

# STORM SAFE: SHELTERING IN PLACE

FACILITATOR GUIDE



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## ACTIVITY: FINDING SAFE SPOTS TO SHELTER IN PLACE

**Purpose:** The purpose of the activity is to educate individuals and families on finding safe locations to shelter in place during severe weather emergencies.

**Objective:** Identify the safest locations to shelter in place during severe weather emergencies.

### Presentation Tips:

- Welcome participants to the session.
- Tell the participants that the focus of this activity is sheltering in place—whether at home, at work, or in some other location—during severe weather, including hurricanes, tornadoes, winter storms, or heat waves. Safe locations vary depending upon the weather emergency. This activity concentrates on those weather hazards for which sheltering in place may be the best option.
- Distribute the Safe Havens handout. Briefly review the information on the handout.
- **Optional Activity:** If feasible, have the group do a quick exercise to assess the room you're meeting in for safety in different weather emergencies. Explain that they won't always be at home when a weather emergency happens. They have to be able to assess the shelter-in-place potential of other locations as well. Divide the participants into smaller groups. Assign each group a different weather emergency from among the following: hurricane, heat wave, thunderstorm and lightning, tornado, and winter storm. Use weather emergencies that happen in your community. Ask each group the following two questions:
  - Is our meeting room a good location for sheltering in place?
  - If not, where else could we try in this building?
- Distribute the Mark the Safe Spots handout. Tell participants to identify the safe locations for the weather emergencies listed, using the simple floor plan provided.
- **Optional Activity:** If feasible, and if participants are made up of families, divide them into family groups. Give a family member a type of weather emergency and tell them to go "hide" in the safe shelter-in-place spot for that hazard. Ask other family members to find him or her. If it's not feasible to have participants go out into the meeting place, then distribute the Shelter Together: Activities handout and suggest they do one of the activities at home.

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### **Presentation Tips: (Continued)**

- Conclude the session by reminding the participants that they should observe these additional precautions during emergencies:
  - In some weather emergencies, for certain structures such as mobile homes, it may be safer to evacuate rather than try to find a safe place inside.
  - Listen to the radio or television or follow other communications systems for news of developing conditions, warnings, and instructions on what to do.
  - Evacuate if ordered to do so by local authorities.
- Thank the participants for attending the session.

# STORM SAFE: SHELTERING IN PLACE

## SAFE HAVENS: HANDOUT



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Taking shelter is critical in times of disaster. You need to identify safe locations during severe weather, whether at home, work, or some other location. Listed below are the best places to shelter in place for selected weather emergencies.

### **Heat Wave**

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.

### **Thunderstorm and Lightning**

- Stand or sit away from doors and windows that lead outside.
- Stand away from concrete walls, and avoid lying on concrete floors.
- Close doors and windows to the outside to prevent wind damage and injuries inside the home.

### **Hurricane**

- Listen to local watches and warnings about evacuating.
- If you live in a high-rise building, hurricane winds are stronger at higher elevations or floors.
- If you are unable to evacuate, go to your wind-safe room.
- If you don't have a wind-safe room, take refuge in a small interior room, closet, or hallway on the lowest level.
- Lie on the floor under a table or another sturdy object.

### **Tornado**

- Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level.
- If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls.
- Put as many walls as possible between you and the outside. Get under a sturdy table and use pillows, blankets, or other "cushions" to protect your head and neck. As a last resort, use your arms to protect your head and neck.

### **Winter Storm**

- Select a location where heat can best be conserved, such as the side of the house that receives the most sunlight and is away from cold winds.
- Interior rooms are probably the best option.
- A basement may be a good location.
- If necessary, seal off rooms that are not being used by shutting doors, closing window coverings, etc.

**EVACUATE instead of sheltering in place if you are ordered to do so by local authorities.**

# STORM SAFE: SHELTERING IN PLACE

MARK THE SAFE SPOTS: HANDOUT



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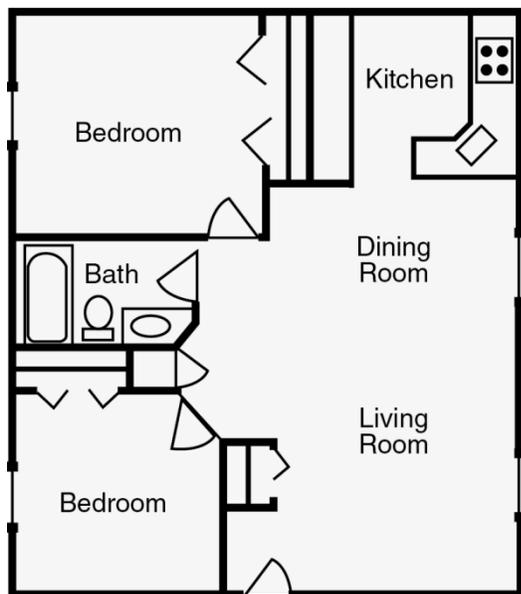
ACTIVITY: FINDING SAFE SPOTS TO SHELTER IN PLACE

**Purpose:** The purpose of this activity is to practice locating safe places in the home during severe weather.

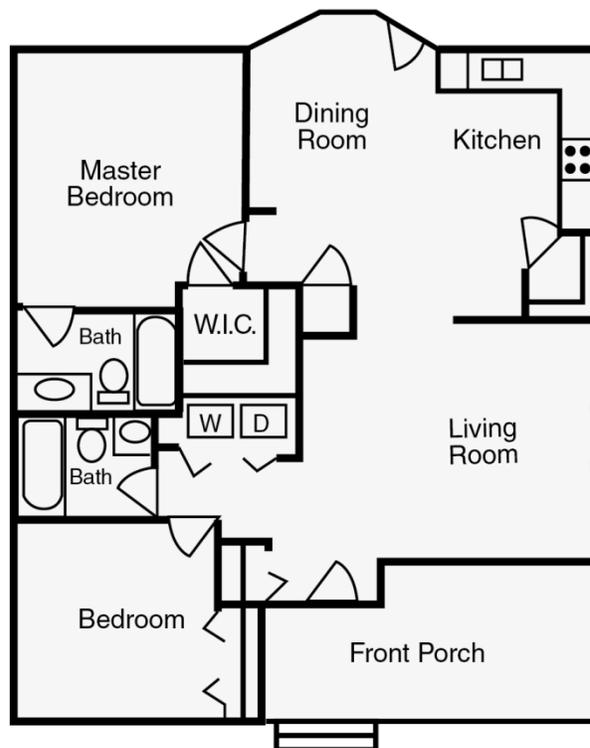
**Directions:** Using one of the sample floor plans below—either for an apartment or for a detached one-story home, locate a safe place for each type of severe weather listed. Indicate your safe location with the suggested abbreviation as follows:

- **H** = Heat Wave
- **HR** = Hurricane (home is not in a coastal or other flood hazard area)
- **TH** = Thunderstorm and Lightning
- **T** = Tornado
- **W** = Winter Storm

Apartment



House



# STORM SAFE: SHELTERING IN PLACE

## SHELTER TOGETHER: ACTIVITIES



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### PRACTICING SHELTERING IN PLACE

**Purpose:** The purpose of these activities is to practice sheltering in place so you can determine what additional resources you might need.

**Directions:** Below are two shelter-in-place activities that you can do at home together with members of your household.

#### **Activity 1: Hide and Shelter Seek**

Using the Mark the Safe Spots handout, give a family member a type of weather emergency and tell him or her to go “hide” in the safe shelter-in-place spot for that hazard. Ask other family members to find him or her. When you find the hiding family member, decide together whether the shelter location is adequate for the threat.

#### **Activity 2: Camp In**

Using the Mark the Safe Spots handout, pick a weather emergency. Gather the family together in that safe spot to hang out. Feel free to bring sleeping bags and snacks. You may even want to assume the power is out and carry flashlights and board games as well. Plan to spend an hour or more at the location. At the end of the activity, ask the family members the following questions:

- What was it like to have to stay in this area and not go to other parts of our home?
- What additional items would you have liked in the shelter area?
- What would have made it more comfortable?
- What might you need if you had to stay in this area for 3 hours? What about for 6 hours or more time?
- How would someone find you in this shelter area?