



An Informative Newsletter for British Columbia Published Quarterly by the Block Watch Society of BC.

www.blockwatch.com

OPERATION **RED NOSE**

Operation Red Nose is a unique program dedicated to the fight against impaired driving. Essentially, it is a volunteer driving service provided during the Christmas Holiday Season to all motorists who have been drinking or who do not feel fit to drive their own vehicle. It is an original way of getting a safe ride in one's own vehicle without getting behind the wheel and... it's free.

For more information, click [here](#)

[Source](#)

AWAY FOR THE HOLIDAYS – SAFETY TIPS

- If you are going on vacation, leave your home in the care of someone you trust and let them know where you can be reached in case of emergency.
- Arrange to have your mail and newspapers picked up, the snow removed as necessary.
- Have a neighbour check both inside and outside the house every few days.
- Use timers on interior lights when you are going to be away or just out for the evening.
- Leave shades, blinds and curtains in normal positions.
- Do not share your vacation plans in social media, like Facebook and Twitter.

[Source](#)

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PEDESTRIAN WINTER SAFETY TIPS

- **Walk on the inside edge** of the sidewalk so you are further away from traffic.
- Cross only at intersections or marked crosswalks, **never jay walk**.
- **Dress to be seen** especially at night and on dark/overcast days.
- Always **look for signs that a vehicle is about to move** (rear lights, exhaust smoke, sound of motor, wheels turning).

[Source](#)

HOLIDAY SHOPPING SAFETY TIPS

The Crime Prevention Unit recommends the below preventative tips:

- If shopping, avoid making multiple trips to your vehicle to store recent purchases. Potential offenders look for these obvious opportunities to target vehicles.
- Most major malls offer day-use lockers for this purpose; consider storing purchases there instead.
- If you must leave something in your car, lock your packages and gifts in your vehicle's trunk instead of in plain sight in the cabin of the vehicle.
- Although the holiday season can leave many of us feeling rushed and thinking about a thousand things; despite this always stay alert to your surroundings.
- Park in well-lit areas near other vehicles.
- Have keys ready before you get to your car.
- Check the back seat of your car before entering.
- Don't put your purse on the passenger seat, keep it on the floor or in the trunk.
- If you believe you're being followed, drive to the nearest business or police station and blow the horn to attract attention.

[Source](#)

WINTER SAFETY DRIVING TIPS

1. Check the current road conditions and weather forecast. Listen to the radio, watch TV and visit DriveBC.ca. Again, ask yourself – is it safe to go?
2. Plan your route ahead of time. Avoid any roads that may become dangerous during bad weather. Respect road closure signs and barriers and do not attempt to drive on these routes until they are re-opened.
3. Leave lots of time so you're not rushing. Try to travel during daylight and consider delaying your trip if the weather is bad. Let someone know your route and planned arrival time.
4. Learn winter road skills. If you are unfamiliar with driving in snow and icy conditions and your job requires you to be behind the wheel, ask your employer for winter driving training. Through training and practice, learn how to brake safely, how to get out of a skid, and how your car handles in winter weather.

[Source](#)

WINTER VEHICLE SURVIVAL KIT

Be prepared by packing a winter survival kit. Recommended items include:

- Emergency kit containing non-perishable food, blankets and first aid supplies
- Windshield scraper and snow brush
- Extra windshield washer fluid
- Fuel line antifreeze
- Flares and matches or lighter
- Tire chains and gloves
- Shovel and traction mat, sand or kitty litter
- Flashlight and extra batteries
- Battery jumper cables
- Spare tire, wheel wrench and jack
- Extra clothing and footwear
- Sandbags for extra weight

Keep your gas tank topped up. This will help to avoid condensation and moist air on the inside of the tank, which can cause fuel lines to freeze and other serious issues.

[Source](#)

SKIING & SNOWBOARDING SAFETY

- Snowboarding and downhill skiing are among the top three causes of injury related to snow and ice activities.
- Among young skiers, injuries happen most often to beginners, often on their first day.
- **Wear the proper equipment** including a helmet and goggles, or wrist guards for snowboarding. Helmets can reduce the risk of a head injury.
- Children, teens and adults should **always wear a helmet** that is specifically designed for skiing and snowboarding.
- **Check the weather forecast.** Dress for the weather. Wear layers of clothes and pack extra hats and mitts.
- **Take lessons.** If your child or teen is new to skiing, sign him up for lessons with a certified instructor.
- **Know the condition of the trails.** Don't ski or snowboard on trails that are closed or if you don't know the conditions.
- **Exercise and stretch** to warm up muscles before hitting the slopes.
- **Never ski or snowboard alone.** Ask older children to check in regularly with an adult.
- **Be aware of physical and environmental hazards** like trees or icy patches on the trail.
- **Respect limits.** Don't ski or snowboard on hills that are above your skill level. Teach your child or teen that it's important that he try more difficult slopes gradually and only as his skills get better.
- **Check regularly** for frostbite.
- **Rest** when you become tired.

[Source](#)

KNOW BEFORE YOU GO

A few moments planning ahead now could save you problems when you are behind the wheel. Reduce your stress by planning your route with up to date information.

- [DriveBC](#) for latest highway conditions, highway cams and delay information.
- [B.C. Weather Warnings](#) (from EnvironmentCanada)
- Call toll-free **1-800-550-4997** for BC road information 24 hours-a-day. –

[Source](#)