

## Learning Objective #10 Practice Makes Perfect: the testing process

- Watch** Learning Objective Video #10
- Review** pages 55-58 The Power of Urgency
- Review** pages 40-41 Urban Emergency Survival Plan
- Review** pages 51-53 of the Emergency Action Planning Workbook
- Review** pages 45-46 of “Are You Ready”
- Write** your answers to the Following Questions:
  1. What is the difference between a Drill, Rehearsal, and an Exercise?

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## Practice Makes Perfect

### What are we going to do?

- Drills, Rehearsals, Exercises
- Table top, Map Ex, Sand Table
- Cross Training
- Risk Management
- After Action Review
- Review Your Plan
- Make Necessary Changes

- Practical Exercise

## **Drills, Rehearse, Exercises**

- A Key To Success
- Everyone Gets To Play

## **Cross Training**

- Involve Everyone
- You Might Not Be There

## **Exercise Planning**

- Realistic As Possible
- Scenarios

## **After Action Review**

- Identify The Players
- What Did We Do
- What Really Happened
- What Went Right
- What Went Wrong
- How Can We Do It Better
- Do It Again

## **Review Your Plan**

- Things Change
- Once A Year
- As Needed

## **Make Necessary Changes**

- Immediately
- Document
- Notify Everyone Involved
- Re-Train

## Resources

- Your Workbook
- The Key Players
- Practical Exercise
- Involve Everyone

## Review

- Drill, Rehearse, Exercises
- Cross Training
- Practice, Practice, Practice
- After Action Review
- Review Your Plan
- Make Necessary Changes
- Resources
- Practical Exercise

**Go to Learning Objective #11**  
**Water**

## Learning Objective #11 Water

- Watch** Learning Objective Video #11
- Review** pages 50-51 of the Emergency Action Planning Workbook
- Review** pages 33-34 & 38-41 of “Are You Ready”
- Review** pages 132-192 When All Hell Breaks Loose
- Review** pages 50-65 Urban Emergency Survival Plan
- Download and Print** the Grocery List
- Print and Review:** FEMA Food and Water
- Write** your answers to the Following Questions:

1. What are the water requirements for your group?

Daily \_\_\_\_\_

Three Days \_\_\_\_\_

One Week \_\_\_\_\_

Two Weeks \_\_\_\_\_

2. How do you plan on storing this water?

\_\_\_\_\_

## Water/H<sub>2</sub>O

- How much is enough
- Cooking
- Sanitation
- Label, Date & Rotate
- Special Considerations

## How Much Is Enough

- One day
- Three days
- Two Weeks

## Cooking

- Include In Your Needs Assessment

## Sanitation

- Clean Water
- Include In Your Needs Assessment
- One Gallon Extra Per Person Per Day
- Alternatives
- Label, Date & Rotate

## Special Considerations

- Weather & Work Load
- Container Size
- Portability
- Go Kits
- Shelf Life
- Storage

## Review

- How much is enough
- Cooking
- Sanitation
- Label, Date & Rotate
- Special Considerations
- Learning Objective 11: Food

# Go to Learning Objective #12

## Food

## Learning Objective #12 Food

- Watch** Learning Objective Video #12
- Review** pages 52-55 of the Emergency Action Planning Workbook
- Review** page 34-36 & 41-42 “Are You Ready”
- Review** pages 193-244 When All Hell Breaks Loose
- Review** pages 66-84 Urban Emergency Survival Plan
- Download and Print** the Grocery List
- Print and Review:** FEMA Food and Water
- Write** your answers to the Following Questions:
  1. Are there any unique needs that should be recognized when you develop your meal plan?

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## Food

- Basics
- Ready to eat
- Caned juices, milk, soup
- High energy foods

- Vitamins
- Comfort foods
- Specialty foods
- Utensils
- Preparation
- Shopping List/Needs Assessment
- Storage & Transportation
- Go Kits
- Practical Exercise

## **Basics**

- Caloric Intake
- Stick With What We Know

## **Ready to Eat**

- Pre Packaged
- Meal In A Minute

## **Caned Juices, Milk, Soup**

- Alternate Source Of H2O
- KISS

## **High Energy Foods**

- Tiger Bars
- Drinks

## **Vitamins**

- Included In Your Meals
- Supplements
- Stick With What We Know



## **Comfort Foods**

- Stress
- Yummy, Yummy

## **Specialty Foods**

- Needs Assessment
- Elderly
- Infants
- Pets

## **Utensils**

- Don't Leave Home Without Them
- Non Electric Can Openers
- KFS & Plates
- Pots & Pans

## **Preparation**

- Hot
- Cold
- Caution

## **Needs Assessment / Shopping List**

- Who
- What
- How much

## **Storage & Transportation**

- Label, Date, & Rotate
- Integrate
- Storage
- Go Kits

## Resources

- Local
- County
- Federal
- Private Sector
- Friends & Family

## Practical Exercises

- Picnics can be Fun
- KISS

## Review

- Basics
- Ready To Eat
- Canned Juices, Milk, Soup
- High Energy Foods
- Vitamins
- Comfort Foods
- Specialty Foods
- Utensils
- Preparation
- Shopping List
- Storage & Transportation
- Resources
- Practical Exercise
- Learning Objective 12: First Aid

# Go to Learning Objective #13

## First Aid