



Get ready to Shake Out and Get Out – community exercise Oct. 18

Are you prepared to protect yourself in the event of a major earthquake?

Test your plan when the Strathcona Regional District hosts Campbell River's second community exercise during this year's provincial Shake Out event.



"There's a risk of failure at the John Hart and Strathcona dams after a major earthquake, and that could mean flooding in low-lying areas, including the downtown area," explains Stephen Watson of BC Hydro. *"BC Hydro has plans to seismically upgrade these dams, but community members should be prepared to get out of the potential flood zone after an earthquake."*

"The community exercise on Oct. 18 will encourage residents to take action to help themselves. People need to know whether they can get outside the flood zone after the shaking stops," adds Shaun Koopman, protective services coordinator with the Strathcona Regional District. *"Get ready to practise your evacuation plan so that you know what will work and what you need to change to keep yourself safe in the event of a major earthquake."*

The purpose of the Oct. 18 exercise is to:

- Create awareness about the flood zone (see map)
- Create awareness about evacuation routes
- Test evacuation actions – including planned routes
- Time how long it takes to get outside the flood zone following a major earthquake.

"Depending how close people are to the river and how far upstream, they will have between 30 and 60 minutes to get outside the flood zone once the shaking stops," Koopman says. *"The real question is: Can you get yourself to safe, high ground fast enough? To be prepared, we want to test that."*

What to do on Thursday, Oct. 18:

- **10:18 a.m.** Drop, Cover and Hold On under a desk or table for two minutes (anticipated minimum time shaking would last during a major earthquake.).
- **10:20 a.m.** After the "shaking" stops, count to 60, then begin evacuation.
- **10:24 a.m.** Evacuate to the nearest designated exercise checkpoint on foot or by bicycle. Register at the checkpoint and return to your original location.

Five exercise checkpoints will be set up outside the flood zone until 11:24 a.m. at:

- Maritime Heritage Centre
- City Hall
- École-Phoenix Middle School
- Woodburn and Spring roads intersection
- 9th Avenue & Ironwood intersection

"It's important for people to know that these checkpoints would not be setup following a real earthquake," Koopman adds. *"These locations were chosen for this exercise to illustrate the perimeter of the flood zone and as safe locations for people to gather away from busy traffic."*

Prizes for participation: People who are in the flood zone at the time of the event and participate in the exercise by evacuating the area on foot or by bicycle can also have their name entered to win an emergency preparedness prize when they register at a checkpoint.

Interested in attending or hosting a preparedness workshop? Contact protective services coordinator Shaun Koopman via email to skoopman@strathconard.ca or call 250-830-6702.

