

POLICIES AND PROCEDURES

HEALTH AND SAFETY

Earthquake



Drop, Cover and hold on

If you are inside:

- Drop to your knees
- Cover your head and neck with your arms to protect you from falling debris
- If you can, crawl for additional cover under sturdy desk or table
- Stay away from glass, windows, outside doors and anything that could fall such as heaters, light fixtures
- Hold on to sturdy covering so you can move with it until shaking stops

During Trainings or Games

- If possible move away from buildings, streetlights or utility wires. Stay clear of light towers and other tall structures.

If the earthquake is 'long and strong' there is a risk of Tsunami. Evacuate to the safe Tsunami zone in the car parks by Western Springs High School

