

In the event of an emergency situation requiring immediate evacuation, it is imperative that all event participants be prepared to respond calmly and quickly. Emergency Plans are effective only if all participants are prepared to assess the situation carefully, respond rather than react, and use good judgment and common sense.

SEVERE WEATHER/LIGHTNING

When Games organizers receive warning of an approaching storm that involves risk to participants from lightning, high winds, heavy rain or snow, they may suspend the event until the risk has ended. Upon notice of impending danger, participants should:

- Move out of open areas to safe refuge or designated shelter.
- **IN CASE OF LIGHTNING, DO NOT SEEK SHELTER UNDER TREES.**
- Stay away from objects that conduct electricity, such as utility poles or metal objects.
- If you feel a tingling sensation, drop to the ground and curl up as tightly as possible.
- If you are traveling in a vehicle, remain inside the vehicle.

TORNADO

Tornadoes are violently rotating columns of air that descend in a funnel shape and form during the early stages of thunderstorms. The best protection during a tornado is in an interior room on the lowest level of a building, preferably a basement.

EARTHQUAKE

The Pacific Northwest is a high-risk area for earthquakes. If an earthquake occurs, athletes, coaches, volunteers and spectators should observe the following guidelines:

- **Outdoors:** Stay outside. Move away from buildings, trees, signs, utility poles or downed electrical wires. Expect aftershocks, which may also cause damage due to potentially weakened condition of load-bearing structures from the first quake.
- **Indoors:** Stay inside the building, away from windows, glass doors or elevators. **Drop-Cover-and-Hold.** Crawl under a desk/table or sit with your back to interior wall. Protect your head with your arms. Do not leave a building until the shaking is over.

FIRE

Know the location of exit doors and windows. Plan your escape route and practice if possible.

- If caught in smoke, drop to your hands and knees and crawl; breathe shallowly through your nose or use your blouse, shirt or jacket as a filter.
- If forced to advance through flames, hold your breath; move quickly; cover your head and hair; keep your head down and close your eyes as much as possible.
- If your clothes catch fire, **Stop-Drop-and-Roll** until the fire is out.

COACHES AND VOLUNTEERS

Remain calm and keep others calm. Determine if injuries have occurred, notify on-site medical personnel and assist others if necessary. Make sure all athletes and coaches are accounted for. Report to the Venue's designated evacuation area and await instructions from the venue manager or emergency coordinator.

EVACUATION PLANS

In case of severe environmental conditions or other threat to participants' health and safety, athletes and volunteers will be directed to a designated safe gathering place at each venue. The venue manager or emergency coordinator will determine the appropriate course of action.