

# Making Your Child Care Centre a Healthy Environment



## A Fact Sheet for Child Care Operators and Staff

York Region Community and Health Services is mandated to inspect all child care centres to ensure compliance with food safety regulations, infection control and safe water standards. This fact sheet is provided for information and guidance to child care centre operators.

### Beach Water Safety

York Region Community and Health Services monitors water quality at York Region's public bathing beaches during the summer months to ensure that the water is safe for swimming. Here is some information to help make your trip to the beach a fun, safe and healthy one.

#### Which beaches are tested?

##### Lake Simcoe

- |                            |                           |
|----------------------------|---------------------------|
| 1. Claredon Beach          | 8. Franklin Beach         |
| 2. Keswick Beach           | 9. De La Salle Beach      |
| 3. Balfour Beach           | 10. Jackson's Point Beach |
| 4. North Gwillimbury Beach | 11. Holmes Point Beach    |
| 5. Island Grove            | 12. Peninsula Motel Beach |
| 6. Willow/Paradise Beach   | 13. Port Bolster Beach    |
| 7. Willow Beach Dock       | 14. Glenwoods Beach       |

#### Other locations in York Region

Town of Whitchurch-Stouffville - Cedar Beach (Musselman's Lake)

#### Why are beaches tested?

Water samples are collected from each beach site a minimum of once per week during the summer months from mid-June to September. Beach samples are tested for E.coli levels by the Public Health Laboratory. High levels of bacteria can cause illness in bathers including skin, ear, eye, nose and throat infections as well as stomach disorders.



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For more information, please call  
**York Region Health Connection 1-800-361-5653 TTY: 1-866-252-9933**  
[www.york.ca](http://www.york.ca)

York Region

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### Beach postings

All public beaches are posted with a sign informing the public if the beach is safe to swim. The blue sign indicates it is safe to swim unless there has been heavy rainfall in the past 48 hours. When the level of bacteria is high enough to cause illness the sign will change to red indicating it is unsafe to swim.



Beaches will be closed when there are indicators of hazardous or infectious materials present in the water or in the event of blue-green algae bloom.

### Which beaches are safe for swimming?

To find out which beaches are safe for swimming, please call the Beach Postings Hotline at 1-800-361-5653 or visit [www.york.ca/beaches](http://www.york.ca/beaches). These will be regularly updated as the results become available.

### What is polluting our beaches?

There are many factors that contribute to water pollution, including:

- Seasonal and storm surface run-off into rivers and lakes
- Sewer overflows
- Agricultural manure and feedlot run-off
- Malfunctioning septic systems
- Domestic pet waste
- Large populations of waterfowl
- Warm water temperatures

You can help by:

- Properly disposing of garbage
- Not feeding geese and birds
- Stoop and scoop if you have pets
- Not going into the water with an infection or open wound

### Wash up!

Contaminants can be found anywhere within the beach area from the sand to the water. Ensure each child washes their hands and feet to prevent infection or illness from materials present in the water and/or sand.

