

Environment Canada has issued a special weather statement in effect for the City of Toronto ahead of the Canada Day long weekend.

The statement notes, “Beginning Friday and continuing through the Canada Day long weekend, daytime highs are expected to reach the low to mid thirties with humidex values into the mid forties.”

Woodbine Entertainment would asks all attendees to this weekend’s Queen’s Plate festival to please act accordingly and to observe the following Environment Canada steps to preventing illnesses during intense heat.

Heat illnesses are preventable. During extreme heat, the most important thing is to keep cool and hydrated.

Follow these five steps to protect yourself and your family in very hot weather:

1. [Prepare for the heat](#)
2. [Pay close attention to how you - and those around you - feel](#)
3. [Stay hydrated](#)
4. [Stay cool](#)
5. [Avoid exposure to extreme heat when outdoors](#)

Please click here to access the Environment Canada website. (here is the link to the site:
<https://www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html>)

Attendees at The Queen’s Plate festival are advised to seek medical attention from onsite personnel and to alert event staff if experiencing symptoms of extreme heat.