

*City of
Coral Gables
Heat Mitigation*

Tuesday, Sept. 26, 2023

**CORAL
GABLES**
THE CITY BEAUTIFUL

**EXTREME
HEAT**
ACTION PLAN



CITY OF CORAL GABLES HEAT MITIGATION CITYWIDE HEAT IMPACT MITIGATION



Recommend and/or require developers to prioritize plantings of shade trees and maximize amount of pervious greenspace areas on site.



CITY OF CORAL GABLES HEAT MITIGATION COOL OUR NEIGHBORHOODS



**PLAYGROUND DESIGN THAT FEATURES BOTH NATURAL
SHADE AND INTEGRATED SHADE THROUGH DESIGN**

**SCHEDULING OUTDOOR EVENTS
UNDER RICH TREE CANOPY SHADE**

INTEGRATING SHADE IN OUR PARKS, FACILITIES, AND SPECIAL EVENTS

CITY OF CORAL GABLES HEAT MITIGATION COOL OUR NEIGHBORHOODS



DRINKING FOUNTAINS



MISTER STATIONS



COOLING STATIONS AT EVENTS

**ACCESS TO DRINKING FOUNTAINS, MISTERS, AND COOLING STATIONS
IN OUR PARKS, FACILITIES, AND SPECIAL EVENTS**

CITY OF CORAL GABLES HEAT MITIGATION COOL OUR NEIGHBORHOODS



**820,000 GALLONS OF FRESH
WATER AT 76 DEGREES**



**WATERFALLS
AND CAVES**



**COOL DAYS
FOR PETS**

ACCESS TO PUBLIC POOL FACILITIES – VENETIAN POOL

CITY OF CORAL GABLES HEAT MITIGATION COOL OUR NEIGHBORHOODS



Park	Address	Area Rental Available	Baseball/Softball	Basketball Court	Benches	Bicycle Rack	Community Center	Covered Pavilion	Drinking Fountain	Fitness Gym/Equip.	Golf Course	Gymnastics Gym	Historical Landmark	Multi-Purpose	Parking Area	Paved Trail	Pet-Friendly	Picnic Tables	Playground	Racquetball Courts	Restrooms	Sidewalks	Soccer Field	Swimming Pool	Tennis Court	Unpaved Trail	Volleyball Court	Waste Receptacles	Water Access	Water Feature	Size in Acres
Alcazar Plaza	700 Alcazar Avenue																Y														0.14
Alhambra Water Tower	2000 Alhambra Circle				1								Y				Y														0.51
Balboa Plaza	2405 De Soto Blvd.				1												Y											1		0.10	
Betsy Adams and the Coral Gables Garden Club Park	4650 Alhambra Circle				4				1							1	Y	2	1								2	1		0.48	
Blue Road Open Space	757 Blue Road																											Y		0.41	
Boy Scouts House - Troop 7	1107 S Greenway Drive			1	6		Y						Y								2	1					2			0.60	
Carlos S. Kakouris Park	Campo Sano Ave & Campo Sano Ct.				5																									0.32	
Cartagena Park	401 Sunset Drive				4										Y	1	Y										1			2.65	
Catalonia Park	807 Catalonia Avenue				3				1							1	Y		1								2			0.31	
City of Coral Gables Biltmore Golf Course	1210 Anastasia Avenue					1			4		1		Y		Y	1					2	13					20	Y		138	
Coral Bay Park	1590 Campamento Avenue			1	10	1		1	1					1	Y	1	Y	1	2								4			1.54	
Coral Gables Adult Activity Center	2 Andalusia Avenue	Y			1		Y		2					1	Y					1	4	1					3			0.22	
Coral Gables Country Club	997 N. Greenway Dr	Y			1	1	Y		2	1			Y	1	Y					1	2	2		1			4			3.22	
Coral Gables Merrick House	907 Coral Way				10	1							Y		Y	2					1	2					1	1		1.34	
Coral Gables War Memorial Youth Center	405 University Drive	Y	3	4	12	3	Y	3	8	2		1		1	Y			10	2		10	3	1			2	18			6.13	

COMMUNITY INVENTORY LISTING INCLUDES COVERED PAVILIONS FOR SHADE, DRINKING FOUNTAINS, WATER ACCESS, AND WATER FEATURES SUCH AS MISTERS AND FOUNTAINS

CITY OF CORAL GABLES HEAT MITIGATION PREVENTION & SAFETY PRECAUTIONS



AVOID HEAVY EXERTION, EXTREME HEAT, SUN EXPOSURE, AND HIGH HUMIDITY WHEN POSSIBLE. WHEN THESE CANNOT BE AVOIDED, SOME OF THE PREVENTATIVE STEPS THAT SHOULD BE TAKEN INCLUDE:

Address outdoor heat exposure safety as part of weekly safety meetings.

Monitor the heat index so that supervisors and workers can also recognize when to implement additional preventive measures. As heat index increases then more water and rest breaks become necessary.

Provide training on symptoms of outdoor heat exposure to prevent heat-related illness.

Closely observe employees not acclimatized to the heat, including new employees, those returning from absences, and all workers during a heat wave.

Use the buddy system to lookout for co-workers and conduct checks for heat illness symptoms.

Wear light-colored, light-weight, loose-fitting, breathable clothing such as cotton and hats.

Schedule heavy work during the coolest parts of day.

Take breaks when needed, and in high heat and humidity; take breaks in the shade or a cool area.

Provide sufficient amounts of water and/or sports drinks; employees encouraged to drink water frequently.

CITY OF CORAL GABLES HEAT MITIGATION SIGNS OF HEAT STRESS



Heat rash happens when the skin becomes irritated because sweat is not evaporating.



Heat cramps are caused by fluid and electrolyte loss. Sweating causes a loss of body salts, and when levels are low enough, it can lead to muscle cramps or pain in the abdomen, arms or legs.



Heat syncope can happen after standing for extended periods of time or standing up suddenly from a seated position and can cause fainting, dizziness or light-headedness.



Heat exhaustion can happen after heavy sweating causes a loss of water and salt. People with heat exhaustion normally experience a headache, nausea, dizziness, weakness, irritability, thirst, a faster heartbeat and cool or clammy skin.



Heat stroke is the most serious heat-related illness. When a person experiences a heat stroke, they can exhibit signs of confusion and lose consciousness. Their body stops sweating and they may feel chills, exhibit slurred speech or have seizures. Heat stroke is a medical emergency and needs to be treated quickly.

CITY OF CORAL GABLES HEAT MITIGATION IF SIGNS OF HEAT STRESS SYMPTOMS OCCUR



Move them somewhere cool and shaded as soon as possible.

Loosen any tight clothing.

Apply cool cloths or cold compresses to help their body's temperature decrease.

Cool down their body by fanning the person with a portable fan or item that can be used to circulate cool air.

Help them drink cool water at a slow but consistent pace. It's important to replenish fluids steadily. For less severe illnesses, such as cramps, sports drinks can also help replenish nutrients.

Get medical assistance if an employee's heat cramps don't subside or if any symptoms worsen. And as with any other injury or illness, don't leave the employee to fend for themselves. Have someone take the employee to get medical attention.

Call 911 immediately if a person shows signs of heat stroke such as confusion, fainting or seizures. While you wait for assistance, follow the other tips mentioned above. Someone should remain with the employee until help arrives.

CITY OF CORAL GABLES HEAT MITIGATION COMMUNITY OUTREACH



Patient monitoring of temperatures (state dashboard).

Partner with Emergency Management & Human Resources for employee notification of high heat conditions.

Training modifications for firefighters to address heat concerns.

Social media campaigns.

How HYDRATED are You?
Urine comparison chart

Urine Color	H2O Level	Next Steps
CLEAR	Hydrated	Drink 1 Quart over next 2 hours.
LIGHT YELLOW	Hydrated	Drink 1 Quart over next 1 hour.
YELLOW	Dehydrated	Drink 1 Quart in next 30 minutes
BRIGHT YELLOW	Dehydrated	Drink 1 Quart in next 15 minutes
DARK YELLOW	Severely Dehydrated	Drink 1 Quart Immediately

Caffeinated, Sugary, & Alcoholic beverages **dehydrate!**
For frontline firefighting, 1 quart of liquid should be taken every hour.

Heat Stroke Awareness

<p>Heat Exhaustion</p> <ul style="list-style-type: none"> Faint or Dizzy Excessive Sweating Cool, Pale, and Clammy Skin Rapid, Weak Pulse Muscle Cramps 		<p>Heat Stroke</p> <ul style="list-style-type: none"> Throbbing Headache No Sweating High Body Temperature above 103° (Red, Hot, Dry Skin) Rapid, Strong Pulse Nausea or Vomiting May Lose Consciousness
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Call Medic on Field Radio Channel

<ul style="list-style-type: none"> Get to cool place Drink water, if conscious Take cool shower / use compresses 	<ul style="list-style-type: none"> Help cool person down until help arrives NEVER pour cold water on person's head, shoulders, etc.
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CITY OF CORAL GABLES HEAT MITIGATION COMMUNITY OUTREACH



Protect yourself from
EXTREME HEAT

Who is Most at Risk?

- ▶ People who work or are active outdoors
- ▶ Anyone who does not have access to air conditioning
- ▶ Infants and children
- ▶ Pregnant women
- ▶ Adults 65 and older
- ▶ People with chronic illnesses

HEAT CHECK
What Can You Do?

- ▶ **STAY COOL**
 - If you don't have air conditioning, go somewhere that does a few hours each day.
 - Wear light-colored, light-weight clothing that breathes.
 - Take cool showers.
 - Avoid direct sun.
- ▶ **STAY HYDRATED**
 - Drink more than usual. Water is best!
 - On regular days, drink 8 glasses, and more when it's hot.
- ▶ **CHECK ON NEIGHBORS AND FRIENDS**
 - Create a buddy system.
 - Focus on people at high risk.
 - Check on the elderly and anyone who doesn't have AC.
- ▶ **STAY INFORMED**
 - Check local news and weather reports.
 - Be alert on extreme heat days that "feel like" 100 degrees or more.
 - Learn the warning signs of heat illness, including: heavy sweating, clammy skin, cramps, tiredness, dizziness, headaches, nausea, confusion, high body temperature

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

CALL 9-1-1

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses
- Take immediate action to cool the person until help arrives

City of Coral Gables

*A world-class city with
a hometown feel.*

**CORAL
GABLES**
THE CITY BEAUTIFUL

**EXTREME
HEAT**
ACTION PLAN

