

NET Meeting Ideas

Have an idea to add? Email your NET meeting topic ideas to ArborLodgePrepares@gmail.com and we'll add them to this document. Indicate whether you'd like us to include your name and email address with your idea so that others can contact you with questions.

DISCUSSION

NET KITS	Everyone brings their NET bags and compares the contents. Put on personal protective gear and compare notes about how to organize it on your body and make items accessible.
TEAM CACHE	Inventory your team cache, label containers so you can easily find things, make a list of what's missing that you'd like to add, discuss approaches for soliciting donations and finding a secure storage space.

HANDS-ON PRACTICE

DEPLOYMENT	The Arbor Lodge / Kenton and Overlook NETs did this fantastic, well-designed Deployment Exercise in July 2017. We practiced deploying to our staging areas, completing and handing off ICS forms, establishing chain of command, assessing needs and planning response, and communicating via radio (with each other and the ECC). Our team came up with a huge list of lessons learned that we'll use to make important revisions to our Ops & Comms Plans and inform our training plans for the next year. Huge thanks to Angela Watson, Taylor Dewey, Mitch Bixby, Laura Hall, and Leslee Lewis for planning this exercise.
DEPLOYMENT	Contact PBEM's NET Coordinator to reserve one of three Portland Fire & Rescue training facilities (Scenario Village, one in NE on 102nd, and one at SE 11th and Powell Blvd). If your team is headed to Scenario Village, check out the tentative schedule that the Burlingame and Collins View NETs came up with.
DEPLOYMENT	FEMA has a library of CERT exercises , including some full-scale exercises.
DEPLOYMENT	Split participants into two groups. Half will be given medical scenarios and be asked to act them out. They will then go "hide" in the building and act as victims. The other group will then put on their NET gear and go find the victims. This is good for practicing triage, radio communication, and search & rescue skills.
DEPLOYMENT	John Warner, Team Lead for the Pearl NET, created this fantastic Excel Tabletop Deployment Drill . It's a great way to test your team's decision-making skills and hash through interesting dilemmas.
DEPLOYMENT	This NET Search & Rescue Tabletop designed by Taylor Dewey focuses on ICS, SAR, and SUV management skills.

RADIO	Hosford-Abernethy did a successful walk-about radio exercise . They had four teams of four, but smaller teams would work fine. Use discretion when writing down license plate info. They had a homeowner run out and ask if her car was getting towed.
RADIO	Overlook does a radio check-in before monthly meetings. Their TL (Mitch) monitors FRS/GMRS channel (5) before meetings (while he's having a beer at our Lucky Lab meeting place). Members are encouraged to check-in as they leave home. This helps reinforce the idea that TLs should always be aware of where their members are at all times.
RADIO	Overlook did an at-home radio roundtable. We picked a day/time (Tuesday at 7:30pm). Everyone had their radio on. As Overlook ARO I asked for everyone who could hear me to check-in. We then passed the baton from member to member and they each checked for who they could hear. This gave us an idea of the range of our various radios and who could hear who. It took less than 30 minutes to run through everyone.
RADIO	Overlook does regular staging-area walk-about, and they've sent out rover teams with radios to report back particular findings. This gives basic radio practice and net control practice in handling multiple rover teams in the field. It also allows them to map areas where signals are good or bad.
SHELTER	Practice setting up various types of quick shelters with basic materials, such as tarp and rope.
SPLINTS	Practice applying basic splints to each other.
TRIAGE	Find a list of triage scenarios (there are tons of them online). Mark four areas on the wall: walking wounded, delayed, immediate, deceased. Distribute scenarios to participants and have them use painter's tape to attach the scenario to the area on the wall where they think the patient belongs. Walk around as a group and discuss whether each patient was triaged appropriately. Discuss the gray areas and complexity and ethics of triage.
TRIAGE	On a cold, moist, dark November evening, we did a hands-on triage exercise. Walking wounded and highly "injured" victims showed up at our medical triage center set up outside at a school basketball court. We had all read and prepped from the NET field guide the sections on medical triage. We set up a logistics area, a place to determine immediate, delayed, and minor. They were splinted, dressed, and morgued. We had to create a morgue and supplies were used from our cache. Head lights and lanterns were mandatory.

PROJECTS

FUNDRAISING	Develop a list of potential donors and start meeting with them. Ask for cash donations or items that can be used for your cache or raffled off at an outreach booth. You could also ask if they'd be willing to donate space for cache storage or meetings. If they aren't able to do any of that, ask if they'd at least be willing to hang a PortlandPrepares flier in their window.
OPERATIONS	Make sure everyone on your team has a copy of the team's Ops Plan in their pack. If your Ops Plan is really long, consider creating a condensed version of it that would be

	useful in the field. And if it doesn't already include them, create maps of your neighborhood that indicate hazards and resources.
OUTREACH BOOTHS	Get prepared for the entire year. Assign someone to be in charge of mapping out which events you'll be staffing and then recruit/coordinate volunteers to execute it. Create an outreach kit that can easily be passed off to team members who are staffing booths. Read How to Rock a NET Booth for more ideas.
OUTREACH TO BUSINESSES	Talk to businesses and complete the business preparedness survey . Ask the business to hang a PortlandPrepares flier . Keep track of where you've gone so other team members don't duplicate your efforts. Read the article NET + Business Partnership = Win Win Win for more ideas.
OUTREACH PARTNERSHIP	Contact your NA and find out how you can partner. Will they advertise your meetings on their Facebook page or in their newsletter? Read Glenn Devitt's article Integrating NETs with Neighborhood Associations for more ideas.
OUTREACH POTLUCKS	Once a year hold a potluck for NETs and any community member interested in preparedness. Advertise through NextDoor.com, your Neighborhood Association, and flyers at local businesses. Ask business and community leaders to attend. Once things are in full swing, make a brief presentation. Welcome everyone, tell them what your team is working on, and let them know ways they can get involved.
OUTREACH TO SCHOOLS	Earthquake preparedness at schools is usually best done by a parent of a student at that school. But we can reach out to PTAs and see if we can form a relationship with them and support them in their efforts. Visit Parents and Schools for more info and advice.

TRAINING

ACCESS & FUNCTIONAL NEEDS	OHSU's Office of Disability and Health has a great list of Emergency Preparedness Resources , including a great PowerPoint called "Engaging People with Access and Functional Needs During Disasters."
KNOTS	Get some cheap rope from Harbor Freight or clothesline from any hardware store and distribute to participants. Work through the NET Knots Guidebook and then expand to other useful knots . Use real-world objects as props to make it more tangible (tarp for shelter, etc).
MONTH-SPECIFIC TRAININGS	<p>Alicia Hinohosa, Pete Rok, Leslie Miller, and Amy Provenzola of the Powellhurst-Gilbert/Mill Park-Hazelwood NET provided these ideas.</p> <p>January: Volcanoes and Avalanches: What to do before, during, and after volcanic explosions. What to do if caught in an avalanche.</p> <p>February: Seeking / Building Shelter: Basic outdoor shelter (tarps, tents) and training on how to set them up. Displaced housing and how to find it (extended stay hotels, pre-planning for pet friendly places, etc).</p> <p>May: Emergency Planning for Vacations: Knowing risks and natural disasters of other geographical areas and how to plan: smog, hurricanes, tornados, geysers (Yellowstone), heat, high humidity, animal dangers (scorpions, snakes, alligators, spiders, bears, bison, etc..)</p>

	<p>June: Fire Safety: Protect your home from wildfire and urban fires. Campfire safety: when, where, and how to make them; how to extinguish them.</p> <p>August: Hot Weather Emergencies: Heat safety, lightning safety, water safety.</p> <p>November: Winter Safety for the Holidays: Tree Safety Tips, Poison Control for seasonal plants and berries (holly berries, mistletoe, and poinsettias). What to do if caught in winter weather.</p> <p>December: Vehicle Prep and Driving in Adverse Condition: Items to have in your car; how to check fluids and tires; how to install snow chains. Driving conditions: snow, flooding, heavy rain, fog, bright sunlight. As an auto damage adjuster familiar with this, Nathan Laninga is willing to lead this topic.</p>
PETS	<p>DoveLewis is usually happy to do a presentation or staff a pet-preparedness booth at an event. And Dr. Ross Weinstein of Lombard Animal Hospital can do a session on Emergency Pet Care. He did a great presentation at a Piedmont NET meeting. One of the main reasons people did not evacuate New Orleans after Hurricane Katrina was they did not want to leave their pets behind. While the Cascadia earthquake will be a different situation, the Katrina disaster highlights how important people's pets are and that they can actually be helpful in preserving human life and health following a disaster.</p>
WATER	<p>Find someone on your team who knows a lot about water storage, filtration, and purification, and ask them to give the team a tutorial. Take turns sharing info about your home systems. Laura Hall from the Arbor Lodge / Kenton NET (ArborLodgePrepares@gmail.com) may be available as a guest speaker on this topic.</p>