**Instructional Plan: Activity 5: Community Plan**

| **Session title: Community Plan** |
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| **Time:**This activity will take 30 minutes |
| **Presenter:** One facilitator will explain to everyone at the beginning what this activity will look like. |
| **Description of learning activity:** Develop a community plan for how to make sure you and your community is safe in various instances. Identify safe places you can go and alternate strategies to contact people in the event there is damage to the communication system. Role of facilitators when we spilt into groups:* Each facilitator walk participants through the jam board:
	+ Share screen with jam board slides
	+ There are **2 slides** for this activity (opportunity for participants to write more notes and have some of the questions mentioned below in the 2nd jamboard slide.
* Facilitators can help groups to pick a potential disaster and walk through questions:
	+ Question 1: How did you learn about the emergency/where would you get your information?
	+ Question 2: What do you do with this information? Where do you go for more information? Can you verify that the information is accurate?
	+ Question 3: What are your primary concerns? Secondary concerns?
	+ Question 4: What do you want to make sure you have access to during an emergency?
	+ Question 5: Who might need your help in your community? Who might help you? (ex. Buddy system)
	+ Question 6: If you need help, where do you go? Who do you ask? If official help is not available, what are some other options? (ex. Security, colleagues, neighbours)
	+ Question 7: Who do you need to contact? (for example, if kids are in daycare - are they safe? Who can pick them up?)
	+ Question 8: If you can’t go home for a while, where is a safe place for you to go?
	+ Question 9: How would you gain access to food and water?
	+ Question 10: What do you do if there is a power outage?
	+ Question 11: What resources do other participants have in the community? (Think about the Community Bingo sheet (what resources did we identify)
	+ Question 12: Are there other considerations to include in this plan for various types of disasters or emergencies?
* Get participants to choose someone to present back to the main group when we come back together.
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| **Learning objectives:**1. To create a community disaster plan that is applicable to multiple types of incidents, including the identification of safe places to evacuate
2. To identify multiple types of communication strategies for checking in with family, neighbours, and friends in the event of an incident
3. To identify capabilities within the community to promote self-sufficiency
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| **Instructional techniques:*** Facilitated discussion in each breakout session
* Everyone can populate the Jamboard slide with notes (slides: 6-7)
* Group sharing at the end
* Have a template of a disaster/emergency plan
* Budget a small amount of time for each question (not every question needs to be answered but participants should also not get stuck on the first few)
* Facilitators should help participants answer questions related to their community plan while they develop it
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| **Speaking points:*** Introduce the activity:
	+ The purpose of this activity is to develop a community plan for how to make sure you and your community are safe in various instances. The hope is to identify safe places you can go and alternate strategies to contact people in the event there is damage to the communication system. BUT we do want to keep in mind that this is a shorter activity than we would typically do. Usually we would give participants around 30-40 min to develop community plans but we are only giving you 15 minutes - so you will just start to scratch the surface regarding what to include, but this will hopefully give you some ideas for developing community plans in your own communities.
	+ You will rejoin your breakout groups to develop a community emergency plan for how to make sure you and your communities are safe in particular situations.
	+ The community plan will hopefully help address many different disasters with some tweaks.
	+ There are some great resources for developing household and community emergency plans. I will go over a fillable template from the [City of Calgary](https://www.calgary.ca/csps/cema/prepare-for-an-emergency/how-to-make-an-emergency-plan.html), but there are a bunch on the were ready website (under the “resources” tab that I encourage you to look at (especially those with stars beside them). [For example Getting Prepared for Emergencies (CEMA)\* <https://www.calgary.ca/csps/cema/prepare-for-an-emergency/getting-prepared-for-emergency.html>

And SBCC for Emergency Preparedness Implementation Kit\*<https://sbccimplementationkits.org/sbcc-in-emergencies/courses/sbcc-for-emergency-preparedness-i-kit/>]* + In the fillable template from the City of Calgary, there's opportunities to fill in emergency contact numbers, medical information… there’s info in there about what should be included in a 72 hr emergency kit, the difference between evacuation plans vs. staying in or a “shelter-in-place” emergency plan....etc.
	+ Each group will go through a series of questions (Facilitators will help to guide these (listed below) but some of the questions are on the jamboard (on the 2nd page to do with this activity). How you answer these questions will help with creating your community disaster plan.
	+ The end product will be a single plan that is appropriate for lots of different disasters.
	+ Create your own **community plan using the Jamboard provided to you**).
	+ You will have 15 Minutes to develop your community plan (at least start the conversation about what to include in these plans as 15 minutes might not be enough - but can help you to start the conversation...
	+ Facilitators will be in each group
	+ Any questions?
	+ GO!

Once breakout rooms end:* The main facilitator will invite each group to share (~3 minutes each), while one main notetaker collects all the information. This is a good opportunity for participants to write down ideas in the Implementing We’re Ready! in My Community worksheet
* Review the combined information. Everyone may do community disaster plans different, but it is important that it is tailored to your community (where community members are actively involved in developing it if possible) and for as many hazards that you can think of.
* At end of activity, ask participants to change their Zoom name after Activity 5 during the break and before Activity 6 to include their Activity 6 role name (they will instructions in the email before workshop how to do it e.g. First name #11 Porch
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| **Demo activity details:** |
| **Assessment plan:** * Groups all share the highlights of their discussion with all workshop participants
* Once all groups have shared, the material is collated and put into a hazard plan template that each participant can then use during the mock disaster and take home at the end of the workshop
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| **Estimated duration of activity:** 30 minutes |
| **Instructor (I) and participant (P) resources/materials:**I - JamboardI - Emergency plan template for 24 hour disaster: -food source -water source -locked in building (implications and reasons for this...) -psychosocial component (people keeping calm) -physically injured -plan for contacting loved ones -list of people to make sure everyone is accounted for (word for this?) (roster or check in sheet) -skills inventory (first aid, deescelation skills, suicide intervention training). -buddy system -Medical ID on phoneP - Implementing We’re Ready! in My Community worksheet |
| **Facilities required:*** Jamboard
* Facilitators per online breakout group
* Fillable emergency community plan template
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| **Additional notes:**The sequencing of this activity needs to be considered. To be effective, we need time to make individual plans out of this content that they can use during the mock disaster. |