

PERSONAL PREPAREDNESS FOR EMCOMM VOLUNTEERS

Clint Miller, KØGR

Section Emergency Coordinator

Amateur Radio Emergency Service

Objective:

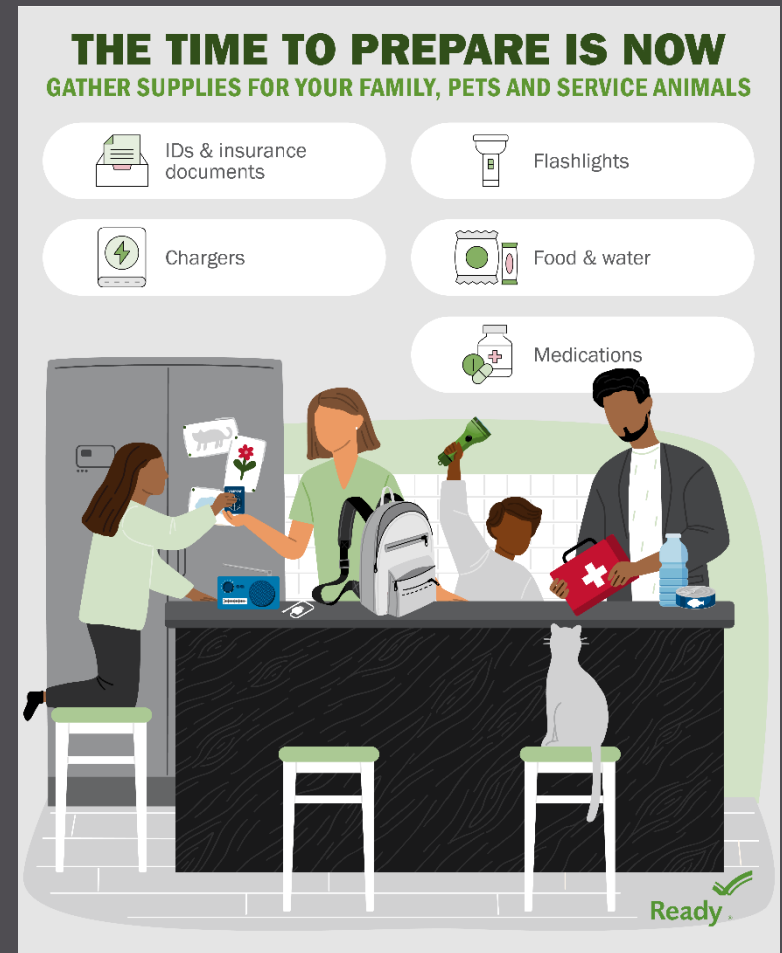
- ▣ Discuss the steps an emcomm volunteer should take to be ready to respond quickly and be fully prepared to handle their emcomm assignment.

Plan to Protect Yourself & Your Family

- ▣ Before you can respond as an ARES volunteer, you must first make sure you and your family are safe and secure
- ▣ Proper planning will help ensure that you will be prepared for any emergency
- ▣ You must have the tools and plans in place to make it on our own, at least for a period, no matter where you are when disaster strikes
- ▣ Just like having a working smoke detector, preparing for the unexpected makes sense

U.S. Homeland Security 3 Key Recommendations

- ▣ Get an emergency supply kit
- ▣ Make a family emergency plan
- ▣ Be informed about the different types of emergencies that could occur and the appropriate responses



Family Emergency Supply Kit



Family Emergency Supply Kit

- ▣ All Americans should have some basic supplies on hand to survive for at least three days if an emergency occurs
- ▣ Review the list and consider where you live and the unique needs of your family
- ▣ Consider having at least two emergency supply kits
 - one full kit at home
 - smaller portable kits in your workplace, vehicle or other places you spend time

Recommended Items to Include in a Basic Emergency Supply Kit:

- ▣ Water
 - one gallon of water per person per day for at least three days, for drinking and sanitation
- ▣ Food
 - at least a three-day supply of non-perishable food
- ▣ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
 - extra batteries for both
- ▣ Flashlight and extra batteries
- ▣ First aid kit

Recommended Items to Include in a Basic Emergency Supply Kit:

- ▣ Whistle to signal for help
- ▣ Dust mask, to help filter contaminated air
- ▣ Plastic sheeting and duct tape to shelter-in-place
- ▣ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ▣ Wrench or pliers to turn off utilities
- ▣ Can opener for food (if kit contains canned food)
- ▣ Local maps
- ▣ Prescription medications and glasses

Additional Items to Consider Adding to an Emergency Supply Kit:

- ▣ Infant formula and diapers
- ▣ Pet food and extra water for your pet
- ▣ Important family documents
 - copies of insurance policies, driver's license, Social Security card, wills, deeds and bank records in a waterproof, portable container
- ▣ Cash or traveler's checks and change
- ▣ Printed emergency reference material
 - first aid book or information from www.ready.gov
- ▣ Sleeping bag or warm blanket for each person
 - May not be enough during an Iowa blizzard!
- ▣ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes (consider cold weather gear)

Additional Items to Consider Adding to an Emergency Supply Kit:

- ▣ Household chlorine bleach and medicine dropper
 - When diluted nine parts water to one part bleach, bleach can be used as a disinfectant
 - In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water
 - Do not use scented, color safe or bleaches with added cleaners
- ▣ Fire Extinguisher
- ▣ Matches in a waterproof container
- ▣ Feminine supplies and personal hygiene items
- ▣ Mess kits, paper cups, plates and plastic utensils, paper towels
- ▣ Paper and pencil
- ▣ Books, games, puzzles or other activities for children

Even More Items to Consider Adding to an Emergency Supply Kit:

- ▣ Cell phone charger
- ▣ Cord, rope, twine
- ▣ Cooking Utensils
- ▣ Emergency stove, fuel, and cooking pot
- ▣ Insect repellent
- ▣ Lantern
- ▣ Playing cards or other entertainment
- ▣ Pry bar
- ▣ Sewing kit
- ▣ Tent
- ▣ Water filters

Grab and Go

- ▣ Assemble items in a sturdy container that is easy to transport
 - Backpack or duffel bag
 - New trash can
 - Plastic storage tote with wheels
- ▣ Store the kit near the door most likely used to evacuate
- ▣ Rotate food and other items with expiration dates
- ▣ Consider keeping additional two-week supply of food and water for sheltering in place

Family Disaster Plan

- ▣ Neighborhood, Out-of-Neighborhood, and Out-of-Town Meeting Places
- ▣ Info about each Family Member
 - DOB, SSN, Phone Numbers, Med Info
- ▣ Important Family Locations
- ▣ Insurance Policy Info and Phone Numbers
- ▣ Wallet Card for each Family Member
 - Know who to call and where to meet in case of an emergency

Child




< FOLD HERE >

< FOLD HERE >

< FOLD HERE >

< FOLD HERE >




Family Emergency Plan

Personal ID

Name: _____ DOB: _____
 Address 1: _____ State: _____ Zip: _____
 Address 2: _____ State: _____ Zip: _____
 Home Phone: _____ E-mail: _____
 Cell Phone: _____ Other E-mail: _____

Special Needs, Medical Conditions, Allergies, Injuries Information

Ready 

Relief / Support

Relief Name: _____
 Address: _____ State: _____ Zip: _____
 Other Name: _____
 Point of Contact or Special Instructions

Relief Emergency Plan

Parent / Guardian / Care Giver

Name: _____ Home Phone: _____
 Address 1: _____ State: _____ Zip: _____
 Address 2: _____ State: _____ Zip: _____
 Work Phone: _____ E-mail: _____
 Cell Phone: _____ Other E-mail: _____

Identifying Characteristics

Name: _____ Home Phone: _____
 Address 1: _____ State: _____ Zip: _____
 Address 2: _____ State: _____ Zip: _____
 Work Phone: _____ E-mail: _____
 Cell Phone: _____ Other E-mail: _____

Identifying Characteristics

Neighborhood Emergency Meeting Place

Name: _____
 Address: _____ State: _____ Zip: _____
 Point of Contact or Special Instructions

Out of Neighborhood Emergency Meeting Place

Name: _____
 Address: _____ State: _____ Zip: _____
 Point of Contact or Special Instructions

Out of Town Emergency Meeting Place


Name: _____
 Address: _____ State: _____ Zip: _____
 Point of Contact or Special Instructions

Important Numbers or Information

Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Type: _____ Age: _____ Sex: _____
 Name: _____ Type: _____ Age: _____

Miscellaneous Notes: _____

EOL 411 FOR EMERGENCIES



Place additional information on the reverse side as needed.



Be Informed

- ▣ fema.gov
- ▣ ready.gov
- ▣ redcross.org
- ▣ homelandsecurity.iowa.gov
- ▣ beready.iowa.gov
- ▣ Local EMA websites
 - Sign up for local emergency alerts

Now That Your Family is Prepared...

- ▣ Emcomm volunteers also need to consider the potential hazards when planning their equipment and supplies
- ▣ AC power, or just the batteries you bring?
- ▣ Safe drinking water, or only what's in your canteen?
- ▣ Outdoor location, or deep inside a structure?
- ▣ Repeaters, or simplex only?
- ▣ Conditions are not always known in advance, particularly during the early stages of an emergency

Being prepared for an emergency communication deployment

- ▣ Involves a wide range of considerations
 - Radio equipment
 - Power sources
 - Antennas
 - Deployables
 - Clothing and personal gear
 - Food and water
 - Specialized training
 - Served agency needs
- ▣ There is no one size fits all checklist

Go Bags

- ▣ Last thing you should need to do when a call for assistance comes is think of and locate all the items you might need
- ▣ Any experienced emergency responder knows how important it is to keep a kit of the items they need ready to go at a moment's notice
- ▣ A "jump kit" or "go bag"

Go Box



Go Bag



Without a Go Bag...

- ▣ You will almost certainly leave something important at home
- ▣ Bring items that will not do the job
- ▣ Gathering and packing your equipment at the last moment also wastes precious time
- ▣ You should think through each probable deployment ahead of time, and the range of situations you might encounter

24 Hour Go Bag

- ▣ Each ARES member should assemble a 24-hour go bag to allow them to rapidly respond to local emergencies.
- ▣ Everyone is also encouraged to develop a 72-hour go kit to allow response to longer-term emergencies.
- ▣ Members of ARES Mutual Assistance Teams must maintain such a 72-hour go kit.
- ▣ Suggested contents of such kits are described in the ARES EMCOMM Courses

Basic Questions to Answer

- ▣ Will you need to be able to relocate quickly, or can you bring a ton of gear?
- ▣ Will you be on foot, or near your vehicle?
- ▣ Is your assignment at a fixed location or will you be mobile?
- ▣ How long might you be deployed - less than 48 hours, up to 72 hours, or even a week or more?
- ▣ Will you be in a building with reliable power and working toilets, or in a tent away from civilization?

Basic Questions to Answer

- ▣ What sort of weather or other conditions might be encountered?
- ▣ Where will food and water come from? Are sanitary facilities available?
- ▣ Will there be a place to sleep?
- ▣ Do you need to plan for a wide variety of possible scenarios, or only a few?
- ▣ Can some items do “double duty” to save space and weight?

“But I’ll never use ...”

- ▣ In going through this list, you may think you’ll never need that cash, or that much water, or some such...
- ▣ Don’t get fixated on one situation you think you will respond to, or one thing you might or might not need.
- ▣ Different types of disasters can put you in entirely different situations, in different locations with different infrastructure availability in different weather conditions
 - Extreme heat vs. extreme cold
 - Dry weather vs. wet weather vs. ice and snow
 - Available AC power vs. power outage for a week
 - Full blown disaster vs. simple labor requests
- ▣ The goal here is to plan to have a kit that will cover you for the widest possible range of situations. Be flexible!

2 Categories of Go Bags

- ▣ Most go bags fit into two categories:
 - one for deployments under 24 hours
 - one for up to 72 hours
- ▣ For deployments longer than 72 hours, many people will just add more of the items that they will use up, such as clothing, food, water, and batteries
- ▣ Others may add a greater range of options and backup equipment

Your Go Bag Preferences

- ▣ Everyone has their own favorite list of items to keep in a go bag
- ▣ Some are detailed, others more general
- ▣ Some responders have more than one kit for different types of deployments
- ▣ You will need to develop your own, suited to your own needs
- ▣ There is a general list on the following slides to help you get started
- ▣ Depending on your situation, you may not need some of the items on this list, or you may need special items not listed

Go Bag Idea List

- ▣ Something to put it in -- one or more backpacks, suitcases, plastic storage tubs, etc
- ▣ Package individual items in zip lock bags or plastic kitchen containers
- ▣ Label all items in case you loan or forget something
- ▣ Keep an inventory of all items
- ▣ If you take something out, replace it with a paint stir stick so you know to replace something before you deploy

24 Hour Go Bag

Personal Items

- ▣ Easily prepared non-perishable or dried foods that will store for long periods
- ▣ Energy bars and snacks
- ▣ Eating and cooking equipment if needed
- ▣ Water bottles – kept full
- ▣ Water containers, filled before departure
- ▣ First aid kit, personal medications and prescriptions for up to one week
- ▣ Personal items and toiletries
 - Eyeglasses, toothbrush, toothpaste, soap, shampoo, razor, deodorant, comb, toilet paper, sunscreen, insect repellent
- ▣ Clothes and sturdy shoes for the season, weather, and length of deployment

24 Hour Go Bag

Personal Items

- ▣ Foul weather gear, warm coat, hats, rain gear
- ▣ Sleeping bag, closed-cell foam pad or air mattress, pillow, ear plugs, sleeping mask
- ▣ Alternate power source to charge your cell phone
- ▣ Flashlight or headlamp with batteries
- ▣ Battery-operated or crank FM radio
- ▣ Cash in small bills (ATMs may not work after a disaster)
- ▣ Photo ID (copy of driver's license, passport)
- ▣ List of emergency phone numbers
- ▣ Copy of important records (birth certificate, insurance policies)

24 Hour Go Bag

Supplies

- ▣ Maps of your local area
- ▣ Multi-purpose knife / multi-tool
- ▣ Duct tape and repair tools/supplies
- ▣ Pads of paper, pencils, pens
- ▣ ICS 213 and 214 forms
- ▣ Handheld radio(s) as appropriate for the region
- ▣ Radio programming guide/manual, adapters, antennas, and suitable tools
- ▣ GPS
- ▣ 24-hour clock

24 Hour Go Bag

Reference Materials

- ▣ License copy and training certificates/credentials
- ▣ Contact, capability, and availability information for local and regional communications teams
- ▣ ARES Field Resources Manual
- ▣ List of available repeater networks (IRC)
- ▣ Auxiliary Communications Field Operations Guide (AUXFOG)
- ▣ National Interoperability Field Operation Guide (NIFOG)
- ▣ Iowa FOG
- ▣ Current Tactical Interoperable Communications Plan (TICP) and Statewide Communications Interoperability Plan (SCIP)

Training & Education

- ▣ The more you know, the more effective and valuable you will be
- ▣ ARRL Basic EmComm Course
- ▣ ICS-100 Introduction to Incident Command System
- ▣ IS-700 National Incident Management System (NIMS) An Introduction
- ▣ Take served agency job-specific training
- ▣ Learn how the served agency's organization works
- ▣ Learn their needs and how you can best meet them

Local ARES Training

- ▣ General or agency-specific training in message handling and net operations under emergency conditions
- ▣ Become familiar with ARES equipment setup and operation in the field
- ▣ On your own, set up and test your personal equipment under field conditions to be sure it works as expected

Drills and Exercises

- ▣ Participate in any drills or exercises offered in your area
- ▣ Some are designed to introduce or test specific skills or systems, others to test the entire response
- ▣ ARRL's Field Day
- ▣ ARES Simulated Emergency Test

Reference links:

- ▣ ARES Field Resources Manual
https://www.arrl.org/files/file/Public%20Service/ARES/ARESFielResourcesManual_rev10-2019.pdf
- ▣ ARES Public Service Communications Manual
<http://www.arrl.org/public-service-communications-manual>
- ▣ ARES Monthly E-Letter
<http://www.arrl.org/ares-letter>
- ▣ ARRL Public Service/Field Services Forms
<http://www.arrl.org/public-service-field-services-forms>

Reference links:

- ▣ <https://dps.iowa.gov/bureaus-iowa-department-public-safety/interoperability-communications/isicsb/isics-resources#documents>
 - Iowa Field Operation Guide (IFOG)
 - Statewide Communication Interoperability Plan (SCIP)
 - Tactical Interoperable Communications Plan (TICP)
- ▣ Federal Emergency Management Agency
- Emergency Management Institute:
<http://training.fema.gov/is/>
- ▣ American Red Cross Classes
- <http://www.redcross.org/take-a-class>
- ▣ ARRL ARES Courses
- <http://www.arrl.org/online-course-catalog>

Review:

- ▣ If your family is prepared, then you are more likely to respond and focus on your assignment
- ▣ Pre-planning and physical preparation are essential to an effective and timely emergency response
- ▣ Keep a stocked and updated "go bag" ready to go at a moments notice
- ▣ Be sure your kit is adequate for the types of deployments you are most likely to encounter
- ▣ Information is as important as equipment