



## Self Assessment

### DO YOU HAVE A FAMILY EMERGENCY KIT?

You should have a kit that will sustain your family for at least 72 hours and should include:

- ✓ First aid supplies.
- ✓ Shelter such as a plastic tarp, a small tent, emergency "space" blankets.
- ✓ Water: four litres of water per person, per day.
- ✓ Food: keep a supply of non-perishable food handy such as canned and dehydrated food, dried fruit and canned juices.
- ✓ Flashlight and spare batteries.
- ✓ Battery AM/FM radio and spare batteries.

For more information on what to include in your emergency kit, go to [www.pep.bc.ca](http://www.pep.bc.ca) or [www.city.vancouver.bc.ca/corpsvcs/emerg](http://www.city.vancouver.bc.ca/corpsvcs/emerg).

### HAVE YOU DISCUSSED YOUR EMERGENCY PLAN WITH YOUR FAMILY?

Every year we put together or update comfort kits for our children, but it is also important to discuss your family's emergency plan with your children.

### DO YOU HAVE YOUR FIRST AID CERTIFICATE?

One of the best ways to help your family, your school and your community is to get basic first aid training. St. John's Ambulance and the Dunbar Community Centre offer courses frequently. Our goal for the ICS community is to have every parent in every classroom trained in first aid.



**Immaculate Conception**  
V A N C O U V E R

*Today, I will grow in knowledge, love of God and service to others.*

The ICS Emergency Preparedness Parent Committee produced this brochure in Spring 2008.

If you have any questions or comments, please contact the Committee Coordinator, Sam Wong, at 604-602-0118 or [samuelmwong@hotmail.com](mailto:samuelmwong@hotmail.com).



# EPP

Immaculate Conception School's  
Emergency Preparedness Plan

Are you  
prepared?



# Here's what we're doing...

## WE HAVE A PLAN: THE ICS-EPP

The ICS Emergency Preparedness Plan (ICS-EPP) is adapted from a publication by the Society of Christian Schools in BC. Through feedback from the principal, the Parish Education Committee, the Catholic Independent Schools of Vancouver Archdiocese and the Emergency Preparedness Committee, the resulting plan is a 39-page document that comprehensively outlines what to do in case of a catastrophe such as earthquake, fire, bomb threat, etc. The plan is reviewed yearly and can be found on the ICS website at [www.icschoolvancouver.com](http://www.icschoolvancouver.com).

## KNOW YOUR ROLE IN AN EMERGENCY

It's not something we like to think about, but it's necessary to know your role in an emergency to mitigate panic and confusion, and to keep our family safe.

One of the primary priorities of the ICS Emergency Preparedness Committee this year is to bring the ICS-EPP document to life through a comprehensive communications strategy over the coming months. Along with safety drills, first aid training and on-going education, our goal is to ensure that everyone in the ICS community knows their role in an emergency.



## PARENT VOLUNTEERS

Each year parent volunteers work on the ICS Emergency Preparedness Committee to review the Emergency Preparedness Plan (ICS-EPP) to identify areas of improvement. This year one of the committee's primary objectives is to communicate the contents of the ICS-EPP to the parents, teachers and students in order to:

- Build and increase awareness of emergency preparedness.
- Educate parents of the ICS-EPP.
- Educate teachers and the Emergency Response Team (parent volunteers) of duties at times of catastrophe according to the ICS-EPP.
- Reinforce current emergency preparedness practiced by students.

## WE NEED EMERGENCY RESPONSE TEAM VOLUNTEERS!

Emergency Response Team volunteers are made up of parents & parish members who assist the ICS staff in case of an emergency. We need you if you are:

- Within walking distance from the school.
- Available during school hours.
- Would be willing to get first aid training provided by the school.

Please contact Mrs. Riviere at the school to volunteer.



## EPP SCHEDULE

Communication, practice and learning about the ICS-EPP are crucial to keep our families safe. Here's what you can expect over the course of the school year:

- Yearly risk assessment of the school's building, equipment and grounds, and execution of these recommendations.
- A training session for parent volunteers to review release drill set up, first aid and student release procedures.
- Emergency Drills – several fire & earthquake classroom drills and one emergency release drill during the school year.
- Monthly ICS-EPP information bulletins in the school newsletter. These bulletins will be brief and include topics such as preparing yourself at home, review of risk assessments & upgrades made to the school building, what parents should do in case of emergency, etc.
- An opportunity to sign up for a St. John's Ambulance First Aid training course.

Being prepared helps us protect our family, our school and our community!



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