

LONG WEEKEND AHEAD?

MAKE SAFETY PART OF THE PLAN

Long weekends are made for road trips, cottages, campfires, boating, and time outdoors—but they also come with increased risks. Heavier traffic, busy waterways, outdoor activities, and changing weather can quickly turn a fun weekend into an emergency if safety is overlooked.

In the Heat

Warm weather can increase the risk of heat exhaustion and dehydration.

- Drink water regularly throughout the day
- Wear sunscreen, hats, and protective clothing
- Take breaks in the shade or indoors during peak heat
- Watch for signs of heat illness such as dizziness, nausea, or headache
- Never leave children or pets in parked vehicles



Around Water

Lakes, pools, and boating activities are common long weekend attractions, but water incidents can happen quickly.

- Supervise children closely near water at all times
- Wear a lifejacket when boating or participating in water sports
- Never consume alcohol while operating a boat
- Swim with a buddy whenever possible
- Be mindful of changing weather and water conditions

On the Road

Holiday weekends often mean crowded roads and increased collision risk.

- Drive defensively and allow extra travel time
- Never drive impaired, distracted, or overly fatigued
- Wear seatbelts and ensure passengers do the same
- Keep an emergency kit in your vehicle
- Be alert for cyclists, pedestrians, and increased traffic congestion

Be Prepared Outdoors

Whether camping, hiking, or spending time at the cottage:

- Check weather forecasts before heading out
- Bring a first aid kit and emergency supplies
- Let someone know your plans if travelling to remote areas
- Stay aware of wildlife, terrain, and environmental hazards
- Follow all fire safety rules and local restrictions

