

## Code Name Insight Preparedness/Survival Drills

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Included here are fifteen survival/preparedness drills which will require two days each to complete. The first day of each drill will be used for training the necessary skills to complete the drill. The second day will be for holding an unannounced drill on the skills learned the previous day and completing an after-action review. Drills should include participation from the entire family (or survival team) and, of course, should be tailored to the level of the persons involved. Please note that many of these drills will require advanced study and preparation by the leader in order to facilitate the most up-to-date skills and information. Some tasks (CPR, firearms use, etc) may require professional instruction.

**Drill #1 Fire Drill.** Training should include: how to call 911, how to check the batteries in the smoke detectors, how to use a fire extinguisher, how to warn everyone in the house about a fire, how to escape from the house if it is on fire, where to meet after escaping from the house, common sense rules about when to try to extinguish a fire and when to just leave.

**Drill #1 Fire Drill After Action Report** (what went well, what didn't, what skills need to be worked on).

**Drill #2. First Aid Drill.** Training should include: how to call 911, where the first aid kit is located, what is in the first aid kit and how to use each item, how to perform CPR, how to perform the Heimlich maneuver, basic first aid skills.

**Drill #2 First Aid Drill After Action Report** (what went well, what didn't, what skills need to be worked on).

**Drill #3 Lockdown Drill.** Training should include: who is responsible for closing and locking each door and window, who is secondarily responsible for this action should the primary person not be home, how to secure each door and window, how to set the security alarm/system, how to turn on the surveillance system, how to perform these tasks as quickly as possible and in what situations these actions would be necessary, how to access the safe room and what procedure to follow once secured in the safe room.

**Drill #3 Lockdown Drill After Action Report** (what went well, what didn't, what skills need to be worked on).

Drill #4 Emergency Evacuation Drill. Training should include: what to include in each person's BOB (Bug Out Bag), which pre-determined vehicle will be used for evacuation, how to quickly access each person's BOB and put it in the vehicle, what other items should be taken when evacuating and how to access them quickly, what to do with pets, how to secure the home before leaving, and how quickly everyone can complete the above tasks, get in the vehicle and leave the home.

Drill #4 Evacuation Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #5 Natural Disaster Drill. Training should include: an overview of which natural disasters are likely to occur in your area, what specific steps to take during a tornado/hurricane/earthquake/tsunami/etc, what steps to take prior to the event (ie: boarding up windows for a hurricane, bracing heavy furniture and the hot water tank for an earthquake), what steps to take during the actual event (ie: holing up in the basement during a tornado, dropping and covering during an earthquake), and what steps to take after the event (turning off the power/water/natural gas).

Drill #5 Natural Disaster Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #6 Communications Drill. Training should include: who to contact during an emergency (parents, neighbor, relative in another town, relative in another state) and their phone numbers/email addresses/CB or HAM access points, how to contact these people by landline, cell phone, email, CB or HAM radio, what would constitute an emergency and what information to provide.

Drill #6 Communications Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #7 Meeting Place Drill. Training should include: where to meet in your neighborhood if you cannot return home, where to meet in your town/city, where to meet in the next town, where to meet across the country should your entire state be devastated and possibly what international city to meet in should that be required. Include exact locations, how long to wait, and how to leave a message if you are unable to wait any longer at the location.

Drill #7 Meeting Place Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #8 Bio-terrorism Drill. Training should include: information on bio-terrorism agents and their effects, how to conduct a decontamination process, what to do after decontamination, how to shelter in place.

Drill #8 Bio-terrorism Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #9 Kidnapping Drill. Training should include: how to avoid being kidnapped, how to respond during a kidnapping (practice hitting, kicking, screaming, etc), what to do if you are kidnapped, how to gather evidence during the kidnapping.

Drill #9 Kidnapping Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #10 Lost In The Woods Drill. Training should include: how to find water, how to start a fire, how to create a shelter, how to gather food, how to signal rescuers, how to leave a trail, how not to panic, how to navigate in the woods, how to avoid wilderness dangers (animals, hypothermia, etc).

Drill #10 Lost In The Woods Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill 11 Specialized Drill. Training should include: emergency response actions specifically for activities/events your family is likely to encounter when boating, flying in a private plane, scuba diving, traveling in a foreign country, or any other unique, specialized area not covered by other drills.

Drill #11 Specialized Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #12 Personal Protection Drill. Training should include: personal protection skills (fighting, karate, shooting (rifle, shotgun, pistol), when to appropriately use these skills, how to avoid needing to use these skills, what to do after an event.

Drill #12 Personal Protection Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #13 Public Disaster Drill. Training should include: what to do if a disaster occurs when you are in a public area, what types of disasters could happen when you are in public (ie: bombing,

shooting, weather incident, etc), how to identify possible disasters before they happen, how to prepare in advance for a public disaster, what to do during the event (ie: moving away from the incident, when to seek cover and when to run), what to do after the event.

Drill #13 Public Disaster Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #14 Reporting Drill. Training should include: how to call 911 and report an incident, how to give a verbal or written report of an incident (ie: who to report to, what details to report, when to ask for a lawyer). Memory drills should also be included here. Show the group a fairly detailed picture then take it away and ask them to write down as many details as they can remember. Go to a public place and practice observing people and situations, memorizing as many details as possible.

Drill #14 Reporting Drill After Action Report (what went well, what didn't, what skills need to be worked on).

Drill #15 Hazard Hunt Drill. Training should include: what constitutes a home hazard, how to correct hazards to create a safer home, where to look for hazards in the home (ie: unlocked meds in the medicine cabinet, oily rags laying in the garage, brush around the perimeter of your home, a ladder leaning up against the house, etc). Give the group a limited amount of time to tag each hazard that needs to be corrected and take corrective action immediately.

Drill #15 Hazard Hunt Drill After Action Report (what went well, what didn't, what skills need to be worked on).