

Practice Your Escape Plan!



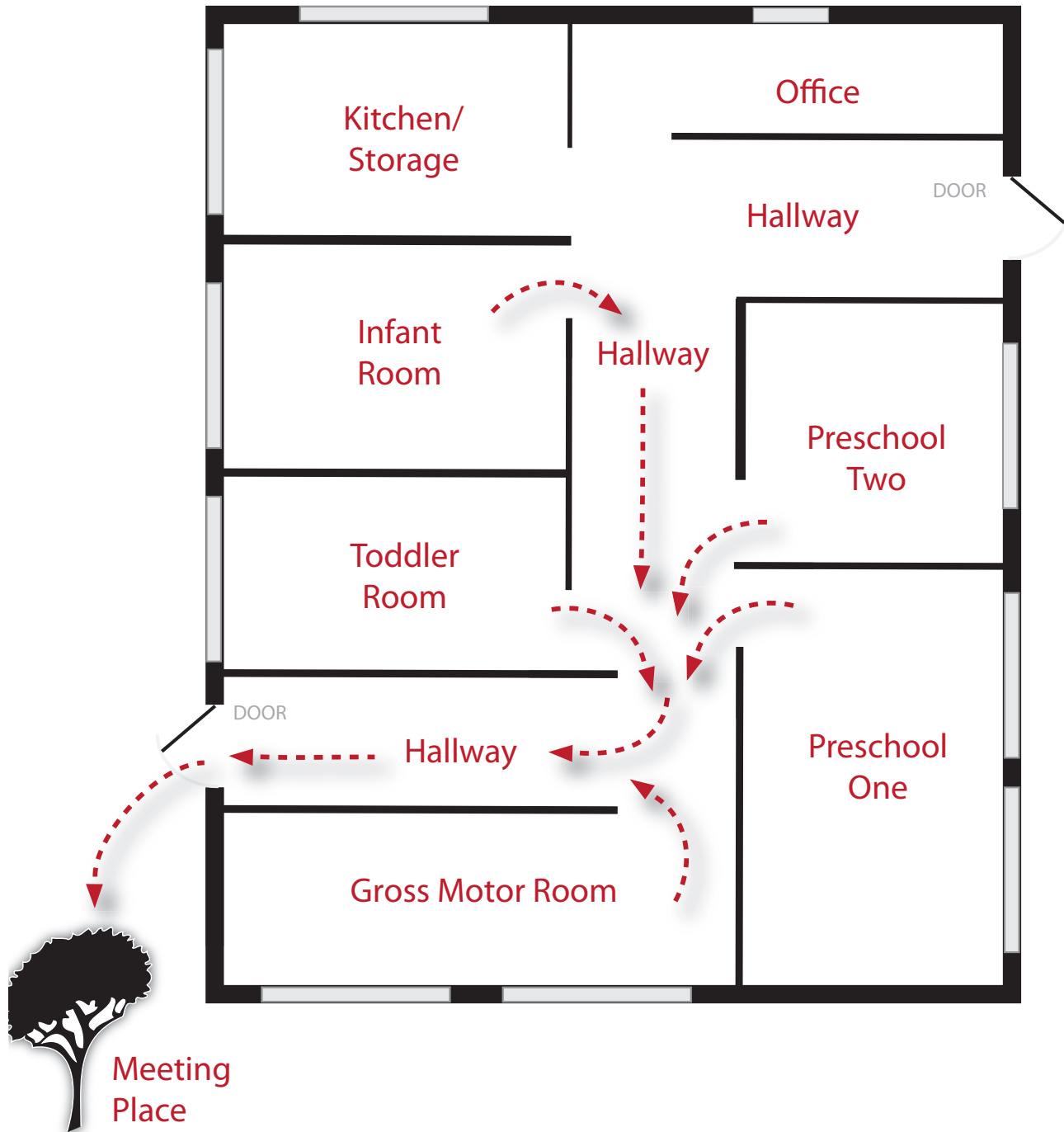
National Fire Protection Association

1 Batterymarch Park • Quincy, MA 02169 • www.nfpa.org

© 2010. THIS LESSON MAY BE COPIED FOR NON-COMMERCIAL EDUCATIONAL PURPOSES.

Make a Plan with an Escape Map!

Sample Child Care Center Escape Map



National Fire Protection Association

1 Batterymarch Park • Quincy, MA 02169 • www.nfpa.org

© 2010. THIS LESSON MAY BE COPIED FOR NON-COMMERCIAL EDUCATIONAL PURPOSES.

Practice Your Escape Plan!

Behavior

Plan and Practice a Fire Escape Plan for Your Child Care Center

Objectives

- The child will point to the way out or show the way out of the child care center.
- The child will point to the agreed-upon meeting place outside the child care center.

Action

With the help of a caregiver, the child will practice an escape plan from the child care center.

Information for the teacher

Make a plan: Ask your local fire department to help you make and practice your plan.

Know Your Plan: Develop and discuss your child care center's escape plan. Make sure that all teachers and staff know two ways out of each room. Post the plan in the child care center.

Agree on a Signal: Agree on what the center's escape signal should be. This could be the fire alarm or some other signal. Make sure everyone knows what the alarm or signal sounds like.

Choose a Meeting Place: Choose an outside meeting place. Each class should have a place to meet to make sure everyone is out. The meeting place should be something permanent, such as a mail box or a certain tree, with enough space for the classes to gather. If your center has multiple classrooms you may need to choose more than one meeting place to make sure there is room for everyone.

In urban areas, the meeting place could be an adjacent building with a distinctive landmark such as a colored canopy or sign. During a fire drill, everyone should go straight to the meeting place. Teachers should count the children in their classes and inform the director that everyone is safely out. Each teacher should have an attendance list of the children present that day to make sure each child is safely outside. Most child care centers keep a list of contact phone numbers for each child in case of an emergency. Teachers may need this information as well if the school cannot be occupied.

Know How to Call: Know how to call the fire department. Memorize the emergency number (9-1-1 or another number for your area). Remember to get outside first and then call the fire department. Know the address of your building and stay on the line to provide other information.

Practice the Plan: Practice your fire drill! Ask your local fire department how often you should practice. Most regulations require a fire drill once a month when the center is in operation. Sound the fire alarm or some other signal, follow the route to the outside, and go to the meeting place. In case of a real fire, remember that no one goes back inside until firefighters say it's safe. You should practice different ways out in case one is blocked in a fire.

If you have babies in your center, ask the fire department about special evacuation requirements. There are special aids such as evacuation cribs with heavy casters to make them easier to roll babies out in an emergency.

Be sure to post the exit plan in the center.

Why: Smoke and fire grow extremely quickly, so it's important that everyone know exactly how to follow the fire drill to get outside to safety calmly and quickly.



National Fire Protection Association

1 Batterymarch Park • Quincy, MA 02169 • www.nfpa.org

Practice Your Escape Plan!

LESSON PLAN, 1

Materials

- Smoke or fire alarm or some other signal.

Procedure

Explain to the children that they will practice how to get out of the child care center in case of fire. Loud sounds scare children, so prepare them before you sound the alarm. The children may want to cover their ears or stand closer to a teacher's assistant.

With the children in a group, sound the smoke alarm or some other signal. Ask the children what the sound tells them to do.

Walk quickly with the children to the meeting place outside. Count the children with your daily attendance list. Use the closest door that leads to the outside for your first fire drill. As the school year progresses, use the second way out.

Tell the children in advance that there will be a fire drill so they can get their coats on if it is cold. It is not necessary to surprise the children with an unplanned drill. However, the drills should be taken seriously. Everyone in the building should participate.

If the alarm sounds when no drill has been planned, everyone should leave immediately without stopping for coats and other items.

LESSON PLAN, 2

Materials

- Download the "A Special Meeting Place" song from NFPA's website - www.nfpa.org/preschoolprogram.
- A photograph of your special meeting place.

Procedure

Play "A Special Meeting Place" song for the children. Teach the children part or all of the song.

Use the picture of the special meeting place in this lesson as a discussion piece for the children.

Ask each child to name the special meeting place for the center. Hang up a picture of your child care center special meeting place. Ask the children to name some special meeting places they have for their escape plans at home.

Home Link

Send the *Letter on Escape Planning* as well as the *Sample Home Escape Map* home to parents or adult caregivers.



National Fire Protection Association

1 Batterymarch Park • Quincy, MA 02169 • www.nfpa.org

© 2010. THIS LESSON MAY BE COPIED FOR NON-COMMERCIAL EDUCATIONAL PURPOSES.

Practice Your Escape Plan!

Song words with chords

Go to www.nfpa.org/preschoolprogram
to download the recorded song by Jim Post.

A Special Meeting Place Song

A **D**
You need a special meeting place.

A
You need a special meeting place.

When there's a fire you get outside,

A
Go to the meeting place, don't hide.

A **D**
You need a special meeting place.

A
You need a special meeting place.

E
When there's a fire and you get outside,

A
Meet your family, never hide!

A **D**
You need a special meeting place.

A
You need a special meeting place.

E
You should make a plan, tell your family,

A
To pick a special place where you all can meet.

A **D**
You need a special meeting place.

A
You need a special meeting place

(Repeat and fade out.)



National Fire Protection Association

1 Batterymarch Park • Quincy, MA 02169 • www.nfpa.org

Practice Your Family Fire Drill !

Dear Parents:

Would your family know how to escape if there were a fire in your home? A home escape plan will allow you to get out of the home safely in case of a fire. Here are some easy steps for you to follow in making your plan.

Get your family together and draw a map of your home. If possible, plan two ways out of each room. The first should be a door, and the second could be another door or a window.

Make sure doors and windows can be opened easily. In a two-story building, plan your second way out through a window onto a balcony or porch. If you must use an escape ladder, be sure everyone knows how to use it.

Choose a meeting place for all family members outside the home and mark it on the map. This should be something that always stays in the same place, such as a tree, a telephone pole, or a neighbor's home. The meeting place should be in front of the home and safely away from it.

Once you have a map, you should conduct a fire drill to practice your plan, and everyone in your home should participate. Push the smoke alarm test button to start the fire drill, then get outside fast and stay outside. Close doors behind you as you leave and go to your outside meeting place.

If you live in an apartment, use the stairs. Never use an elevator in case of a fire. The elevator could take you to the floor where the fire is burning. If fire blocks your exit, close your apartment door and cover all cracks through which smoke could enter. Telephone the fire department, even if firefighters are already at the building, and tell them where you are. Wave a sheet or towel from the window to help firefighters find you.

Talk about who will call the fire department. Make sure you know your local emergency number. In many communities, 9-1-1 calls the fire department, but it does not do so in all communities.

You should have a fire drill at least twice a year with everyone in your home, and family members should practice using their second way out, as well as their primary route.

Smoke alarms should be installed inside each bedroom, outside each sleeping area, and on every level of your home including the basement. Test them at least monthly and make sure everyone can hear them. Remember, children may not wake up to the sound of a smoke alarm, so you must plan for an adult to wake them and help them get out. Practice this, as well.

For the best protection, connect all the smoke alarms so that they all sound when one sounds. Interconnected alarms provide even more safety. If you are remodeling your home or building a new one, consider installing a home fire sprinkler system.

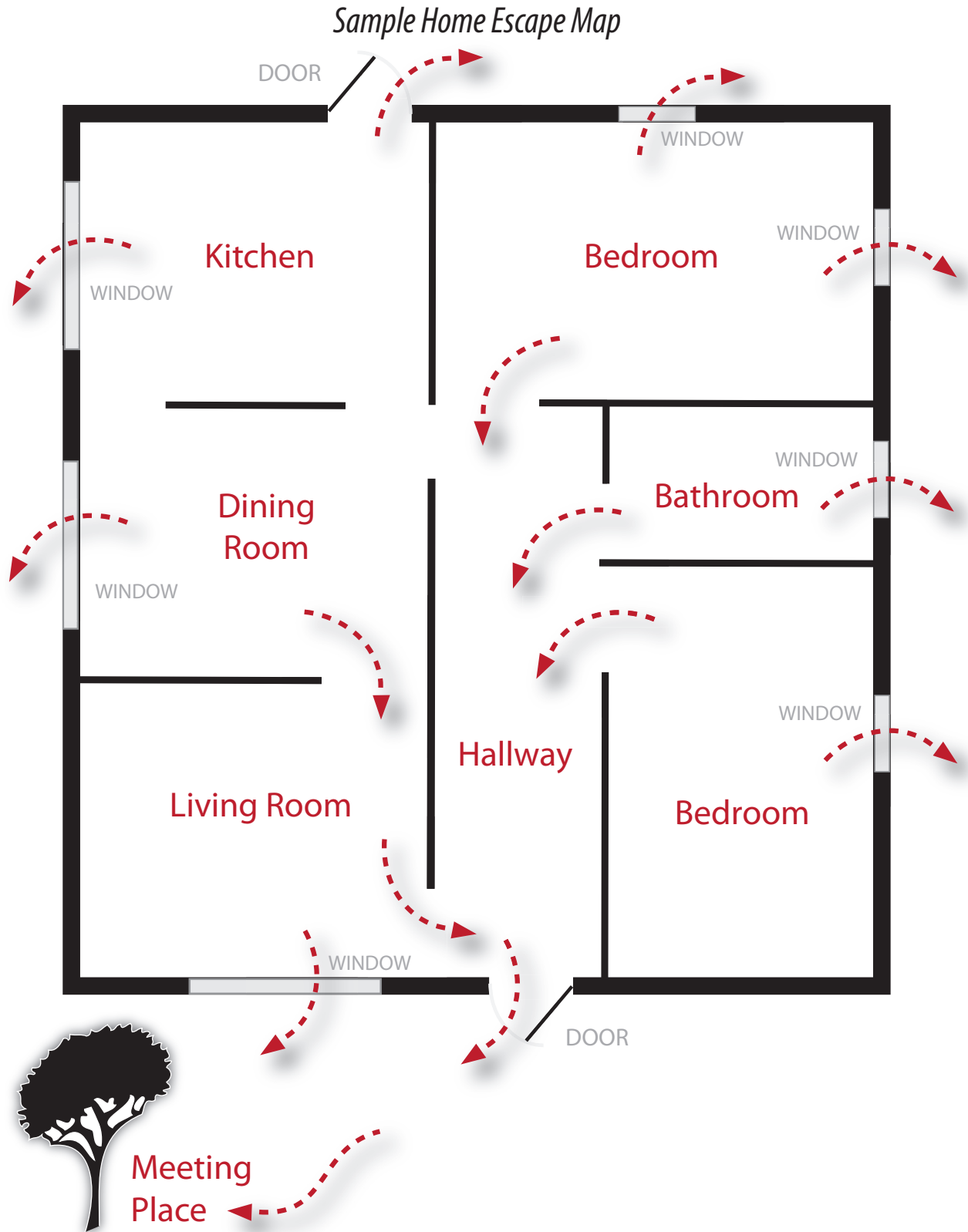
Sincerely,



National Fire Protection Association

1 Batterymarch Park • Quincy, MA 02169 • www.nfpa.org

Draw a Home Escape Map!



National Fire Protection Association

1 Batterymarch Park • Quincy, MA 02169 • www.nfpa.org

© 2010. THIS LESSON MAY BE COPIED FOR NON-COMMERCIAL EDUCATIONAL PURPOSES.