

CERT Agenda for USAR Exercise

Thursday, August 11th, 2011
Chula Vista Fire Station 4/Training Facility
850 Paseo Ranchero, Chula Vista, CA 91910

Arrival & Sign-In:	7:00am – 7:30am
CERT Search and Rescue:	7:30am – 8:45am
Drill Clean-up and Transition:	8:45am – 9:15am
Participation in Drill:	9:15am – 6:00pm

CERT Roles

- CERT Drill Participant:** People who participate in the CERT-only exercise from 7:30am – 8:45am (participation in this is not mandatory). If you come as a HAM operator, you must be prepared to participate as a regular CERT responder as well. There will not be a designated HAM segment set-up or element in the CERT Drill.
- USAR Drill Participant:** At the end of our CERT-only drill, the CERT IC will prepare a turn-over for USAR first responders. (others will prepare to transition into USAR Drill Victims). CERT IC will be the “first contact” for first responder drill participants. **If utilized, HAM operators may be selected and assigned specific tasks by first responders. (*One expectation is contact County EOC from drill location). CERT members will not be actively participating every moment of the drill. During downtimes, CERT members can shadow Drill Proctors as they oversee the first responders. CERT members will learn about ICS, from behind the scenes and view the development of a response to a disaster).
- USAR Drill Victim:** Victims for CERT Drill and for USAR Drill (all registrants may be assigned to this group). This group will break off after the CERT Drill is completed and be sent to their location as decided by Division leaders on day of the drill.
- USAR Drill HAM:** HAM will only operate as part of the USAR Drill segment; HAMs must participate in CERT Drill segment as regular members. No HAM communications during CERT Drill.

Goals for CERT Participants by Category

As CERT Drill Participant:	Arrive at an unfamiliar location and set up IC, conduct size-ups, light search and rescue, and triage, prepare and deliver turn-over per CERT standards.
As USAR Drill Participant:	Interact with first responders as if in a real disaster and provide them with a turnover (as provided by the Drill's organizers and the earlier CERT Drill).
As USAR Drill Victim:	Learn how first responders search for, extricate, and rescue victims; help first responders practice their skills.

Notices of Physical Requirements for Each Category

CERT Drill Participant:

Waiting extended periods of time, lifting, carrying, pulling more than 10 pounds, walking on uneven surfaces, walking on unstable surfaces, enduring heat for more than 30 minutes, strenuous walking of over 200 meters, exposure to sun, standing/sitting for more than 20 minutes at a time.

As USAR Drill Participant:

Waiting extended periods of time, walking on uneven surfaces, walking on unstable surfaces, enduring heat for more than 30 minutes, strenuous walking of over 200 meters, remaining in enclosed area for more than 30 minutes, exposure to sun, standing/sitting for more than 20 minutes at a time. (Maybe also have to lift and carry more than 10 pounds.)

As USAR Drill Victim:

Waiting extended periods of time, lifting, carrying, pulling more than 10 pounds, walking on uneven surfaces, walking on unstable surfaces, enduring heat for more than 30 minutes, strenuous walking of over 200 meters, remaining in enclosed area for more than 30 minutes, exposure to sun, standing/sitting for more than 20 minutes at a time.