

## WHAT IF ... YOU'RE AT SCHOOL?

**In a classroom – Duck, Cover, Cover and Hold On.** – **Duck.** Duck under a table or desk. If you're too big/tall to fit completely under the table or desk, try your best to cover your head, neck and back. Yes – your legs could get hurt if something fell, but if your back or neck breaks, it could be fatal! **Cover.** Cover your head, neck and back. Maybe cover all of you if you can, but really – your head, neck and back. **Cover.** Cover your eyes by ducking your



head into your shirt or pulling your hoodie over your face and eyes. At least put one of your hands over your eyes. Ceiling tiles often shred as they fall and that dust could

harm your vision. Not cool. **Hold On.** Hold onto the desk or table. If a huge jolt comes along and you're NOT holding on, the table could walk away from you and you wouldn't stay covered. **Tell.** Tell others to do the same.

**On the P.E. Field – Stop, Look, Walk, and Sit.** – **Stop.** Seriously ... stop moving. **Look.** Look around for anything that might fall on you – backstops, basketball hoops, trees, stadium lights, building parts. Look to see what upright thing is shaking and move away from it. **Walk.** Sure – it feels like you should run because you're scared. Seriously ... **WALK!** Walk to a safe place – the center of the field or blacktop but away from things that could fall on you. The shockwaves in an earthquake travel OVER 3,600 mph. If you run and the earth drops and comes back up to meet you, it can break your legs if you're running. **Sit.** Once you reach your spot, sit down. Lift your knees and rest your arms on your knees while covering your head. If you get knocked over, try to keep holding your head to protect it. **Tell.** Tell others to do the same.



**In the Gym (Also read On the Bleachers) – Stop, Look, Walk Out, GET AWAY, Look, Walk, Sit.** Okay – Gyms are tricky. They may have hanging lights, sound absorbing panels (baffles), padding, light panels, score boards, flexible bleachers (retractable or telescopic), stand-alone signs, etc. Any one of these things could be problematic during an earthquake. So, **Stop**. Whatever you're doing/playing, stop and look for the NEAREST exit. **Look**. Look to see what is falling or could be falling as you move to the exit. **Walk Out**. You can walk quickly, but don't run toward that exit. **Don't push, shove, or move so quickly as to cause problems for others.** **Assist** anyone who needs help out of that exit. **GET AWAY**. Once you are out of the gym GET AWAY from the building. Away from the eaves, away from the side of the building, away from lights and cameras attached to the side of the building. **Look**. Look around for things that could fall on you (see On the P.E. Field above). **Walk**. Walk to a safe space. **Sit**. Sit down with your knees up, arms resting on your knees, and your hands

on the side of your head. If that position is impossible, just sit down. **Tell**. Tell others to do the same.

(In all my research, I have not seen anything that gives me a clue as to how to get off of the bleachers. This is my best educated guess.)

**On the Bleachers In the Gym – Stop/Look, Crabwalk/sit, Walk Out, GET AWAY, Look, Walk, Sit.** If you are anywhere on the bleachers, do NOT stand up and run or jump. If you are on the bottom row, follow “**In the Gym**”. If you are at the top or in the middle, **crabwalk** down, row by row, and **sit and slide** in between on the seats till you crabwalk down the next row. Do this until you reach the bottom row. Do not stand. (If you are directly next to the handrail, you can go down the steps holding on.) Do not push others out of your way. Do not jump from one row to the next. Hold onto the seats as you descend. **Assist** anyone who doesn't know what to do. Once you reach the bottom, **Walk Out**. You

can walk quickly, but don't run toward that exit. **Don't push, shove, or move so quickly as to cause problems for others.** **Assist** anyone who needs help out of that exit. **GET AWAY.** Once you are out of the gym GET AWAY from the building. Away from the eaves, away from the side of the building, away from lights and cameras attached to the side of the building.

**Look.** Look around for things that could fall on you (see On the P.E. Field above). **Walk.** Walk to a safe space. **Sit.** Sit down with your knees up, arms resting on your knees, and your hands on the side of your head. If that position is impossible, just sit down. **Tell.** Tell others to do the same.

**In the Quad** (or whatever you call the large open space [square?] between the buildings) – **Move Away/Stop, Look, Walk, Sit. Move Away/Stop.** Move away from the walls of the buildings into a more open space and stop to look around. **Look.** Make a judgment about whether you are too close to any buildings or if you're far enough away. Look to see what is

falling or could fall. **Walk.** Walk a few steps more away from any buildings or walk to the center of the quad away from the buildings altogether. **Sit.** Sit down with your knees up, arms resting on your knees, and your hands on the side of your head. If that position is impossible, just sit down. **Tell.** Tell others to do the same.

**In the Bathroom – Finish quickly, Move Away/Stop, Look, Walk, Sit. Finish Quickly.**

Whatever you're doing, finish it in a hurry. Water pipes could burst, water could slosh around in the toilet, the lights could go out. Really, you're not going to want to be there. The bathroom is not any safer than any other room in the school. **Move Away/Stop.** Move away from the walls of the buildings into a more open space and stop to look around. **Look.** Look around for things that could fall on you. **Walk.** Walk to a safe space. **Sit.** Sit down with your knees up, arms resting on your knees, and your hands on the side of your

head. If that position is impossible, just sit down. **Tell.** Tell others to do the same.

**Sitting and Eating Lunch - Duck, Cover, Cover and Hold On. Duck.** If you're eating at a table, then duck under that table, even if it's some industrial version of a picnic table! Put your back against the back of the person who was eating across from you and then *try not to lean against them*. If you're too tall/big see "In the Gym" or "In the Quad" above OR duck under the end of the table where there might be leg room. **Cover.** Cover your head, neck and back. **Cover.** Cover your eyes by ducking your head into your shirt or pulling your hoodie over your face and eyes. **Hold On.** Hold onto the table. **Tell.** Tell others to do the same.

**In a Multi-Purpose Room** (just freestanding chairs) – Same as "In the Gym". **Stop, Look, Walk Out, GET AWAY, Look, Walk, Sit.** Add to that – Since the chairs are freestanding, and any little bit of pushing can cause problems,

you'll have to pay special attention to **WALKING OUT IN AN ORDERLY, YET FAST, FASHION. Don't push, shove, or move so quickly as to cause problems for others.** **Assist** anyone who needs help out of the exit. **Tell.** Tell others to do the same.

**In an Auditorium** (with chairs attached to the floor like an old school *movie theater*.) **Duck, Cover and Hold On. Duck.** Get off of the seat and onto the floor. Pull the seat over your head, neck and back to protect the spine. Make sure all of you is below the seat back of the seat in front of you, so most of any falling debris will hit the seat back and your protective seat and not you. **Cover.** Cover your eyes by ducking your head into your shirt or pulling your hoodie over your face and eyes. **Hold On.** Hold onto the seat above you with one hand – perhaps at the edge. **Tell.** Tell others to do the same. **IF** you lose electricity, turn on your phone and use the flashlight app or screen to see what has happened. Move cautiously as there could be aftershocks.