



Saanich Police Community Safety Office

111—3680 Uptown Boulevard

BLOCKWATCH@SAANICHPOLICE.CA

Saanich Police Department

760 Vernon Ave

www.Saanichpolice.ca



Welcome to Block Watch

Block Watch brings police and communities together in their common goal of community safety. Block Watch is an inclusive, community-based program that connects people, builds relationships and creates a strong sense of community. Participating in Block Watch involves being alert to your surroundings, talking to your neighbours, being aware of local crime trends and learning current crime prevention techniques from your local Block Watch office.

When you see something suspicious or witness criminal activity you are asked to safely observe and report what you see to police and share the information with your Block Watch group. Groups can be set up in residential neighbourhoods and multi-family dwellings and complexes.

Municipal Block Watch Programs in British Columbia operate under the governance of the Block Watch Society of BC, an organization that provides direction, training and materials to Coordinators.

IN PARTNERSHIP WITH
BLOCK WATCH SOCIETY OF BC

 blockwatch.com

 [@bcblockwatch](https://www.facebook.com/bcblockwatch)

 [@bcblockwatch](https://twitter.com/bcblockwatch)



 **BRITISH COLUMBIA**

 **ICBC**

 **CRIME STOPPERS**
1-800-222-8477 bc.crimestoppers.ca



WORKING TOGETHER TO BUILD SAFER NEIGHBOURHOODS

Saanich Police Block Watch Crime Prevention Tips for Summer, Fraud Prevention and Personal Safety

Summer Safety Tips

Bicycle Safety

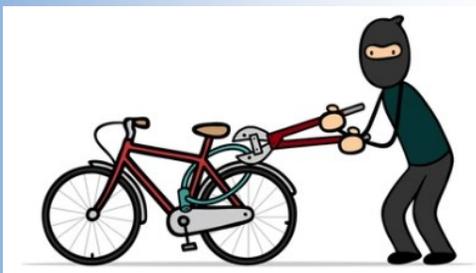
- ⇒ Don't store a bike outside your house.
- ⇒ If you must store your bike outside, ensure it is locked.
- ⇒ Use a u-lock over a chain lock.
- ⇒ Lock your bike even when in an apartment bike storage locker or secure parking garage.
- ⇒ Lock your bike, even if gone just a few minutes.
- ⇒ Register your bike with Project 529.



In 2013, Project 529 set out to create a sustainable program to help reduce bike theft, promote cycling and make cities and campuses more bike-friendly.

- The Saanich Police Department has joined a growing number of police agencies in British Columbia and the Capital Regional District to partner with Project 529.
- Project 529 makes it easy for citizens to register a bike and flag it stolen if a theft occurs.
- Anyone can register a bike on Project 529 for free.
- Only an email address is required - no other personal information.
- Tamper resistant 529 Shields can be purchased from a local bike shop or Amazon.
- You can both register your bike or search the registry if you locate a bike.
- If your bike is stolen, file a police report and flag your bike as stolen – alerts will be sent to other Project 529 users. If your bike is already registered, you will have all the pertinent details readily available for police.

Project 529 can be accessed through the “Garage 529” app and online at project529.com



Extreme Heat

Heat events in BC are classified into two levels; a Heat Warning when conditions are very hot, and there is a moderate risk to public health, and an Extreme Heat Emergency when conditions are dangerously hot and have a very high risk to public health. For more information on BC Heat Alert and Response System visit the BC Centre for Disease Control Website. [Preparing for Heat Events \(bccdc.ca\)](https://www.bccdc.ca)

Extreme heat can put your health at risk. It is important to take steps to protect yourself and your family. While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for:

- ◇ Older Adults.
- ◇ Infants and young children.
- ◇ People with chronic illnesses.
- ◇ People who work in heat.
- ◇ Pets.



The most important think is to keep cool and hydrated. Drink water regularly.

- Check on family, friends and your neighbours, especially those who are isolated or vulnerable to heat illness.
- Make your home as comfortable as possible - close blinds/windows during the day and open them at night.
- Take shelter in the coolest room in your home and use a fan.
- Cool showers, misting yourself, and moistening your clothing with cool water will help keep you from over heating.
- If you're outside make sure you protect yourself from the sun by staying in the shade, avoiding direct sunlight mid-day, wearing a hat and protective clothing, using sunscreen and wearing UV-Protective eyewear.
- Seek cooler, breezier areas such as a park near water with lots of trees.



The most common signs and symptoms of HEAT EXHAUSTION include:

Confusion Dizziness Fainting Fatigue Headache Nausea Vomiting
Pale Skin Profuse sweating Rapid Heart Beat

The most common signs and symptoms of HEAT STROKE include:

Throbbing headache Light-headedness Lack of sweating Diarrhea
Red, hot and dry skin Muscle weakness and cramps Seizures
Behavioural changes such as confusion, disorientation or staggering

HEAT STROKE is the most serious form of heat injury and is considered a medical emergency. If you suspect that someone has HEAT STROKE **CALL 911!** immediately and give first aid until paramedics arrive.

Pets and Extreme Heat



During extreme heat, it is important to remember that pets are vulnerable too! In these conditions the BC SPCA recommends:

- Check the pavement before your walk. Place your hand or bare foot on the pavement for five seconds. If it's too hot for your skin, then it's most likely too hot for your pet.
- Walk during cooler times of the day. Avoid taking walks during the hottest time of the day. Instead, opt for walks in the early morning or late evening when the pavement is cooler.
- Keep midday walks short. If you're taking your pet out during the day, be sure to keep walks short. If you have a longer adventure planned, be sure to bring water and take frequent breaks.
- Refrain from walking on hard surfaces and stick to the grass. Pavement and roads can be tough on your dog's joints, in addition to being too hot for your dog's paws.
- If you stick to grass, dirt, or a softer terrain be aware of uneven surfaces or any other hazards like rocks and holes.
- Stick to a shady and cool route. You don't want your dog to become overheated, which is why sticking to cool and shady routes is key. A run along a lake or pond is another great idea since it's the perfect place for your dog to stop for a dip post-run.
- Additionally the SPCA recommend carrying a kit for your pet. This includes bottled water, small bowl, battery powered fan and a towel that can be soaked in water.

Dealing with pet heatstroke

Signs of heatstroke in pets can include:

- Exaggerated panting (or the sudden stopping of panting).
- Rapid or erratic pulse.
- Salivation, anxious or staring expression.
- Weakness and muscle tremors or lack of coordination; convulsions or vomiting, and collapse.

What to do if your pet is showing signs of heatstroke:

- Move your pet to a cool, shady place.
- Wet the animal with cool water.
- Do not apply ice, as this will constrict blood flow and discourage cooling.
- Fan your pet to promote evaporation. This cools the blood, helping to reduce the animal's core temperature.
- Allow your pet to drink some cool water (or to lick ice cream if no water is available).
- Take your pet to a veterinarian as soon as possible for further treatment.



Fire Safety at Home

Schools do regular fire drills, yet less than 20 per cent of households have created and practiced a home fire escape plan. In the darkness and confusion of a real fire many people, especially children, don't know what to do.

It's important to teach everyone about fire safety, how to prevent fires and what to do if there is a fire.

The Saanich Fire Department can assist you with their Fire Safety at Home presentation which Includes:

- Home Escape Planning
- Smoke Alarms
- Burns – Stop, Drop and Roll
- How to Report an Emergency
- Electrical Appliances, Outlets and Cords
- Kitchen and Cooking Safety
- Portable Heaters
- Candles, Matches and Lighters
- Fire Extinguishers
- Carbon Monoxide

Would you like to learn about fire safety?

You can have a Saanich Fire Department member come out to your school, group, business or residents in Saanich to deliver a fire prevention and safety presentation. Contact Saanich Fire to request a presentation today!



How to make a Home Fire Escape Plan

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire drill!
- Make your own home fire escape plan using the grid provided on page 2.

Fire Prevention

Phone: (250) 475-5500

Email: fireprevention@saanich.ca



Fraud Prevention Tips



Protect your computer

- Watch out for urgent-looking messages that pop up while you're browsing online. Don't click on them or call the number they provide. No legitimate company will call and claim your computer is infected with a virus.
- Some websites, such as music, game, movie, and adult sites, may try to install viruses or malware without your knowledge. Watch out for emails with spelling and formatting errors, and be wary of clicking on any attachments or links. They may contain viruses or spyware. Make sure you have anti-virus software installed and keep your operating system up to date.

Protect your online accounts

By taking the following steps, you can better protect your online accounts from fraud and data breaches:

Create a strong password by:

- Using a minimum of 8 characters including upper and lower case letters, and at least 1 number and a symbol.
- Creating unique passwords for every online account including social networks, emails, financial and other accounts.
- Using a combination of passphrases that are easy for you to remember but hard for others to guess.
- Enable multi-factor authentication.
- Only log into your accounts from trusted sources.
- Don't reveal personal information over social media.

Learn more about securing your accounts by visiting www.getcybersafe.gc.ca

Don't be afraid to say no

Don't be intimidated by high-pressure sales tactics. If a telemarketer tries to get you to buy something or to send them money right away:

- Request the information in writing
- Hang up
- Watch out for urgent pleas that play on your emotions.

Don't give out personal information

Beware of unsolicited calls where the caller asks you for personal information, such as:

- Your name
- Your address
- Your birthdate
- Your Social Insurance Number (SIN)
- Your credit card or banking information

If you didn't initiate the call, you don't know who you're talking to.

Know how to [protect your Social Insurance Number \(SIN\)](#).



Personal Safety

When you are out alone, be prepared for anything that may put you at risk.

- Keep your head up, stay alert and be aware of your surroundings.
- Take note of the people, businesses and sources of assistance in the area.
- Avoid a person or a situation which does not feel safe.
- Keep a safe distance (two arm lengths) from strangers and cars that approach you.
- It's okay to say no to strangers who ask you to do something for them, such as: help them find a lost pet, join them in an activity or game, or give them directions.



Walking, jogging, or biking alone

- Plan your route to avoid isolated areas.
- Vary your route, and don't be predictable.
- Walk near a curb and away from alleys and doorways.
- Cross only at designated intersections.

Using your mobile device

- Don't ride and play! That also applies to skateboards, roller blades or anything else with wheels.
- Be aware of your surroundings. As you are concentrating on your game, someone else may be watching. This makes you an easy target for a crime.
- Keep an eye on your device battery. You don't want to find yourself in a situation where you have no way to call for help.



Travelling at night

- Wear reflective gear.
- If riding transit, always sit near the bus driver. Ask the driver if you can be let off closer to your destination.

Travelling alone in a car

- Lock all doors and keep windows up when driving. Most car-jackings take place when vehicles are stopped at intersections.

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What to do

If you believe you are being followed:

Cross the street, go to the nearest group of people or business, and call the police. Run to a safe location like an open store, and look for someone with a nametag.



If you are suddenly confronted by a predator who demands that you go with them:

Run away, yell for help, or make a lot of noise.

Try to create a disturbance by knocking things over, scattering belongings, kicking wildly, or throwing a rock through a store or car window. Do whatever you can to attract attention.

•**If the criminal is after your purse or other material items:**

Throw your items one direction while you run the other direction.



•**If someone you do not know asks you personal questions:**

Do not answer. Run away or leave the situation immediately.

•**If you are robbed/assaulted:** Try to take note of what the suspect(s) looks like and their direction of travel. Physical descriptors such as: height/weight, clothing, and visible markings like scars, tattoos or piercings can help the police in later identifying the suspect. If a vehicle is involved, try to take notes describing the suspicious vehicle, license plate and the stranger's description. Call the police as soon as it is safe to do so. **Call 911!**



SAANICH SUMMMER EVENTS

Canada Day Picnic - Join us for food, music, markets and fun.

When: Monday, July 1st, 2024 8:30am-4:30pm Where: Gorge Waterway Park and Gorge Road West

Saanich Strawberry Festival - 57th annual Strawberry Festival. Family friendly, fun, free event.

When: Sunday, July 7th, 2024 11:00am-4:00pm Where: Beaver Beach, Elk Lake Regional Park

Indigenous Music Festival - 4th Annual Music Festival, vendors, food trucks, arts and crafts.

When: Friday, July 26th, 2024 6:00pm-8:00pm and Saturday, July 27th, 2024 4:00pm-8:00pm

Where: Hampton Park

Cadboro Bay Festival - Come down for live music, food, arts, activities, games and vendors.

When: Sunday, August 4th, 2024 Where: Cadboro-Gyro Park

Autumn Lantern Festival—Celebrate the coming of fall with lanterns, lights and community.

When: Saturday, September 14th, 2024 5:00pm-8:30pm

Where: Gordan Head Recreation Centre and Lambrick Park

Music in the Park

Come out and join your neighbours for an evening of music in your local park. Food available for purchase or bring your own picnic.

TUESDAYS 6:00 - 8:00pm

July 2nd Low Winter Sun (Rock, Originals)
Goward House, 2495 Arbutus Rd.

July 9th Vinyl Wave (60's-2000's hits)
Majestic Park, 4380 Majestic Dr.

July 16th Groove Kitchen (Funk, Soul, Latin)
Beckwith Park, 857 Beckwith.

July 23rd Back Beat (60's, British Invasion)
Brydon Park, End of Viewmont Ave.

July 30th Late Shift (Classic Rock & Roll)
Hyacinth Park, 700 Marigold.

Aug 6th Rock of Ages (60-80's Classic Rock)
Prospect Lake Park, 331 Prospect Lake Road.

Aug 13th The Shenanigans (Classic Rock, Country)
Rutledge Park, Inverness & Cloverdale.

Aug 20th Best Laid Plans (Soul, R&B)
Rudd Park, 3259 Irma.

SAANICH POLICE COMMUNITY SAFETY OFFICE COLOURING CONTEST

Come down to the Saanich Police Community Safety Office at
111-3680 Uptown Boulevard to grab your colouring sheet and entry form

Mondays, Wednesdays and Fridays from 1:00pm-4:00pm

Completed colouring sheets will be on display at the CSO

ACE will chose the winners on August, 30th, 2024

Contest winners will receive:

- A Personal Photo with ACE
- Police Officer Meet and Greet
- Brand New Bike Helmet
- ACE sticker

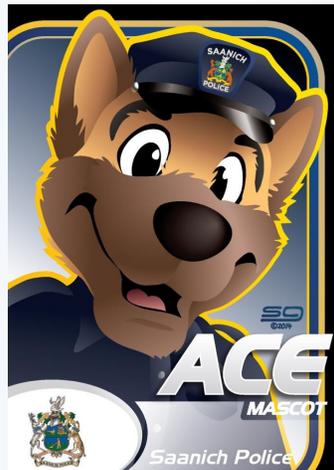
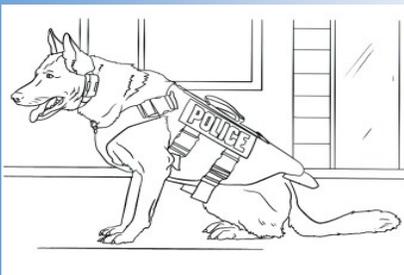
AGE CATERGORIES

4-7

8-11

12-16

Special Needs
(all ages welcome)



Saanich Community Volunteer Opportunities

VOLUNTEER

Saanich Police

Now Recruiting Volunteers!

Are you passionate about creating a positive impact in the community?

Are you looking for exciting volunteer opportunities?

The Community Safety Office creates opportunities for service oriented community members to become more involved and engaged as volunteers in community and crime prevention programming. *This is a community office, run by the community, and for the benefit of the community.*

Community Safety Office delivers current core programming including Block Watch, Speed Watch, Cell Watch, Lock Out Auto Crime, and the Saanich Police "Ace" Mascot Program.

The Community Safety Office presents a great opportunity for anyone who may be considering a career in policing, retirees looking for opportunities to give back, or new Canadians wishing to meet others and gain work experience.



VISIT JOINSPD.CA TODAY

Training and support will be provided



JOIN BLOCK WATCH



Contact the Saanich Police Block Watch office to learn how to join or start a group in your neighbourhood or complex.

-  (250) 475-4365
-  BlockWatch@SaanichPolice.ca
-  www.SaanichPolice.ca
-  Saanich Police Block Watch
760 Vernon Avenue
Victoria, BC V8X 2W6

IN PARTNERSHIP WITH
BLOCK WATCH SOCIETY OF BC

-  blockwatch.com
-  @bcblockwatch
-  @bcblockwatch



SAANICH POLICE RESERVE CONSTABLE PROGRAM WILL BE RECRUITING AGAIN IN 2025



Saanich Police Reserve Constables are uniformed, trained volunteers who participate in non-enforcement community policing and crime prevention activities and accompany police officers in a ride-along capacity. Depending on the task, Reserve Constables work under the direct supervision of a police officer or the general supervision of the police department. Our Reserve Constables are required to volunteer a minimum of 160 hours per year as well as complete several mandatory training requirements annually.

SAANICH EMERGENCY PROGRAM Education and Volunteer Opportunities

FREE Emergency Program Events

PREPAREDNESS 100: EMERGENCY PREPAREDNESS SPEAKER SERIES

Each session covers a different topic (TBA) that could include the hazards that surround us, the utilities we use, or a different perspective related to emergencies and events in our community. Register early to reserve a spot.

September 24, 2024 7 to 8 p.m.
Call Saanich Commonwealth Place to register, [250-475-7600](tel:250-475-7600)

November 4, 2024 7 to 8 p.m.
Gordon Head Recreation Centre to register, [250-475-7100](tel:250-475-7100)

PREPAREDNESS 101: EMERGENCY PREPAREDNESS PRESENTATION

Are you and your family ready for an emergency? The Saanich emergency program offers individual and family emergency preparedness presentations for residents of Saanich. Learn how to plan and prepare before disaster strikes. Register early to reserve a spot!

Each participating household will receive a copy of the *Prepare Yourself* workbook. [Click here](#) to learn more.

September 12, 2024 7 to 8:30 p.m.
Call Cedar Hill Recreation Centre to register, [250-475-7121](tel:250-475-7121)

October 8, 2024 7 to 8:30 p.m.
Virtual, call or email the Emergency Program to register, [250-475-7140](tel:250-475-7140)

November 13, 2024 7 to 8:30 p.m.
Call Saanich Commonwealth Place to register, [250-475-7600](tel:250-475-7600)

Can't make our regularly scheduled Preparedness 101 dates?

If you can get a group of ten or more people together, our presenters will come to you! Contact the Saanich Emergency Program office to schedule your presentation. Call [250-475-7140](tel:250-475-7140) or email sep@saanich.ca

VOLUNTEER INFORMATION SESSION

The Saanich Emergency Program is looking for volunteers! Support your community, gain valuable experience, learn about emergency management and meet amazing people. Volunteers needed for emergency support services, neighbourhood emergency preparedness program and radio communications. Training provided

September 17, 2024 7 to 8 p.m.
Call Gordon Head Recreation Centre to register, [250-475-7100](tel:250-475-7100)

November 20, 2024 7 to 8 p.m.
Call G.R. Pearkes Recreation Centre to register, [250-475-5400](tel:250-475-5400)

✉ sep@saanich.ca

X Follow us on X:

@SaanichEP

@SaanichFire

🖥 saanich.ca/prepare



Scan me to register with **RecOnline**

WANTED

VOLUNTEER DRIVERS



If you love to drive we want to hear from you!

- Appointment drives, food hamper delivery, meal delivery for Saanich residents.

Contact our Manager of Volunteers for more information email cov@saanichvolunteers.org.

Saanich Volunteer Services Society

Saanich Parks Pulling Together Volunteer Events

Love being outdoors and looking for ways to give back to nature and your community? Volunteers with the Pulling Together program work at several different Saanich parks to remove invasive species, plant native trees and shrubs, improve wildlife habitats, and share learning about ecological restoration.

Everyone welcome; please contact us in advance for volunteers under 19 years old. For a list of parks currently accepting drop-in volunteers, please visit www.saanich.ca or email volunteer@saanich.ca

