
Get Prepared: 2025 ShakeOut BC Drill

The 2025 Great British Columbia **ShakeOut** drill is set for October 16 at 10.16 am. In 2024, 805,000 people in BC participated in the Shakeout drill with over 59 million participants worldwide! Make sure you register this year to take part, so you are one of them. At the same time, we'll be testing our emergency notification system, *Voyent Alert!* If you have not yet registered for *Voyent Alert!* follow the simple registration steps on their [website](#).

Emergency Management Oceanside encourages everyone to participate in the ShakeOut drill. Visit [shakeoutbc.ca](#) to register to be counted in the drill and to obtain resources and important safety and preparedness information.

You don't need a major drill to make a big difference. Just two minutes spent practicing "Drop, Cover, and Hold On" can significantly boost your safety during an earthquake, whether at home or work. Take the time to review your emergency preparedness plan, check your emergency supplies and think about how secure your space is to prevent damage and injuries from earthquakes. Small steps today can lead to greater resilience in the event of an earthquake.

Here's how to participate in ShakeOut BC

1. Plan Your Drill:

- Register at [shakeoutbc.ca](#) to be counted, get email updates, and more.
- Download audio and video from the ShakeOut [website](#) to add to the effect of your drill!

2. Drop, Cover, Hold On! At 10.16 am on October 16

- **Drop** to the ground, or **Brace** or **Lock**
- Take **cover** under a sturdy piece of furniture like a desk or table or cover your head and neck.
- **Hold on** as if a major earthquake were happening (stay there for at least 60 seconds).
- While taking cover, imagine what would happen in a major earthquake. What could fall, what could be damaged, what can you do to make your environment safer?

3. Get Prepared for Earthquakes:

- Ensure you have the necessary supplies; you may need to remain in place for at least 72 hours or up to a week after an earthquake.
- Do a "hazard hunt" for items that might fall during earthquakes and secure them.
- Create a personal or family [emergency preparedness plan](#).
- Review resources at [Prepared BC](#)

If you have difficulty getting to the ground or can't get back up again without help, [Shakeout.org](https://www.shakeout.org) has shared these suggestions on how to safely navigate an earthquake in any setting.

- **If you use a cane: DROP, COVER, and HOLD ON** or sit on a surface, like a chair or a bed, and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.
- **If you use a walker or wheelchair: LOCK** your wheels (if applicable). If using a walker carefully get as low as possible. Bend over and **COVER** your head/neck with your arms, a book, or a pillow. Then **HOLD ON** until the shaking stops.



For more information, please contact:

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