

Sample Three Day READY Class Agenda

110 students, 7-10 adults

Day 1 Agenda (7:45 AM – 2:25 PM)

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|---|---|--|--|---|
| 7:45 – 8:00 AM | Introductions to READY and Welcome! (all instructors) In the Gym | | | |
| 8:00 – 8:50 AM 50 minutes | <u>Group A</u> Unit 1 – Emergency Preparedness and activities | <u>Group B</u> Unit 2 – SERT Organization and activities | <u>Group C</u> Unit 7 – Creating a Positive School Culture, Prevention of Bullying, Terrorism and Violence | <u>Group D</u> Unit 6 – Emotional Affects of an Emergency |
| 8:55 – 9:45 AM 50 minutes | <u>Group B</u> Unit 1 – Emergency Preparedness and activities | <u>Group C</u> Unit 2 – SERT Organization and activities | <u>Group D</u> Unit 7 – Creating a Positive School Culture, Prevention of Bullying, Terrorism and Violence | <u>Group A</u> Unit 6 – Emotional Affects of an Emergency |
| 9:50 – 10:35 AM 50 minutes | <u>Group C</u> Unit 1 – Emergency Preparedness and activities | <u>Group D</u> Unit 2 – SERT Organization and activities | <u>Group A</u> Unit 7 – Creating a Positive School Culture, Prevention | <u>Group B</u> Unit 6 – Emotional Affects of an Emergency |

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| | | | of Bullying, Terrorism and Violence | |
| 10:40 – 11:30 AM 50 minutes | <u>Group D</u> Unit 1 – Emergency Preparedness and activities | <u>Group A</u> Unit 2 – SERT Organization and activities | <u>Group B</u> Unit 7 – Creating a Positive School Culture, Prevention of Bullying, Terrorism and Violence | <u>Group C</u> Unit 6 – Emotional Affects of an Emergency |
| 11:40 – 12:00 PM | Lunch | Lunch | Lunch | Lunch |
| 12:00 – 12:30 PM 30 minutes | <u>Group A</u> Fire Safety Lecture | <u>Group B</u> Search and Rescue | <u>Group C</u> Searching a Dark Room, Blanket drags, Firemen carries, Chair carries | <u>Group D</u> Before Giving Care |
| 12:35 – 1:05 PM 30 minutes | <u>Group B</u> Fire Safety Lecture | <u>Group C</u> Search and Rescue | <u>Group D</u> Searching a Dark Room, Blanket drags, Firemen carries, Chair carries | <u>Group A</u> Before Giving Care |
| 1:10 – 1:40 PM 30 minutes | <u>Group C</u> Fire Safety Lecture | <u>Group D</u> Search and Rescue | <u>Group A</u> Searching a dark room, Blanket drags, Firemen carries, | <u>Group B</u> Before Giving Care |

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| | | | Chair carries | |
| 1:45 – 2:15 30 minutes | <u>Group D</u> Fire Safety Lecture | <u>Group A</u> Search and Rescue | <u>Group B</u> Searching a dark room, Blanket drags, Firemen carries, Chair carries | <u>Group C</u> Before Giving Care |
| 2:15 – 2:25 PM | Review of Day Gym with entire group | | | |

Day 2 Agenda (7:45 AM – 2:25 PM)

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| 7:45 – 8:45 AM 60 minutes | Fire Extinguisher Training All Groups | | | |
| 8:55 – 9:55 AM 60 minutes | <u>Group A</u> Checking and Ill or Injured Person | <u>Group B</u> CPR and Unconscious Choking | <u>Group C</u> AED Training Heat and Cold | <u>Group D</u> Soft Tissue Injuries Injuries to Muscles, Bones and Joints |
| 10:30 – 11:30 AM 60 minutes | <u>Group B</u> Checking and Ill or Injured Person | <u>Group C</u> CPR and Unconscious Choking | <u>Group D</u> AED Training Heat and Cold | <u>Group E</u> Soft Tissue Injuries Injuries to Muscles, Bones and Joints |
| 11:40 – 12:00 | Lunch | Lunch | Lunch | Lunch |

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|---|---|--|--|--|
| 12:00 – 1:00 PM 60 minutes | <u>Group C</u> Checking and Ill or Injured Person | <u>Group D</u> CPR and Unconscious Choking | <u>Group A</u> AED Training Heat and Cold | <u>Group B</u> Soft Tissue Injuries Injuries to Muscles, Bones and Joints |
| 1:05 – 2:05 PM 60 minutes | <u>Group D</u> Checking and Ill or Injured Person | <u>Group A</u> CPR and Unconscious Choking | <u>Group B</u> AED Training Heat and Cold | <u>Group C</u> Soft Tissue Injuries Injuries to Muscles, Bones and Joints |
| 2:05 – 2:25 PM | Review and practice | Review and practice | Review and practice | Review and practice |

Day 3 Agenda (7:45 – 11:00 AM)

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|---|---|---|
| 7:45 – 8:30 AM 45 minutes | <u>Group A</u> First Aid Mini Mock Disaster | <u>Group B</u> Search and Rescue Mini Mock Disaster |
| 8:35 – 9:25 AM 45 minutes | <u>Group B</u> First Aid Mini Mock Disaster | <u>Group A</u> Search and Rescue Mini Mock Disaster |
| 9:30 – 9:40 AM 10 minutes | Review of Incident Command System | |
| 9:45 – 11:00 AM 90 minutes | Final Mock Disaster Exercise | |