

Activity 6: Mock Disaster Game We're Ready! Instructional Plan

Date & time:

1:30pm – 3:30pm

Presenter:**Description of learning activity:**

The purpose of this exercise is to practice a mock tornado event, using an outdoor physical location to identify safe and danger zones as well as victims of the disaster, in order to gain an understanding of what to do in a real disaster.

This is a one-hour offsite exercise where the presenters will:

- Describe to the group about the outdoor exercise, that it is a “Tornado” and that the exercise will take place in George Lane Park.
- Physically take the group to the exercise location by walking east on 9Ave SW and then north on 3St SW, crossing at Macleod Trail.
- Exercise the Mock Tornado
- Utilize the buddy system as part of the communications to account for everybody –emphasize the importance of working together
- Based on maps of the area, identify danger zones and safe meeting points
- Identify in advance 10 physical victims and 10 emotional victims (in shock) and simulate first aid, emergency aid and emotional support.
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Learning objectives:

- A. Participants identify their community members in terms of their name, skills, needs, resources, etc.
- C. Participants identify plausible responses to a potential disaster in their neighbourhood and incorporate this information into their community disaster plan.
- D. Participants demonstrate the skills and knowledge needed to prepare and respond to a disaster.

These learning objectives are achieved through:

- Creating an environment that provides the group with some experience on how to be prepared and what actions they should take if a disaster was to happen in real life. The objecting is to have people better prepared for a real disaster by running through a simulation, and to gain a better understanding of their community and how to better support others.

Instructional techniques:

Before leaving the building, do the following:

1. Have each person identify a buddy. Using this method, the group will identify who is safe and who is unaccounted for. The victims will be pre-identified and scenario cards will be used to identify some of the people who have not returned. The survivors will come up with a plan on how to locate the

victims, by going to mock houses and businesses looking for these people. They will have to be mindful of obstructions that will prevent their access, such as downed trees and powerlines.

2. Using the maps provided of hazards, safety zones, muster points and evacuation routes, the presenters will instruct the group on:

- The location of the exercise and any information that is important relating to the location including transportation arrangements (walking)
- What the exercise is about, lead discussion about the disaster and the hazards in the disaster zone and the type of safety concerns to be aware of.
 - o The exercise will take place in George Lane Park at the SW corner so as not to bother other people using the park.
 - o The disaster will be a Tornado and will occur while we are at the park. It will be pre-identified by the feel in the air (humid warm still air, a suffocating feeling) followed by the sirens in the town going off (simulated by whistles).
 - o The 20 victims will not make it to a safety zone and therefore will be affected. Half of these will be physically injured; the other ten will be emotionally devastated. The remainder of the group will make it to a safety zone in time for the disaster to occur.
 - o Clearly explain what the out-of-bounds parameters are so people don't go too far and give them a time limit (everyone be back at this meeting point by 1 pm)
 - o Use one whistle for tornado and 2 whistles to come back (in case can't find some people)
- Provide each volunteer with two maps, one is a normal map of the park and the other is a map of what it looks like after the disaster. The maps will identify safe zones for during the disaster and muster points for after.
- Identify in advance 10 physical victims and 10 emotional victims and simulate first aid, emergency aid and emotional support. Each of these will wear a scarf to identify themselves and their role.
 - o The physical victims will be divided in groups of business owners, people trapped in homes in the community, people in the park area. They will each have different physical injuries that will need to be attended to.
 - o The emotional victims will be people who are in shock (walking around like zombies), they wander around the devastation aimlessly, and they are entering states of anxiety and disbelief. They will require guidance, someone to talk them through instructions of what to do and where to go, and counselling.
- Identify 10 emergency volunteers to support the physical victims, and 5 volunteers for the emotional victims.
- Identify 5 volunteers to co-ordinate the use the disaster maps to guide emergency vehicles, warn people of hazards such as downed power lines, gases, unstable structures, sink holes, downed trees, closed roads etc. They will also clear right of way for emergency equipment and act as muster point leads.
- After the disaster, people who are in safety zones must make their way to a muster point as identified on the map. We will use the buddy system to identify who may be lost.

During the exercise, the presenters and rest of the committee will be active giving guidance on:

- Where people should be going, where to find their meeting points
- Safety issues relating to the mock disaster (e.g. what to do if a powerline is down) – learning moments about about limits of rescuing, do not touch people who have been electrocuted comfort

them, call 911)

After the exercise, and upon return to the Charles Clark building, the presenters will lead a group discussion about what was learned during the Mock Disaster.

Speaking points:

- Location – George Lane Park
- Transportation – Walk east on 9Ave SW and then north on 3St SW before crossing Macleod Trail
- The disaster is a Tornado
- How to use the disaster maps provided
- Selecting victims, types of injuries and aid techniques
- Timing of the 2 hours activities
- Choosing a buddy
- Assessment: What went well and what was learned

Debrief

See Activity 7

Demo activity details:

Assessment plan:

After the exercise and return to the classroom, there will be a 15 minute discussion on how people felt the exercise went, what can be made even better next time, and what was learned from the exercise.

Estimated duration of activity:

- In-class instructions – 5 minutes
- Relocating to the disaster site (to be determined) – 10 minutes
- Mock Disaster activities –20 minutes
- Returning to the class – 10 minutes
- Debrief – 15 minutes

Instructor (I) and participant (P) resources/materials:

- Paper printouts of the park before and after the disaster (showing hazards, safety zones and muster points)
- Colour coded bibs for the different roles of volunteers (Physical victim, emotional victim, first aid, emotional support people, co-ordinators)
- Signs for park to let people passing by know this is a mock rather than a real disaster
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Volunteers required (# and specific expertise?):

- All volunteer facilitators will be required, each will be responsible for a separate group and one person will oversee the entire exercise.
- 10 physical victims - Red scarf
- 10 emotional victims – Blue scarf

- 10 first aid volunteers – Orange scarf
- 5 emotional support volunteers - Green scarf
- 5 coordinators – Yellow scarf

Facilities required:

- Location of the Offsite Mock Disaster will be George Lane Park

Additional notes:

- Let the emergency personnel in the municipality know about the mock disaster in case they get phone calls from people passing by thinking that it is a real emergency
- Buddy system very important: Making sure people are paired with a buddy before leaving off-site, then find their buddy once get on-site. Then when the injured disperse, get the aid people to find new pairs and ensure they do not separate from each other.
- Find alternate large spaces if the weather is bad (e.g. basement of a building)