

5 STEP FAMILY PREPAREDNESS DRILL

Training is one of the most important areas of preparedness. There may not be time to think how to respond during a disruption or disaster. You'll need to be ready and have your family ready too.

- 1** Choose the time of day to have a drill.
- 2** Select the type of disaster and set the scenario.
- 3** Move into action. Gather your gear and practice your post-disaster plan.
- 4** Review basic first-aid and necessary survival skills.
- 5** Debrief and review. Use your notes from the drill to improve your supplies and gear.

EXAMPLE

Keith and Jennifer and her four kids live in Southern California. They wanted to run an earthquake drill since they are in earthquake country. Keith and Jennifer decided the scenario would have the kids home alone. This gave Keith and Jennifer a chance to facilitate, coach, and take notes. The drill took place at dusk so the kids would have to find lighting and make dinner. Plus it's a time when the family is usually all at home. Keith and Jennifer gathered the kids together and told them "This is a drill. There has been an earthquake and your father and I are not home." Half way through the drill the youngest was assigned a broken leg and other minor abrasions so there could be a first aid review. Keith and Jennifer were able to coach the kids on working together and they discovered their weaknesses were water and lighting. They created an action plan to make improvements in their supplies and training.

QUESTIONS TO ASK AFTER THE DRILL

1. What weaknesses did we identify?

2. What supplies are we missing (examples: water, food, lighting, fire extinguisher, tools)?

3. Where are our strengths?

4. Where do we need more training?

5. When should we schedule our next training?