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FOR IMMEDIATE RELEASE

HOLDING PARK POOL OPEN FOR FREE ON FRIDAY

WAKE FOREST, NC – July 27, 2011 – The Town of Wake Forest is inviting area residents to beat the heat on Friday by swimming for free at Holding Park Pool. The Town will waive the normal daily admission fees to give residents the chance to cool off and escape temperatures that weather forecasters predict could tie or set an all-time record.

Town officials stressed that all pool regulations will be strictly enforced, including the following:

- Attendance will be restricted by mandatory occupancy restrictions that limit the pool's maximum occupancy to 200 people.
- All children ages 12 and younger must be accompanied by an adult.
- All swimmers must wear an appropriate swimsuit. No one wearing cut-off jeans will be permitted inside the pool.
- Floats/noodles are not allowed in the pool.
- Coolers are not permitted inside the pool gates.
- In case of severe weather or other circumstances, the Town reserves the right to close the pool as needed.

Located at 133 W. Owen Ave., Holding Park Pool will be open on Friday from 1 p.m. to 6 p.m. For more information about Holding Park Pool, call (919) 435-9560 or visit www.wakeforestnc.gov/residents/parksrecreation_holdingparkpool.aspx.

Friday's forecasted high is 104 degrees, just one degree shy of the highest temperature ever recorded at Raleigh-Durham International Airport. RDU hit 105 degrees on July 23, 1952.

Extra precautions should be taken by anyone planning to work or spend time outside. When possible, reschedule strenuous activities for the early morning or late evening hours. Know the signs and symptoms of heat exhaustion and heat stroke. Wear light weight and loose fitting clothing when possible and drink plenty of water.

To reduce your risk when working outdoors, the US Occupational Safety and Health

Administration recommends scheduling frequent rest breaks in a shaded or air conditioned environment. Anyone overcome by heat should be moved to a cool and shaded location.

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For more information about the Town of Wake Forest, contact Public Information Officer Bill Crabtree at (919) 435-9421 or bcrabtree@wakeforestnc.gov.