

# FISH CREEK PROVINCIAL PARK

## PARK NOTES

## Summer Safety Tips

Located in the heart of the city of Calgary, Fish Creek Provincial Park is a perfect place to savour the summer sun, connect with nature and escape the urban center. Summer time visitation is quite high in the park, so be sure to review park regulations and rules prior to your visit.

### Picnics and Fires in the Park

There are many day use sites in the park with fire pits available on a first come, first serve basis.

- Please provide firewood from **outside** of the park. When enjoying a fire, ensure that all embers are completely extinguished before leaving the site. Fire hazards and bans are posted during dry conditions, please refer to our website or call the number below for further information.
- Fire is permitted only in designated sites. Please do not start fires outside of fire pits as this is a risk to the ecosystem and infrastructure.
- For the safety and enjoyment of all park users, alcohol is prohibited in the park at all times.



NOTE: Fish Creek is a day use only park, no overnight camping is permitted.

### Swimming Safety in Sikome Aquatic Facility



On a hot summer day, Lake Sikome can host 5,000 - 10,000 users. Please remember that the facility is not guarded by traditional lifeguards, like at a pool. Aquatic safety staff is on hand to assist in the event of an emergency. For the safety of the children, a parent or guardian must be within arm's reach of their children in the water at all times. ALL children under 7 years of age MUST utilize an approved personal flotation device.

### Bikes and Blades Safety

- Natural hazards, wildlife, other cyclists, and pedestrians share the parks pathways - please be mindful and respectful of those around you. Wear a helmet - it is the law in Alberta if you are under 18 and a wise thing to do at any age.
- Advise others of your activity, destination, and return time.
- Do not walk your pet while riding your bike - This is a practice that is potentially dangerous to your pet and other pathway users.



### Beat the Heat- Staying Safe in the Sun

Extensive time in the sun and strenuous physical activity during the summer months are the root causes of heat stroke and heat exhaustion.

Protect yourself by:

- Wearing a hat and drinking plenty of hydrating fluids.
- Seeking shade and resting as needed to cool off.
- Applying sunscreen throughout the day.
- If participating in strenuous activities on a hot day, ensure you are wearing proper breathable clothing, and take periodic breaks to cool down.

#### For more information contact:

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Summer 2014