



## News Release

FOR IMMEDIATE RELEASE

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Contact information: Listed  
at the bottom of this Release

### **Mayors and School Board Chair Accept ShakeOut BC 'Grab 'N Go Challenge**

**Maple Ridge, BC:** On Wednesday, January 26 at 4:00 pm, District of Maple Ridge Mayor Ernie Daykin, City of Pitt Meadows Mayor Don MacLean and School District No. 42 Chair Ken Clarkson will meet at the school district's boardroom in a showdown to determine who has the best "Emergency Grab 'N Go Kit" as part of the activities of all three organizations for the ShakeOut BC exercise.

At stake is bragging rights, plus the opportunity to speak first at the media conference that will follow the judging, where each of them will talk about how the exercise was conducted within their organization and offer suggestions for Citizens on how they can work with their family and coworkers to make a plan for an earthquake.

Judges for the "Grab 'N Go" challenge will be Inspector Darren Lench, Ridge Meadows RCMP, Debbie Kennedy, Manager of Volunteer Services, Ridge Meadows Hospital and William (Joe) Cramer, Supervisor, BC Ambulance Service. They have been selected as judges because police, hospital and the ambulance services all recognize that after an earthquake the demands on their resources will be overwhelming, so the more people that are prepared the better the response is for Citizens of our communities.

In the event of an earthquake or other emergency, residents may be required to look after themselves and their families for up to 72 hours or more? as emergency responders restore essential services. Residents are encouraged to have disaster/emergency supplies in their home with essential items for their families.

The reality is that we spend at least a third of our lives away from our homes at work, school or doing other activities. Part of your emergency preparedness should be to have a 'Grab 'N Go' kit at work and in your car so that you have the supplies that you need should you be cut off from your family and home supplies. The ShakeOut BC Grab 'N Go Challenge will help educate citizens on what items they should collect and showcase how planning and preparation can ease the burden on our emergency responders in the event of an earthquake or other natural disaster.

The three participants will deliver their kits by 3:45 pm to judges. Their kit must contain the following items in an easy to carry bag:

1. Water – two litres of water per person per day (Include small bottles that can be carried easily in case of an evacuation order)
2. Food that won't spoil, such as canned food, energy bars and dried foods
3. Manual can opener
4. Flashlight and batteries
5. Battery-powered or wind-up radio (and extra batteries)
6. First aid kit
7. Special needs items – prescription medications, infant formula or equipment for disabled people
8. Extra keys – for your car and home
9. Cash – include smaller bills, such as \$10 bills (travelers cheques are also useful) and change for payphones
10. Emergency plan – include a copy of it and ensure it contains in-town and out-of-town contact information as part of your communications plan.

Bonus points will be awarded for including additional emergency supplies and for creativity in ensuring physical and emotional well-being in an emergency situation.

Judges will be scoring the kits on three criteria;

1. Are all the basic elements on the list included?
2. An assessment of the additional emergency supplies in each participants kit.
3. Bonus points for the creativity of the items in the kit.

Once judges have reviewed the kit contents and tabulated the scores, the winner will be declared and they will earn the right to address the media first on the outcomes from their organization's ShakeOut BC drill.

Mayors Daykin, Maclean and School Board Chair Clarkson want to make sure that Citizens appreciate the importance of having a plan at work and at home in the event of an earthquake or other disaster. Based on the evidence from around the world, the belief is that the greatest risk for area residents is not collapsing buildings, but the items in your own home and office that will crash down in a large magnitude earthquake.

The key message is that residents should 'Drop, Cover and Hold on' during the earthquake, and when the shaking stops, implement your emergency plan and communications plan with coworkers, family and friends.

For more information about the ShakeOut BC drill go to [www.shakeoutbc.ca](http://www.shakeoutbc.ca). Information on emergency preparations for your family is available from the following sources:

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