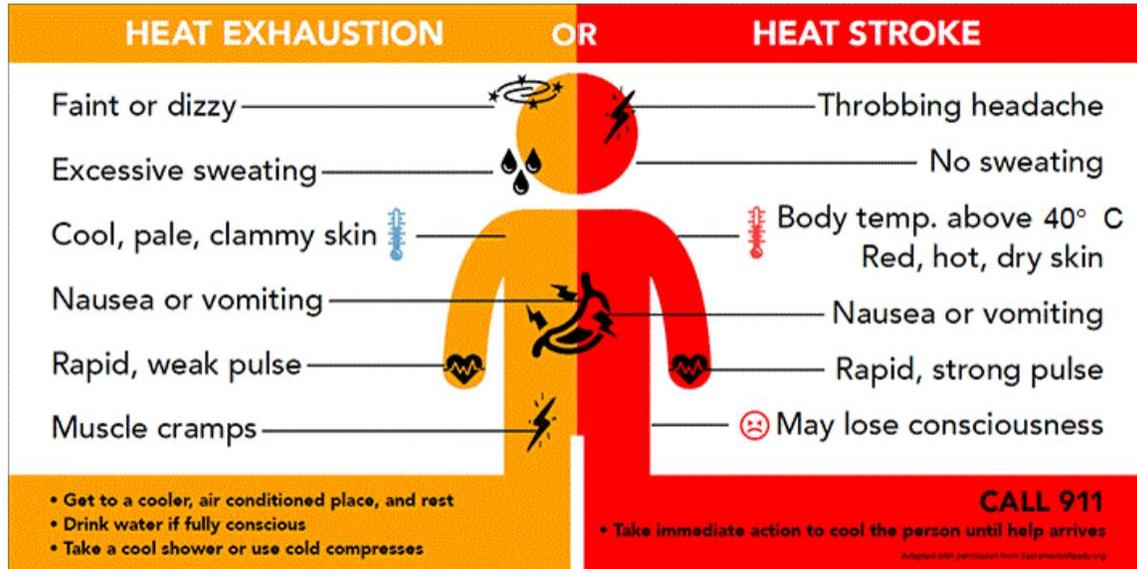
- Red, hot, and dry skin
- No sweating
- Dizziness and confusion
- Complete or partial loss of consciousness
- Headache
- Nausea
- Rapid pulse

Response to Heat Stroke:

Heat stroke is a medical emergency: call 9-1-1

- While you wait, move the person out of the heat.
- Cool them down as much as possible by sponging water or ice-water towels on the skin, fanning them or covering them with ice packs or bags of ice.

- The longer a person's body is above 40° C, the greater likelihood of permanent effects or death.



Sunburn:

Sunburn is caused by overexposure to ultraviolet radiation (UV rays). The first signs of a sunburn may not appear for a few hours after exposure and the full effect may not appear for 24 hours or longer. Signs of sunburn include:

- Red, tender skin that is warm or sensitive to the touch.
- Blisters that develop hours or days later.
- Peeling skin several days after.
- More severe reactions including fever, chills, nausea or rash.

Response to Sunburn:

- Immediately remove the person from the sun.
- Place the person in a cool (not cold) shower or bath or apply cool compresses several times a day. Do not wash burned skin with harsh soap.
- Avoid creams or lotions that may hold heat inside the skin or may contain numbing medication (i.e., benzocaine or lidocaine). Aloe gel can be used.
- Make certain all sunburned areas are fully covered to protect the person from further sun exposure.
- Seek immediate medical attention if the sunburn forms blisters or is extremely painful; if there are signs of facial swelling, nausea, fever, severe chills or skin infection (worsening redness, warmth, pain, swelling, or pus); or eyes hurt and are sensitive to light.

Windburn:

Windburn occurs when cold wind removes the top layer of oil from the skin. Although windburn is different than sunburn, people often confuse the two because the symptoms are similar. Signs of windburn include:

- Excessive dryness
- Redness
- Soreness
- Itchiness

Response to Windburn:

- Do not scratch or rub the affected area as this can damage the skin.
- Apply a protective skin care product (e.g., therapeutic moisturizers) to the affected area(s) as needed to help relieve symptoms.
- Use a protective lip balm to treat lips.

Trench Foot:

Trench foot results from prolonged exposure to a damp and cold environment. No freezing occurs, but there can be permanent damage.

Signs of trench foot include:

- Numbness or pain, leg cramps, swelling, tingling pain, blisters or ulcers, bleeding under the skin, or gangrene (sores, cold skin, fever, dizziness).

Response to Trench Foot:

- Take off socks.
- Clean the feet right away.
- Dry feet thoroughly.
- Apply heat packs or immerse feet in warm (not hot) water for up to five minutes.

If symptoms of trench foot fail to improve, call a doctor.

Frostnip:

Frostnip is an early stage of frostbite, where only the skin freezes.

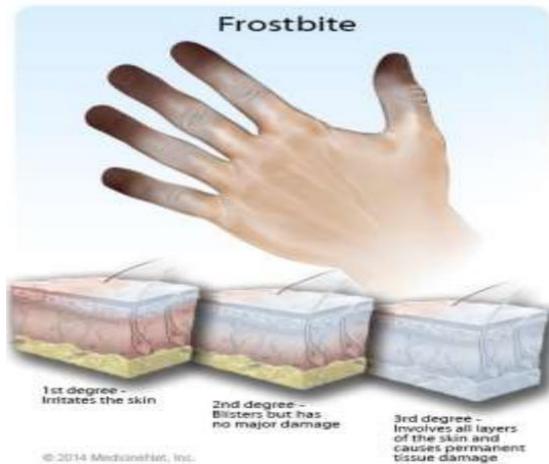
Signs of frostnip include:

- Irritation, tingling or burning sensation in the area affected.
- Those with fair skin, may observe it as yellowish, reddish or white and soft to the touch.

Response to Frostnip:

- Passive warming: move to a warm room, remove wet clothing, wrap in dry blankets.
- Do not thaw skin if there is a risk that it can refreeze, i.e., further risk of exposure.
- If there is no further risk of refreezing, consider warming by immersing in warm (not hot) water.
- Do not apply direct heat or place near heat source.
- Do not rub, massage or shake injured skin as this can cause more damage.
- Avoid walking on frost-nipped feet.

Frostbite:



Frostbite is a severe injury occurring when skin and body tissue freezes due to prolonged exposure. Frostbite can cause permanent damage to the affected area. Frostbite most often affects fingers, toes, ears or nose but can also occur in other areas.

Signs of frostbite include:

- Numbness or loss of feeling in affected area.
- Skin that is hard or waxy to the touch.
- Fair skin that appears white or grayish yellow.
- Blistering after thawing.

Response to Frostbite:

- Severe frostbite requires immediate medical attention. Call 9-1-1.
- While waiting for help to arrive, begin treating with passive warming: move to a warm room, remove wet clothing, wrap in dry blankets.
- If moving to a warmer space, try to pad or splint affected areas to minimize further damage.

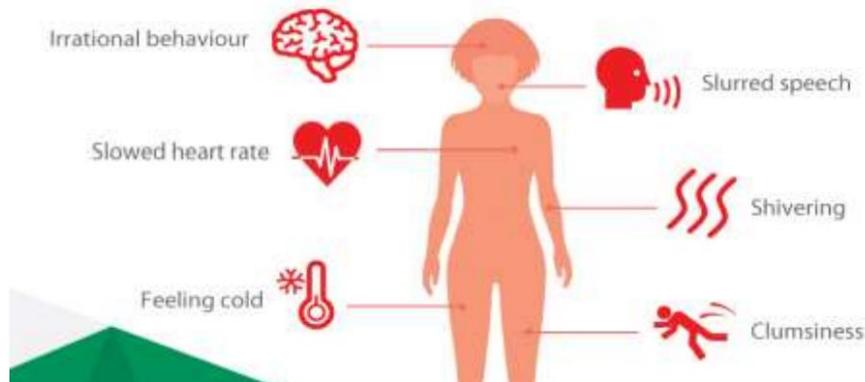
Hypothermia:

Hypothermia is a life-threatening condition that requires immediate medical attention. It occurs when the body loses heat faster than it can produce it, causing a dangerously low body temperature. Normal body temperature averages 37°C. Hypothermia occurs when the body temperature drops below 35°C.

Signs of hypothermia include:

- Uncontrollable shivering, drowsiness or exhaustion, confusion, fumbling hands, memory loss or slurred speech.
- In severe cases, unconsciousness, decreased pulse or breathing or cardiac arrest.

HYPOTHERMIA WARNING SIGNS



Response to Hypothermia:

- Hypothermia requires immediate medical attention. Call 9-1-1.
- While waiting for help to arrive:
 - Find shelter.
 - Keep muscles moving.
 - Dry and gradually warm the body, especially the centre of the body.
 - Wrap in blankets/dry clothing or warm by skin-to-skin contact with another person.
 - Drink warm, sweet liquids.
 - Don't fight shivering, as this is one of the ways to increase core temperature.
 - If the person is unconscious, lay them down and avoid shaking them or handling them roughly as this can affect the heart and create an irregular heartbeat.

Appendix C – Prevention

Recommendations for keeping cool to prevent heat and sun-related illnesses include:

- Prevent dehydration. In hot weather, people need to drink more water, more frequently.
- Look for spaces that are out of the heat and reduce activities particularly at the hottest times of the day. While this can be challenging for people experiencing homelessness, it can include seeking shaded areas or indoor spaces in air-conditioning during the day.
- Wear loose-fitting, lightweight, light-colored clothing that covers the skin. Avoid dark clothing. Wear a broad-brimmed hat or use an umbrella or parasol to provide shade from the sun. Use sunscreen.
- If indoors, close windows and blinds during the hottest part of the day and open windows and blinds when it is cooler in the evening.

To learn more about the health effects of extreme heat events, visit [Health Canada Extreme Heat Events](#) or the Saskatchewan Health Authority [Extreme Heat Events](#) website.

Recommendations for keeping warm to prevent cold and wet-related illnesses include:

- Check weather forecasts often and stay alert for weather watches and warnings.
- Wear clothing appropriate for the weather, such as a wind and water-resistant outer layer, warm socks, gloves, hat and scarf.
- If you get wet, change into dry clothing as soon as possible.
- Be aware of safe places where you or others can go to warm up.
- Be aware of the signs of frostbite and hypothermia, and who to call if you need help.
- Avoid consuming alcohol before going out in the cold. Alcohol can increase the risk of hypothermia because it increases blood flow to the extremities of the body.
- If you are caught in a severe snowstorm, or outside in extreme cold conditions, look for shelter. Even if you find shelter, keep moving to maintain your body heat.

To learn more about the health effects of cold weather, visit [Health Canada Extreme Cold](#) or the Saskatchewan Health Authority [Cold Temperature Exposure](#) website.

Appendix D – Summary of Relevant Community Services

Emergency Shelters in Regina	
Salvation Army Waterston Centre	Mens only shelter
Souls Harbour Rescue Mission	Mens only shelter
Tuhk Sih Nowin Emergency Youth Shelter (Downtown)	Gender inclusive emergency shelter for youth ages 16-18
YWCA My Aunts Place	Women's and children's shelter
Regina Transition House	Domestic violence shelter for women and children
YWCA Isobel Johnson Shelter	Domestic violence shelter for women and children
WISH – Wichihik Iswewak Safe House	Domestic violence shelter for women and children
RT/SIS The Gathering Place New Beginnings (Temporary Shelter)	Non-gendered shelter located at Nest Health Centre

Other Committee Non-Shelter Services	
Awasiw	Drop-in space located at All Nations Hope Network with daytime and overnight hours.
Carmichael Outreach	Support services for unsheltered individuals (food, showers, rapid housing).
City of Regina	<ul style="list-style-type: none"> • Community Wellbeing – coordinates Committee, prepares resources. • Emergency Management & Business Continuity – conducts evaluation on Strategy, coordinates City's response to weather events by working with additional business areas. • Regina Fire & Protective Services – conduct wellness checks as needed and distributes water when Strategy is activated.
Coordinated Access Regina	Centralized, community-wide system for housing referral, assessment and placement.
Ministry of Social Services	Funds hotel placements for unsheltered individuals, when available.
Mobile Crisis Services	24/7 crisis response service that coordinates shelter and hotel placement afterhours.
Newo Yotina Friendship Centre	Daytime drop-in and harm reduction service during the week and on weekends.
Regina Police Service	Police cells relied on as a last resort for back-up for sheltering when all other services have been exhausted and/or are unable to service an individual.
Regina Public Library	Public space where individuals can access library resources.
Saskatchewan Health Authority	<ul style="list-style-type: none"> • Addiction Services – Brief Detox Program will intake intoxicated men and women in need of shelter, as space allows. • Mental Health – Community Outreach and Support Team

	<p>(COAST) program provides support for individuals transitioning home from hospital or detox, support as requested by psychiatry and crisis intervention.</p> <ul style="list-style-type: none"> • Public Health – operates Street Project Van that offers outreach harm reduction support and services at the street level. • Health Promotion Team
SWAP	Day time drop-in centre
YWCA Kikinaw	Women’s only shelter
Warriors of Hope Community Services	Offers general community support (finding housing, food, medical attention and needle pick-up).

Additional Emergent Needs Services can be found in the Regina Survival Guide & Map, City of Regina Warming Spaces and Services, and City of Regina Cooling Spaces and Services documents.

Appendix E – Target Groups

In general, if individuals or families need assistance, contact:

Ministry of Social Services (MSS)

Monday – Friday 8:00am to 5:00pm
(306) 787-3011

After MSS business hours, weekends and holidays contact:

Mobile Crisis Services

(306) 757-0127

Target Groups

Families and couples

Families or couples need to be able to stay together whenever possible. Shelter spaces are not typically set up for families, couples or for families led by a single father. If the family has a place to stay but needs food/transportation, this may be provided by Mobile Crisis Services, otherwise hotel stays are often the only resource.

Single men

Single men can be served by the Salvation Army and Souls Harbour Rescue Mission. If required, hotels may be an option through Mobile Crisis Services.

Single women/women with children

Single women and women with children are typically served by YWCA – My Aunts Place or through the five emergency beds at the YWCA McIntyre Street location. If required, hotels may be an option through Mobile Crisis Services. Regina Transition House can also be contacted and if space permits, may be able to assist in accommodating women seeking shelter during periods of extreme weather.

Youth aged 16-17 years old

Services for this group are provided through Street Culture Project Inc. at their downtown emergency shelter. Youth under 18 can receive service through Mobile Crisis Services under their contract with Child and Family Services.

2SLGBTQIAP+

If a person identifies as 2SLGBTQIAP+, service providers should be contacted directly to find assistance and to determine appropriate accommodations. If required, hotels may be an option through Mobile Crisis Services.

People who are intoxicated

If a person is intoxicated, they can be taken to the Brief Detox Unit operated by the Saskatchewan Health Authority. If this is full, Salvation Army, Street Culture Project Inc. (16-17 years old) and YWCA may admit the person providing there is not a risk to others in the shelter. An assessment will be made as to the suitability of admitting the person to shelter on a case-by-case basis.

Additional options could include the hospital or involving the Regina Police Service if warranted and necessary. Hotel stay is an option depending on the level of intoxication.

People who need 24-hour access to warm spaces

In extreme weather situations, many community-based organizations have spaces open during the day.

- Salvation Army allows patrons to stay in the shelter until 10:00 a.m. each day and can use the lounge throughout the day during the cold weather period. The Salvation Army reopens for intake at 2:00 p.m. daily.
- All Nations Hope Network operates the Awasiw program that offers low-barrier access to space to warm-up.
- Carmichael Outreach is open during the weekdays and provides drop-in services for individuals in need.
- YWCA allows individuals in their foyer 24/7.
- Street Culture Project will accommodate people in their foyer, as able.

Pet owners

Regina Humane Society is offering the Safe Places Emergency Foster Care Program to support the Extreme Weather Strategy. Individuals requiring access to the Safe Places Program must be referred by a recognized service agency or professional.

To request access to the Safe Places Program, the referring service agency or professional will call the Regina Humane Society at (306) 543-6363 and select option 1 for emergency situations or Extension 244 (primary) or 221 (secondary) to leave a message in non-emergency situations.

After hours, callers should dial (306) 543-6363 and select option 1 for emergency situations.

Transportation

Vulnerable persons who require support services may need transportation assistance to access these services. Until agencies can be identified to provide this service, the Ministry of Social Services can provide funding for taxi cabs through Mobile Crisis Services.

Regina Transit Safe Bus Program is available to ensure no one is left out in the elements during extreme weather.

If there are no shelter beds available or you are unsure of where you can call Mobile Crisis Services (306) 757-0127 or attend their office located at 1646 11th Avenue – 24 hours/7 days a week. If you encounter someone who is unsafe, hurt or in danger call 9-1-1.

People who are banned from shelters

Agencies providing shelter space agree to review their banned lists regularly and provide some leniency during extreme weather periods.

People who choose not to access services

Some people choose not to access services and assistance. These individuals are particularly vulnerable. The Ministry of Social Services works with other agencies to identify feasible ways to support and work with these individuals.

Appendix F – City of Regina 401 Form – Click on the form below for PDF version



EOC 401 Extreme Weather Status Report	
Prepared by (Name & Position):	Reporting Date:
Incident/Event:	Operational Period Start:
Location of Incident:	Operational Period End:
Current Situation for Member Organization: <i>(Incidents, actions taken, resource status, etc.)</i>	
Outstanding Issues/Challenges/Problems related to Extreme Weather Activation:	
Objectives for this Operational Period: (what will your organization be doing in reaction to the Extreme Weather activation)	
Capacity Assessment <input type="checkbox"/> Normal Operational Capacity <input type="checkbox"/> Challenges in operational capacity <input type="checkbox"/> Unable to provide essential organizational services	
Comments on Capacity Assessment	
Outside Resource Needs	
Emerging Issues Identified	

Appendix G – Event Evaluation

Performance measurement and evaluation are important to determine how successful strategies are and to identify strengths, weaknesses, and opportunities for improvement. Evaluation helps refine and improve program delivery and to adjust to the evolving needs and priorities of our community.

When conducting an evaluation of the Strategy, two main categories of investigation will be considered:

- **Process evaluation** – Evaluating the process determines if the Strategy has been carried out as planned and whether each component of the system was effective.
- **Outcome evaluation** – Evaluating the outcomes focusses on the impact of the Strategy based upon the goals and objectives set out.

Evaluation Results

It is critical that the conclusions and recommendations from an evaluation are shared with key partners and stakeholders in a timely manner to help inform decision-making and identify opportunities for improving performance. Updates to the Strategy should be clearly communicated to partners when change is implemented. When sharing the results of evaluation, ensure the results are presented as a list of clear, concise tasks.

The following table provides a list of questions that can be used when conducting an evaluation of weather-related events.

	Evaluation Question	Potential Indicators
Operational Costs	What resources are used to operate the Strategy?	<ul style="list-style-type: none"> • Resources used by each partner • Resources required for collecting and monitoring surveillance data • Staff time spent on the program at various stages • Costs to communicate messages to stakeholders and the public
Alert Protocol	Were alerts issued efficiently?	<ul style="list-style-type: none"> • Frequency of partner and public notifications • Timeliness of notification information received • Timeliness and efficiency of message delivery to the public
	Are weather events forecasted and monitored accurately?	<ul style="list-style-type: none"> • Quality of surveillance data • Frequency of warnings and alerts issued in relation to actual weather conditions occurring • Capacity of participating agencies to monitor and deliver information
Response Planning	How involved were stakeholders with implementing response measures?	<ul style="list-style-type: none"> • Level of participation of agencies and other community groups in education activities, issuing warnings and responding to an alert • Number and types of response measures delivered by stakeholders
	Did stakeholders follow the Strategy and find it helpful?	<ul style="list-style-type: none"> • Number and diversity of engaged stakeholders and meeting frequency • Perceived importance of the response among stakeholders • Partners' views on the degree of coordination of activities

		<ul style="list-style-type: none"> Stakeholders' views on the adequacy of support offered Level of stakeholder satisfaction
	Are response measures being used by the public (e.g., cooling facilities)?	<ul style="list-style-type: none"> Number of at-risk people who took preventive actions Number of people, their demographic makeup, and length of visits to cooling/warming facilities Number of people and their demographic makeup who took advantage of other response measures (e.g., 211, 811)
Communications Plan	Were key messages and services provided to the public?	<ul style="list-style-type: none"> Number of planned communication elements delivered Number and types of inquiries received Number and types of resources distributed Promotion and publicity received through media activities
	Was the target population aware of the Strategy and its key messages?	<ul style="list-style-type: none"> Number of media and information sources engaged as part of outreach campaigns Penetration of key messages into the media Accessibility of information to the public
	Did the target population understand and follow key messages?	<ul style="list-style-type: none"> Number of at-risk people who perceive extreme weather to be a health risk Number of at-risk people who can identify preventive measures Capacity of targeted population to recall accurate messaging

Appendix H – Glossary of Terms

Term	Definition
2SLGBTQIAP+	2SLGBTQIAP+ is an acronym for Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual, Pansexual, and the plus reflects the countless affirmative ways in which people choose to self-identify.
Individuals in vulnerable contexts	<p>Opportunities and resources are not experienced equally by all in a community. As a result, some individuals experience increased risk of negative consequence when extreme weather events occur.</p> <p>For the purpose of this document, “individuals in vulnerable contexts” are more often those living unsheltered, provisionally housed, or facing other inadequate housing situations. Additional intersecting factors such as gender, income, age, ethnicity, race, etc. further interact with a person’s individual context and as a result increase or decrease their level of risk of negative consequence (such as poor health outcomes, exposure to violence, etc.).</p>
Emergency Response	Includes providing emergency supports to meet an individual’s basic needs like shelter, food and day programs to alleviate the experience of homelessness.
Emergency Shelter	A facility with the primary purpose of providing temporary shelter for homeless people. For example, cold and hot weather shelters that open during extreme temperatures are considered emergency shelters.
Extreme Weather	Extreme weather or extreme climate events includes unexpected, unusual, severe, or unseasonal weather.
Homelessness	<p>Homelessness describes the situation of an individual, family or community without stable, safe, permanent, appropriate housing, or the immediate prospect, means and ability of acquiring it. It is the result of systemic or societal barriers, a lack of affordable and appropriate housing, the individual/household’s financial, mental, cognitive, behavioural or physical challenges, and/or racism and discrimination. Most people do not choose to be homeless, and the experience is generally negative, unpleasant, unhealthy, unsafe, stressful and distressing.</p> <p>There are a number of different forms or kinds of homelessness and housing precarity that span a range of physical living situations (unsheltered, emergency sheltered, provisionally accommodated or at-risk of homelessness) and ways in which people experience homelessness (chronic, episodic, transitional and extreme core housing need)</p>
Houselessness	<p>Often used in place of “homelessness”.</p> <p>In a community such as Regina where a disproportionate number of individuals experiencing homelessness identify as Indigenous, a deeper awareness and critical understanding of the historical injustices that have displaced Indigenous peoples within their own territories and homelands, as well as the ongoing result of colonialism has had for the first peoples of the land where the City of Regina is located is needed.</p>

	Using the term “houselessness” can be an act in acknowledgement of this history and the experience of Indigenous peoples as it relates to homelessness and the relationship to “home” and additionally to the land.
Unsheltered	Includes people who lack housing and are not accessing emergency shelters or accommodation, except during extreme weather conditions. In most cases, people are staying in places that are not designed for or fit for human habitation.

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