

MEDIA RELEASE

City of Williams Lake



For Immediate Release

October 31, 2019

Tel: 250-392-2311
Fax: 250-392-4408
450 Mart Street
Williams Lake, BC
V2G 1N3

Grab a helmet and get on the ice!

Since the opening of the Ice rinks at the Cariboo Memorial Recreation Complex, family and public skates have been in full swing with great attendance, with several more themed skates and free skates planned throughout the winter.

Priding itself on keeping safety and wellness top of mind, the Complex is implementing a new helmet policy to be introduced on November 30th, 2019. This new policy states that all children, 12 years of age and under, must wear bike or hockey helmets for all Cariboo Memorial Recreation Complex events and programs taking place on the ice.

In the past, the Complex required helmets for skating programs, but the new policy increases the mandatory age from 7 to 12 years and includes public, family and themed skates. We want to be proactive against head injuries and are implementing a new standard in reflection of regular policy changes regarding helmet use in sports such as ice skating and curling and in public and private recreational rinks. "We encourage all people to wear helmets on the ice," says Suzanne Cochrane, Recreational Programmer. "Not only do we hope to see more children wearing helmets, but we also hope to see more adults wearing helmets as role models for kids."

It's going to be a great year on the ice at the Complex due to the generosity of local businesses and organizations. Burgess Plumbing and Heating, Johnston Meir Insurance, Tim Hortons, Lions Club, Winter Lights Committee and Dana Favel of RE/MAX have all sponsored free skates this season. Pick up a copy of the Active Living Guide for a list of special events on the ice and the skating schedule.

"Like" the Cariboo Memorial Recreation Complex's Facebook page to stay up to date current schedules and upcoming events. On-site skate rentals are available through Caribou Ski. Grab your helmet and skates and join us on the ice!

For more information, please contact Suzanne Cochrane at scochrane@williamslake.ca or 250.398.7665

-30-

Media Contact:

Guillermo Angel
Corporate Engagement Officer
gangel@williamslake.ca
250.392.8483