



SQUAMISH

HARDWIRED *for* ADVENTURE



Household Emergency Action Plan

Your Home Address: _____

Your Family Phone Numbers: _____



Emergencies: Dial 9-1-1

Prepared on behalf of the Squamish Emergency Program

PrepareSquamish.ca



SEP – Squamish Emergency Program

Whether it's floods, fires, or influenza, Squamish residents need to be aware that emergencies affecting many people can strike anywhere at any time.

While we might not be able to avoid these emergencies, we can prepare. This booklet, which highlights some of the more prevalent types of potential emergencies and disasters, outlines steps we can take to lessen their impact on us.

The Squamish Emergency Program plans for and co-ordinates all emergency services and resources during major emergencies and disasters. Because emergency responders may not be able to reach everyone immediately, we encourage you to learn how to take care of yourself for at least the first 72 hours, preferably a week.

If you ever need to respond to a widespread emergency, we want you to be better prepared to protect yourself and your family.

To learn more about emergency preparedness in Squamish please visit: PrepareSquamish.ca

Emergency Contacts

Emergency numbers:

Ambulance, Fire, Police, Hazardous Material Spills	9-1-1
Squamish Emergency Program	604-815-5060 PrepareSquamish.ca
Gas Emergencies – Fortis BC	1-800-663-9911
Power Outages – BC Hydro	1-888-769-3766 (1-888-POWERON)
Poison Control Centre	1-800-567-8911 dpic.org
Health Link BC	8-1-1 Healthlinkbc.ca
BC One Call	1-800-474-6886

Regional contacts:

Emergency Management BC	1-800-663-3456 embc.gov.bc.ca
Public Safety and Emergency Preparedness Canada	1-800-830-3118 Psepc-sppcc.gc.ca
Canadian Red Cross	1-800-418-1111 redcross.ca
Salvation Army Canada	1-800-725-2769 salvationarmy.ca

Family Emergency Contacts

It is important to discuss how you will reunite with your family if you are separated during an emergency. Each family member should have a copy of important family contacts and understand where to go if you are unable to return home during an emergency.

Family Member:
Work or school name:
Address:
Phone: Cell:
Work:
Email:

Family Member:
Work or school name:
Address:
Phone: Cell:
Work:
Email:

Family Member:
Work or school name:
Address:
Phone: Cell:
Work:
Email:

Out-of-area Emergency Contacts

A good Family Emergency Plan will include information regarding the people who can and will help you in the event of an emergency. The plan should be discussed with those whom you list as out-of-area contacts so they understand that you will be looking for help in an emergency. A friend or relative who lives in another part of Squamish should also be listed and may be used as a contact and/or evacuation location. Each member of your family should know how to contact these people if you are separated during an emergency.

Out-of-area Contacts:

Contact #1

Name:
Work of school name:
Address:
Phone: Cell:
Work:
Email:

Contact #2

Name:
Work of school name:
Address:
Phone: Cell:
Work:
Email:

Landslides

The term landslide includes a wide range of ground movement such as rock fall, deep failure of slopes, and shallow debris flows (e.g. mudflow). Landslides are activated by major rock fall activity, severe storms, fires, earthquakes and human modifications. Large areas of Squamish are susceptible to debris flow events, particularly around the Cheekye Fan, and North Squamish areas. The potential damage is high and often there is little to no warning of a landslide event. If you live in an area that is susceptible it is extremely important to take preemptive steps to minimize damage and protect your family.

- Ensure your emergency kits are maintained and readily accessible- See Emergency Kits. Identify safe zones in your home and learn the safest route from your home, school or business to high, safe ground
- During major storm cycles monitor your TV, radio or PrepareSquamish.ca.
- Minimize home hazards by installing flexible pipe fittings to avoid gas or water leaks, as flexible fittings are more resistant to breakage. Plant ground cover.
- Be aware of changes to your property that may indicate land movement and instabilities including new cracks in plaster, tile, brick, or foundations. Notice changes to where runoff water converges and how storm-water drains. Have a ground assessment conducted of your property if you detect several changes.
- Identify safe zones in your home and surrounding community. If you are unable to evacuate during an event move to the second story, curl into a tight ball and protect your head.
- Get out of the path of the landslide as quickly as possible. Do not reenter landslide areas as there may be danger of an additional slide.



Floods

Floods are the most likely natural hazard to impact Squamish. They can occur at any time of year and are most often caused by heavy rainfall, rapid melting of a thick snow pack, ice jams, or more rarely, the failure of a natural or man-made dam. Heavy rainfall can result in flooding, particularly when the ground is still frozen or already saturated from previous storms. Flash flooding – in which warning time is extremely limited – can be caused by violent storms or dams breaking. The potential for flood damage is high where there is development on low-lying, flood-prone lands. To prepare for a future event:

- Be aware of your property's susceptibility and the flood height forecasts for your area.
- Learn the safest route from your home, school or business to high, safe ground.
- Cap or install backflow prevention valves on your basement floor drains.

If a flood event is imminent:

- Monitor your TV, radio or PrepareSquamish.ca until you are told all is safe or you are advised to evacuate.
- Move items in the basement (including chemicals!) to higher levels. Turn off main power switch on breaker panel or all breaker switches. Shut off gas and propane.
- If you come upon flood waters, stop, turn around and go another way. Get to higher ground.
- Get out of a stalled vehicle immediately in rising water and move to higher ground.
- Avoid already-flooded areas and fast-flowing water. Always practice caution! You may not know the depth of the water or what is under it. Even 15 cm of water can sweep you off your feet. It is very easy to be swept away by fast-moving water.
- Do not return home until the emergency situation is over, and local government announces that it is safe to return to the affected areas. All flood affected buildings must be inspected for structural damage before reentry is possible.

Earthquakes

Earthquakes create violent ground motion and loud noise. One of the safest places in your home is an inside hallway which is usually free of windows, heavy furnishings, and is only a few steps away from any room in the house. It is important that you and your family identify safe places inside your home and practice earthquake drills so the response becomes second nature.

If you experience an earthquake:

- **DROP** yourself safely to the ground, **COVER** yourself with furniture, cushions, blankets or anything else around you, and **HOLD** your position until the shaking stops and you have counted to 60.
- Stay away from anything that may fall or break and hurt you such as hanging pictures, or bookcases.

After the earthquake:

- Remain calm, stay in your safe location and count to 60 before moving. This will give things time to settle, and allow you to collect yourself before checking for hazards.
- During aftershocks: squat, cover and hold but watch for debris before kneeling down.
- Monitor your TV, radio or PrepareSquamish.ca until you are told all is safe or you are advised to evacuate.
- Continually monitor and watch for potential hazards as you evacuate to an outside location until it is determined your home is safe to return to.
- If you smell gas, evacuate immediately.

Summer / Winter Storms

Summer storms can bring heavy rain, high winds, hail and intense lightning, all of which can damage property and threaten lives. Damage from heavy rains can be minimized by:

- Improving yard drainage. Angle downspouts away from your house and towards you lawn (not towards the neighbours!).
- Capping or installing backflow prevention valves on your basement floor drains.
- Keeping your eaves trough clean and checking your sump pump.

When a summer storm hits:

- Monitor your TV, radio or PrepareSquamish.ca until you are told all is safe or you are advised to evacuate.
- Remain indoors.
- During electrical storms, take shelter. Assume a sitting position. Never lay flat. If you are caught outside, keep away from trees, hilltops, water, electrical lines and other sources that conduct electricity. A car can be a safe place to be.

Winter storms bring the dangers of high winds, low temperatures and heavy snowfall or freezing rain. If caught outside, seek shelter and wait for the storm to pass. When a winter storm hits:

- Dress for the weather. Cover your mouth and nose in extreme cold.
- Be aware of carbon monoxide when using generators and space heaters indoors.
- Avoid travel if possible.
- If you must drive ensure you are using appropriate tires, have at least half a tank of gas and a travel emergency kit in your car- See Emergency Kits.



Wildfires

Wildfires are not exclusive to remote areas. If you live in or near a forested region you are susceptible to wildfires. In BC, 48% of wildfires are caused by human activity, and the remaining 52% are primarily due to lightning strikes. Wildfires are capable of spreading at up to 5.5 kilometers per hour and destroy homes in BC every year. Squamish is almost entirely surrounded by forested area, and hot dry summers increase the risk of wildfires close to home. Taking some basic steps will help reduce the threat of wildfires to your home and family.

- Maintain a 10 metre zone around your house that has been cleared of all combustible vegetation. This includes: mature trees, shrubs, grass and woodpiles.
- If your property is forested, space trees so that the crowns of individual trees are 3-6 metres apart. Consider planting deciduous trees instead of highly combustible evergreen trees. Thin shrubbery and remove all deadfall.
- When renovating, making modifications, or designing a new home choose materials that are fire resistant including metal, clay tile, brick and concrete. Consider replacing old windows with tempered glass, double or thermal pane windows.

If a wildfire approaches your home:

- Monitor your TV, radio or bcwildfire.ca until you are told all is safe or you are advised to evacuate.
- Evacuate all pets and family members who are not essential to preparing your home well in advance.
- Shut off gas and propane. Close all interior doors, window, and other opening (e.g. pet doors).
- Remove combustibles, such as wood piles, lawn furniture and tarps, away from the house.
- Wet the roof, above-ground fuel tanks and any vegetation within 10 metres.
- Ensure emergency kits are loaded into your vehicle and the vehicle is facing the required direction of travel for a fast exit if an evacuation is ordered - See Emergency Kits.

Gas and Electricity

Electricity

To report a downed power line in Squamish, call BC Hydro at 1 888 POWERON, or 9-1-1 in an emergency with information on the exact location of the line. Always assume that downed lines are energized.

- Keep at least 10 metres away from a downed power line, even if it doesn't appear to be live. A wire that has been down for a few days could still be live.
- **If a wire falls across your vehicle, do not get out unless the vehicle is on fire.** Call 9-1-1, stay in the vehicle and do not touch any of the vehicle metal.
- If you must get out of the vehicle, **plan to carefully hop out and land on both feet, and then hop or shuffle until you are at least 10 metres away from the vehicle.** Hopping and shuffling will minimize the path of electric current through your body and help avoid shock.
- Don't drive over downed power lines. If a line has fallen on a vehicle, do not approach the vehicle or attempt to rescue people inside.

During a Power Outage:

- Turn off all electrical appliances and equipment to prevent damage from a power surge when power comes back on.
- Do not use camp stoves, kerosene heaters or barbecues indoors, as they emit carbon monoxide. Gas stoves used as a heat source for long periods without ventilation will do the same.
- Keep warm with layered clothes and blankets.
- Ensure you have access to a phone that doesn't need power to operate or a cell phone. Cordless phones will not work without power.

BC Hydro 24-hour: 1-888 POWERON (1-888-769-3766)

To Report an Emergency: Dial 9-1-1

Natural Gas

If you suspect a gas leak or smell rotten eggs stop what you are doing! Go outside and call FortisBC's 24-hour emergency line at 1-800 663 9911 or 9-1-1.

- Natural gas and piped propane smell like rotten eggs or sulphur. If you suspect a leak leave the building immediately.
- Do not use your cellphone or landline inside the building or close to a ruptured gas line. Use your cellphone once you have left the building and are away from a ruptured line, or use your neighbour's landline.
- As you exit, leave the door open, as well as any windows that may already be open.
- Do not smoke, light matches, operate electrical switches or create any other source of ignition.

Fortis BC 24-hour emergency services: 1-800-663-9911

Call before you dig:

BC One Call is the free and easy way to avoid damaging gas, electric and other utility lines that could be buried as close as a few inches underground.

BC One Call: 1-800-474-6886

Influenza

Every year there is a period of time where there are more outbreaks of the flu, this is called flu season. Flu season generally occurs during the fall, winter and early spring. You can protect yourself and keep it from spreading by taking some precautions.

To limit the spread of germs and prevent infection:

- Wash hands with warm running water. Scrub the entire time it takes you to say the alphabet. Rinse thoroughly. In public washrooms, use paper towel to turn off faucets and open the door, or use alcohol-based hand-sanitizer liquids.
- Always cover coughs and sneezes either with tissues or by coughing into your sleeve, elbow or shoulder. Never cough into open air or into your hands.
- Stay away from others as much as possible when sick.
- Stay home from work and school if you become sick.
- Consider an annual flu shot.
- Get plenty of rest and strive to stay healthy with proper nutrition and exercise.

Evacuation / Shelter-in-place

When you are instructed by officials to evacuate, do so at once. If a large number of homes are affected, authorities will likely establish a reception centre. Ensure you register everyone travelling with you at the reception centre. You may choose to stay at the reception centre or go elsewhere. If there is an evacuation alert, follow these important steps:

- Monitor your TV, radio or PrepareSquamish.ca until you are told all is safe or you are advised to evacuate.
- Shut off utilities if instructed to do so.
- Take your emergency kits and medications – See Emergency Kits.
- Ensure your pets are cared for or bring a pet evacuation kit.
- Lock your doors and windows.
- Register at the reception centre.

In certain circumstances you may be instructed to “shelter-in-place” if chemical, external gas or biological contaminants are released into the environment. This means that you should take shelter inside your home, office or even your automobile. The following steps will help maximize your protection:

- Close all windows and doors. If possible tape plastic sheeting over windows and doors.
- Take your emergency kit into the room, including radio and a cell phone.
- Monitor your TV, radio or PrepareSquamish.ca until you are told all is safe or you are advised to evacuate.
- Shut off vehicles, turn off fans and close all vents. Use duct tape to seal cracks around vents, windows and doors.



Emergency Kits

Your family should be prepared to be self-sufficient for a minimum of 3 days, preferably one week. Emergency kits should be stored in waterproof, easy to carry, and readily accessible containers or bags. Please include the following recommended items:

'At Home' and 'Grab & Go' emergency kits:

- Food that won't spoil
- Non-electric can opener
- Bottled water (4L per day per person)
- Extra prescription medications, baby supplies and special needs items
- Lanterns, flashlights (wind-up or LED)
- Battery-operated radios, spare batteries and alternate heat sources
- Extra warm clothing and blankets
- Cash (small bills) and credit cards
- First-aid kit
- One whistle per person
- Copy of your Family Emergency Plan
- Extra set of car and house keys
- Copies of important documents (e.g. insurance, ID, prescriptions)
- Plastic garbage bags
- Stove that does not require electricity
- Play cards, games and books

Prescriptions:

Family member:

Prescriptions:

Family doctor:

Family member:

Prescriptions:

Family doctor:

Travel kit for vehicle:

- Ready-to-eat, high-energy foods that won't spoil
- Flashlight (wind-up or LED)
- Flares or reflective triangle
- First-aid kit
- Basic tools, including a shovel
- Tow rope and fire extinguisher
- Extra clothing, including jackets, pants, hats and gloves
- Booster cables
- Sand or kitty litter (non-clumping)
- Ice scraper and brush
- Blankets (including special survival blankets)
- Drinking water in non-breakable containers (change every six months)
- Small candle in a deep tin can, waterproof matches
- Copy of your Family Emergency Plan
- Whistle and hatchet

Pet emergency kit:

- Food, treats and water for each animal
- Disposable litter trays (aluminum roasting pan)
- Litter, paper towels, disposable garbage bags
- Feeding dishes
- Medications, vaccinations and medical records
- Extra leash/harness, pet toys
- Travelling bag or sturdy carrier and blanket
- Photo of your pet
- List of pet-friendly places, including phone numbers

Recovery

Recovering from a disaster is a gradual process and can often take a long time (even years). The recovery process starts at the same time as the response but will likely continue for some time after the response is finished depending on the severity of the emergency or disaster. Be patient and kind to yourself and others as you work your way through the process. As the first priority after a disaster is you and your family, it is important to consider possible safety issues and continually monitor your family's health and well-being.

Tips for helping you and your family recover after an emergency or disaster:

- Discuss what happened. Recognize the losses you have suffered and give yourself time to heal.
- Encourage children to express their feelings. Listen to them carefully and be conscious not to ignore emotional needs. Fear is a normal reaction to any dangerous situation.
- Limit exposure to media covering the event.
- Work with neighbours and community groups to start the clean-up process.
- Do not be afraid to ask for help. Community resources are available to individuals and families. Throughout the recovery period, it is important to monitor your TV, radio or PrepareSquamish.ca for information about where to get emergency housing, food, first aid, clothing, and financial assistance.
- Recognize that this is an opportunity to make your community stronger and safer than before the disaster.
- Inventory material losses and call your insurance company to initiate the process.



For more information on how to protect you and your family please visit [PrepareSquamish.ca](https://www.prepare-squamish.ca)



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