



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

[www.blockwatch.com](http://www.blockwatch.com)

## Bicycle Safety Tips

In B.C., 670 cyclists are injured and six are killed in car crashes from June to September every year. That's five cyclists injured every day in the summer in B.C.

Distracted driving and failing to yield the right-of-way are the top contributing factors for drivers involved in crashes with cyclists in B.C.

### Tips for drivers:

- Actively watch for cyclists on the road. Make eye contact with cyclists whenever possible to let them know you have seen them.
- Shoulder check for cyclists before turning right and watch for oncoming cyclists before turning left.
- Before you or a passenger opens a vehicle door, shoulder check for cyclists coming from behind. Before you pull away from the curb, make sure you shoulder check for cyclists.

### Tips for cyclists:

- Plan your route before you go, give yourself plenty of time and choose bike lanes and paths where possible.
- When turning, shoulder check well in advance, hand signal and then, with both hands on the handle bars, shoulder check again before turning.
- It's illegal to cycle on most sidewalks and in crosswalks.

[Source](#)

# Block Watch News

**June, July & August 2015**

## Preventing Mail Theft

- Retrieve your mail as soon as possible after delivery – don't leave mail unattended in your mailbox overnight.
- If you're planning a holiday, have someone retrieve your mail on a daily basis OR for a small fee, Canada Post will hold your mail at the delivery office and deliver it upon your return.
- If you receive mail that is not yours, do not leave it in an unprotected area. Write "Delivered to wrong address" or "not at this address" on the front of the envelope. Deposit the letter into an outgoing mail slot of a Canada Post mailbox at your earliest convenience.
- It is always a good idea to check your mail regularly and use postal money orders.
- Check the physical security of your mailbox to ensure there are no gaps or damage.
- If you see a damaged or overturned mailbox, contact Canada Post at 1-800-267-1177.

[Source](#)

## Campfire Safety Tips

Careless use of campfires is one of the leading causes of forest fires.

- When building a campfire, select your campsite carefully.
- Prepare your campfire by removing all leaves, twigs and other flammable material from the area.
- Choose a proper fire pit or make a ring of rocks at least three metres from trees, shrubs, structures and debris.
- Don't leave a campfire unattended, and do keep a pail of water close by at all times.

[Source](#)

## **Summer Driving Safety Tips**

More fatalities occur on Canadian roads during the summer months than at any other time of year, including the winter holiday season. Alcohol, fatigue and aggressive driving are often implicated in these tragedies.

- Before leaving on vacation, have your vehicle checked to make sure everything is working properly.
- Make sure everyone in your vehicle is buckled up properly at all times.
- Drive at a safe speed. Speeding increases the likelihood and severity of a crash.
- If you drive with a wireless phone, avoid unnecessary calls and always make the driving task your top priority.
- The Canada Safety Council estimates that 85 per cent of collisions are preventable.

With the warmer weather, comes the prevalence of vulnerable roads users. Motorists must be cautious of cyclists, motorcyclists and pedestrians. Always be on the lookout for and yield to vulnerable road users, even if they don't have the right-of-way. Summer also brings increased construction on our roads and highways. Be prepared to stop or slow down in construction zones.

[Source](#)

## **Swimming Safety Tips**

- Do not go beyond your abilities
- Walk, do not run
- Look before you leap or dive in
- Never swim alone
- Be careful getting in and out of the pool
- Do not drink
- Watch out for hazards

[Source](#)

## **Personal Safety Tips**

- When out, stay alert, stand tall and act confident; most would-be criminals will decide you're the wrong person to approach. If you feel uneasy walking alone, walk with someone or carry a whistle or other personal safety alarm.
- At night, use well-lit busy streets, and keep to the middle of the sidewalk.
- If you carry a purse, hold it close to your body with one hand over the opening. Better yet, use a waist/fanny pack. Your wallet is safer in a front or inside pocket than in a back pocket.
- Keep your house keys in your pocket, not in a backpack or purse.
- If you must carry cash, be discreet when you make purchases.
- If in trouble, watch for public phones or places where you can get help on your route. Free emergency assistance is always available by dialing "0".

[Source](#)

## **Camping Safety Tips**

- Check for potential hazards
- Bring a first aid kit
- Know the weather forecast
- Build campfires in a safe area

**Bring emergency survival supplies...** If you are camping in BC Okanagan wilderness/backcountry, in addition to a first aid kit, an emergency wilderness survival kit should include a map, compass, GPS device, a flashlight, waterproof fire starter, knife, personal shelter, a thermal blanket, a whistle, warm clothing, high energy food, water, and insect protection.

[Source](#)