

Earthquake Protocol and Drill

Instruct students in "Drop, Cover, and Hold On", which is the appropriate action to reduce injury and death during earthquakes. The ShakeOut is our opportunity to practice how to protect ourselves during earthquakes. This page explains what to do-- and what not to do.

- **DROP** to the ground (before the earthquake drops you!),
- Take **COVER** by getting under a sturdy desk or table, and
- **HOLD ON** to it until the shaking stops.

If there isn't a table or desk near you, drop to the ground in an inside corner of the building and cover your head and neck with your hands and arms. Do not try to run to another room just to get under a table.

Wait until tremors cease. If necessary, evacuate to pre-assigned assembly area. Follow fire drill protocol for tracking students.

The main point is to not try to move but to **immediately** protect yourself as best as possible where you are. Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you therefore will most likely be knocked to the ground where you happen to be. You will never know if the initial jolt will turn out to be start of the big one. You should Drop, Cover, and Hold On immediately!

In addition, studies of injuries and deaths caused by earthquakes in the U.S. over the last several decades indicate that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building. *Drop, Cover, and Hold On* offers the best overall level of protection in most situations.

As with anything, practice makes perfect. To be ready to protect yourself immediately when the ground begins to shake, practice Drop, Cover, and Hold On as children do in school at least once each year.

What NOT to do:

DO NOT get in a doorway! An early earthquake photo is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. In modern houses and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!

DO NOT run outside! Trying to run in an earthquake is dangerous, as the ground is moving and you can easily fall or be injured by debris or glass. Running outside is especially dangerous, as glass, bricks, or other building components may be falling. You are much safer to stay inside and get under a table.

Fire Drill

Please follow your actual evacuation route.

It's good to remind children that in an actual fire, the halls and doors would be just as crowded, thus the importance of staying focused on getting out quickly and calmly during practices.

1. Alarm sounds to signal the beginning of the drill.
2. Bring your emergency red folder. Close your inside door and turn off the light. This is required by the fire department, so they can scan for problem spots.
3. Move your class through the designated exit to your area on the field. Children should line up quietly facing away from the building.
4. Check to see that you have all your students. Hold up the **red side** if there is a **student you cannot account for**. Hold up the **green side** if each of your **students is accounted for (with or without a specialist)**.

For example, if you know your students were with a specialist in the building, and you see that specialist on the field, and everyone else is present, raise your green card. If a student was gone to the bathroom or office or for some other reason not in your location, raise your red card.

5. Designated staff will check the building to make sure all are out.
6. When you see Emilie and/or Lisa on the field, please show your class list card (red for a problem, green for all okay).
7. Lisa, Emilie, Carrie and Andrea signal each other, then signal Cuco to turn off the alarm when ready. You're waved that it's okay to go back into the building.