

Individual and Family Preparedness Certification Program

This Program is designed to break down the overwhelming task of Emergency Preparedness into manageable groups/tasks that constitute a level of certification. There are three levels of certification, each one advancing you toward greater emergency preparedness.

Level 1 is designed to be attainable by everyone within a reasonable amount of time. It focuses on preparing you with the most basic disaster preparedness. Including a family communications plan, fire escape plan, and more. Choosing one item to focus on during an FHE or other designated time each month can be a good strategy to accomplish this certification.

Levels 2 and 3 include more complete preparedness goals including first aid certification and important documents. Careful planning and some sacrifice may be required to achieve all of these requirements, but sacrifice and diligence will undoubtedly bring peace to your family.

When you or your family have completed all of the requirements for a particular level of certification, please fill out the google form or contact your Ward Emergency Preparedness Specialist who will fill out the google form for you.

Resources

- **Your Ward Emergency Preparedness Specialist** is always a valuable resource. They function similarly to Family History Consultants and are knowledgeable and happy to help!
- **www.ProvidentLiving.org** was created by the Church for this very purpose. This site has excellent information on food storage preparation, financial preparations, emergency communications, and much much more.
- **Stake Website** - www.safelygathered.in
- **Be Ready.gov**
- <https://www.springville.org/emergency-preparedness/>
- **CERT Classes.** Classes are held twice a year, typically March-April and September-November. They are usually on Thursday evenings. Depending on the week they may be held in Mapleton or Springville. Attending all six classes and watching about 10 hours of online videos are required for certification. The cost is \$25 per person or \$40 per couple.
- <https://www.springville.org/emergency-preparedness/emergency-drill/cert/>
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>
- <https://www.springvillecitydrill.com/>

Level 1 Certification

This easy to follow certification can help individuals and families be prepared for the unexpected. After you have completed this certification level please make sure to follow the last step so we can have an idea of the readiness of our neighborhoods. As we follow the inspired guidance of our leaders we can find peace as we prepare for adversity. If you need assistance for any step please contact your emergency preparedness specialist. See pg 1.

Excellent Resource

<https://www.springville.org/emergency-preparedness/files/2012/03/Emergency-Preparedness-Manual.pdf>

- **Be familiar with the Springville City Emergency Color Code and have a convenient location to find it in an emergency.**

Ideas Include:

- Taped on the inside of the door or on a wall in your **coat closet**.
 - In a Labeled Binder on an **accessible bookcase**
 - Taped to the **side of your fridge**.
- **Create a Family Emergency Plan:**
 - **Fill out The Family Emergency Plan**
 - **Decide who will pick up any kids** from school. Know the policy for releasing children in an emergency.
 - **Choose a place to meet** up if you cannot meet at home.
 - **Fill out the family communications plan**
https://www.ready.gov/sites/default/files/2019-06/family_communications_plan_parents.pdf
 - **Create a brief checklist** of things to get/bring if you have to leave your home on short notice. This will help in the moment to remember important things to bring. **You can use or modify the Evacuation Grab and Go List). Know where to find it in an emergency.** We recommend that this is kept with the Springville City Emergency Color Code.
 - **Be familiar with the Disaster Emergency Checklist and know where to find it in an emergency.** We recommend it is kept with the Springville City Emergency Color Code.
 - Laminate or **put** in a protective sleeve **the Family Emergency Plan** and keep **within the home near a phone or easy to remember and access location**.
 - **Fill out** and Laminate a condensed version or **backpack Emergency Card** and give a **copy to each child**, and place a copy **in each car**, and **72 hour kit**.
 - **Additional resources and ideas** for creating your Family Emergency Plan
<https://www.ready.gov/plan>
<https://www.militaryonesource.mil/family-relationships/family-life/preparing-your-family-for-emergencies/creating-a-family-emergency-plan/>
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html>
<https://resultsyoudeserve.com/blog/steps-creating-family-emergency-plan/>
https://bereadylexington.com/wp-content/uploads/2018/08/Easy_as_ABC_iinfographic.pdf
 - **Teach all family members of a responsible age, how to turn off all major utilities** in the home (including the Water, Electricity, and Gas). Discuss various circumstances that would warrant turning off these utilities.
 - Have a home **First Aid Kit**.

<https://www.thisoldhouse.com/home-safety/21214849/best-first-aid-kits>

<https://www.insider.com/guides/health/best-first-aid-kit>

<https://www.redcross.org/store/first-aid-supplies/home-first-aid-kit>

- **Create a Fire Escape plan for your home**

<https://www.ready.gov/home-fires>

- There should be two exits for each family member.
- If they are in the basement, be sure that family members have a way out of the window well.
- If they are on the second floor, be sure they have a safe way to escape from the second floor
- Teach family members how to remove window screens so they can escape.
- Practice your escape plan with your family. Teach the 18” crawl under smoke.

- **Test all smoke detectors in the home.** Replace batteries if necessary.

- **Have at least one fire extinguisher**, preferably in the kitchen. Recommended to have one on each floor of the house as well as in each vehicle. Teach all responsible household members how to use it.

- **Cover “What to do in an Earthquake, Fire, Flood, etc.”**

<https://www.ready.gov/>

<https://www.ready.gov/earthquakes>

<https://www.ready.gov/floods>

<https://www.ready.gov/home-fires>

- Have a **Emergency Cash Fund** (this is cash on hand– not in a bank): **\$50 per person/\$100 per family minimum** in small bills

- **Sign up for your local Emergency Alert System.** For Springville, visit:

<https://member.everbridge.net/1772417038942978/login>

- **Visit the Stake Emergency Website:** www.safelygathered.in

- **Visit the church of Jesus Christ of Latter Day Saints website on emergency preparedness**

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/emergency-preparedness?lang=eng>

- Create or Update your **72 hour kits**. Recommendations on <https://www.ready.gov/kit>

- **Have Food Storage (1 month of food and toiletries, one week of water)**. Prepare by thinking, “What if we had to live in our house for 1 month, without any outside assistance. What would we need besides our food and water?”

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/food-storage?lang=eng>

- **Fill out the google form for level certification:** Stake Emergency Preparedness Certification Form

<https://docs.google.com/forms/d/e/1FAIpQLSfFGSzbAoy1QQTJT4gnpmTf2IZY1LckpF0Kn8gg8Gk7JgOvCw/viewform>

Congratulations!!! You have done a lot of work and are now prepared for many aspects of a personal, home, or community emergency. Keep up the good work and start on Level 2!

Level 2 Certification (must be Level 1 Certified)

UTAH COUNTY	
American Red Cross	801-323-7000
Provo City Fire Department (CPR only)	801-852-6332
Steve Thorlakson	801-201-0699
Timpanogos Medical Center (CPR only)	801-714-6022
Cheryl Stoner	801-789-3461

- **Certify at least One family member in CPR/First Aid.**
<https://www.redcross.org/>
<https://health.utah.edu/health-kinesiology/uucep/courses/cpr>
<https://www.americanfork.gov/1007/CPR-Training>
https://www.emtutah.com/ch_courses/heartsaver-first-aid-cpr-aed/
- **Have homeowners insurance, or rental insurance if available**
- **Make a video of your house, and all major assets** is extremely valuable for insurance claims
- **Make Photocopies/digital backups of all your important documents** (All insurance policies, Titles, Wills, Power of Attorneys, Securities, Home appraisal, inventory, Social Security cards, front pages of your passport, etc). Include a copy of these important documents in a water proof bag inside your 72-hour kits.
- **Have a Safe Deposit Box or Home Safe** (should be fire/water resistant) for **Important Documents and Cash**
- **Acquire at least one Two Way Radio** (GMRS (General Mobile Radio Service), FRS (Family Radio Service), CB (Citizen Band), or Ham Radio)
 - **Keep it charged**, and have spare batteries
 - **Know the emergency frequency** (check manual to be sure)
 - FRS Radios: Channel 1 unofficially
 - GMRS Radios: (Channel 20 or Channel 6 for the Motorola or Icom standard respectively)
 - CB Radios: (Channel 9 for Emergencies, Channel 19 for highway use)
 - GMRS and HAM radios have training classes and require a license. These are easy to complete.
- **Increase Food Storage (3 months of food and toiletries, two weeks of water) (Pg 19).**
- **Increase Emergency Cash Fund:** \$100 per person/\$200 per family *minimum* in small bills.
- **Practice preparing at least 3 meals using alternative means** (i.e. dutch oven, campfire, etc.)
- **Participate in a multi-night campout using your emergency supplies**
- **Exercise regularly** (take into consideration age, disability, or other deficit)
- **Have a Lights out drill**
 - Turn off all power in your home for 6-8 hours
 - Assess what things you need if the power is out
- **Fill out the google form for level certification:** Stake Emergency Preparedness Certification Form
<https://docs.google.com/forms/d/e/1FAIpQLSfFGSzbAoy1QQJT4gnpmTf2IZY1LckpF0Kn8gg8Gk7JgOvCw/viewform>

Level 3 Certification (must be Level 2 Certified)

- **Complete the following Estate Documents:**

- **Family Member Information:** names, blood types, DOBs, social security numbers, medical information (allergies, prescriptions, pre-existing conditions, etc)
- **Work information** for those employed
- **Quick Reference Insurance Information** (Life, Auto, Home, etc.)
 - Policy numbers for each policy
 - Basic coverage amounts
 - Contact number for filing insurance claims, etc.
- **Family Balance Sheet and Inventory** (List of Family Assets/Liabilities, with Account #s, Contact Information, Serial Numbers, etc.)
- **Last Will and Testament** (for both Parents)
- **Living Will** (for both Parents)
- **General Durable Power of Attorney** (Allows someone to make financial decisions on your behalf if you are not able to – normally your spouse, unless they are unable, then it is someone else)
- **Health Care Proxy** (Allows someone to make medical decisions on your behalf if you are not able – normally your spouse, unless they are unable, then it is someone else)
- **HIPAA Proxy** (Authorizes the Disclosure of Protected Health Information to designated people: including Spouse, and normally whoever you appoint in your Health Care Proxy)
- **Have a Financial Reserve: Three months** of budgeted expenditures in a savings account
- **Increase Food Storage (6 months** of food and toiletries, 1 month of Water, and N95 Masks for family members that protect against Airborne disease, bird flu, anthrax, etc) **(pg 20)**.
- **Increase your Emergency Cash Fund:** \$300 per family *minimum* in small bills.
- **Complete a Family Financial Review** (review budget, expenditures, debt payoff, short term goals, retirement goals)
- **Participate in a 5-7 day long camping/backpacking trip where outdoor/survival or preparedness skills are practiced**
- **Fill out the google form for level certification:** Stake Emergency Preparedness Certification Form <https://docs.google.com/forms/d/e/1FAIpQLSfFGSzbAoy1QQJT4gnpmTf2IZY1LckpF0Kn8gg8Gk7JgOvcw/viewform>