

# GET READY SCHOOLS CHALLENGE



All of Aotearoa New Zealand is at risk of earthquakes and all of our coastline is at risk of tsunamis. We can't predict when they will happen, but we can protect ourselves and our whānau.

New Zealand ShakeOut, our national earthquake drill and tsunami hīkoi, is taking place at 9:30am on Thursday 16 October.

Make sure your school is signed up for ShakeOut this year, and you could be in the draw to win an iPad 11!

## How to complete the challenge and enter the prize draw:

Fill out the page called Our Plan and keep it somewhere where everybody can see it at home. When you've ticked off all eight challenges, hand this page to your teacher before the 31 August to be entered into the draw!

Student name:

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1. Show and practise with someone how to Drop, Cover and Hold - inside and outside.
2. Check your tsunami zone and plan where to go.
3. Collect enough containers to store water for 3 days or more.
4. Find out which hazards could affect your whānau.
5. Make a list of supplies your whānau needs for an emergency.
6. Make a plan that includes who will pick you up if your parents or caregivers can't get to school.
7. Make a list of who can help you and who might need your help.
8. Fix and fasten at least one thing that could shake in a quake.

[GETREADY.GOV.T.NZ/SHAKEOUT](https://getready.govt.nz/shakeout)

## 15 PRIZES TO BE WON!

Enter and be in to win an iPad 11.

To be in the draw for a prize, your school must be signed up for New Zealand ShakeOut 2025.



## CHALLENGE 1.

### SHOW AND PRACTISE WITH SOMEONE HOW TO DROP, COVER AND HOLD – INSIDE AND OUTSIDE

Drop, Cover and Hold is the right action to take in an earthquake.

It stops you being knocked over, makes you a smaller target for falling and flying objects and protects your head, neck and vital organs.



**DROP** down on your hands and knees. This protects you from falling but lets you move if you need to.

**COVER** your head and neck (or your entire body if possible) under a sturdy table or desk (if it is within a few steps of you). If there is no shelter nearby, cover your head and neck with your arms and hands.

**HOLD** on to your shelter (or your position to protect your head and neck) until the shaking stops. If the shaking shifts your shelter around, move with it.

If you are inside a building, move no more than a few steps then Drop, Cover and Hold.

Many people are injured while trying to move DURING the shaking. It is safer to Drop, Cover and Hold until the shaking is over.

## CHALLENGE 2.

### CHECK YOUR TSUNAMI ZONE AND PLAN WHERE TO GO

If you live, go to school, play or spend time near the coast, you need to know the natural warning signs for tsunami and where to go.



If you:

- feel a strong earthquake that makes it hard to stand up, or a long earthquake that lasts for a minute or more
- see a sudden rise or fall in sea level
- hear loud and unusual noises from the sea

Move immediately to the nearest high ground, or as far inland as you can. Walk or bike if possible.

Do not wait for official warnings, there might not be time.

Remember, if an earthquake is LONG or STRONG: GET GONE.

You can check the Get Ready website's tsunami map to see if you are in a tsunami zone. Make sure you know where to go, whether you are at home or away from home. Practise your tsunami hīkoi (evacuation) with friends and whānau.



Search your home or school address on the tsunami evacuation map to find out if you are in a tsunami evacuation zone: go to [getready.govt.nz/tsunami-evacuation-zones](https://getready.govt.nz/tsunami-evacuation-zones)

## CHALLENGE 3.

### COLLECT ENOUGH CONTAINERS TO STORE WATER FOR 3 DAYS OR MORE.

Imagine having no water for three days or more. How would you wash, cook, clean? What would you drink?

Keep your empty water, juice and fizzy drink bottles, give them a good clean and fill them with water – you need three litres of water for each person for each day that you are without water. Don't forget to store water for babies and pets too.

Ask an adult to add non-scented household bleach (half a teaspoon for every ten litres of water and don't drink for at least half an hour after mixing). You can store drinking water for up to a year.

Remember to store water for cooking and cleaning as well. You may be able to use the water in your hot water cylinder, but store some extra in large plastic containers.



## CHALLENGE 4.

### FIND OUT WHICH HAZARDS COULD AFFECT YOUR WHĀNAU

To find out about the types of hazards that could cause emergencies where you live and the right action to take visit [getready.govt.nz/emergency](http://getready.govt.nz/emergency) or check out your local council's website.



**Earthquakes** can happen anywhere in New Zealand. See Challenge 1 to practise the right action to take.



**Tsunami** can happen anywhere on our coastline. Check out Challenge 2 to find out the risk in your area, don't forget to include places where you visit, like holiday spots and whānau.



**Floods** happen frequently and are usually caused by heavy rain or storms. Floods can cause injury and loss of life, lots of damage to property, and pollute our water and land.



**Storms** and severe weather can happen any time of the year and affect wide areas. They can include strong winds, heavy rain or snow, thunder, lightning, tornadoes and rough seas.



**Landslides** can range from a single boulder or rock, to a very large avalanche of earth and rock that can spread for kilometres. Landslides often happen without warning.



**Volcanoes** can cause many hazards, including ashfall, falling rocks, very fast moving mixtures of hot gases and volcanic rock, lava flows and massive mudflows. They can injure people and damage property, sometimes hundreds of kilometres away.



## CHALLENGE 5.

### MAKE A LIST OF SUPPLIES YOUR WHĀNAU NEEDS FOR AN EMERGENCY

In an emergency you may need to leave home in a hurry.

Work out what supplies your whānau needs in a grab bag and in their car (if they have one) and make a list for them to check against.

The list could include:

- torches and batteries
- a radio – wind up or with batteries
- a portable phone charger
- hand sanitiser
- some cash
- copies of important documents and photo ID (online or paper)
- walking shoes, warm clothes, a raincoat and a hat
- a first aid kit and prescription medicine
- water and snack food (remember babies and pets too)

If you need any help, visit [getready.govt.nz/supplies](http://getready.govt.nz/supplies) to see what you need.

## CHALLENGE 7.

### MAKE A LIST OF WHO CAN HELP YOU AND WHO MIGHT NEED YOUR HELP

When an emergency does happen, civil defence and emergency services will be busy helping the people who need them most. It's up to your whānau to make sure you – and the people you care about – know what to do, and you all have what you need to get through on your own. There are lots of people who can help. Write their names and numbers down in the plan in this booklet (like council emergency hotline, medical centre/doctor, landlord, insurance company, power company, day care/school, work, whānau). Also make a note of people who might need your help, like older whānau and disabled people in your community.

## CHALLENGE 6.

### MAKE A PLAN WITH YOUR WHĀNAU AND TALK ABOUT WHICH ADULTS CAN PICK YOU UP FROM SCHOOL

Where will we meet if we can't get home (local and out of town)? Who will pick us up if our parents or caregivers can't?

Complete the plan in this booklet and stick it to your fridge so everyone knows what to do.

## CHALLENGE 8.

### FIX AND FASTEN AT LEAST ONE THING THAT COULD SHAKE IN A QUAKE.

Certain objects in your home can cause damage or injury during an earthquake. With an adult, hunt around the house and check to see if you have any of the items below. If you find any, help make them safer during a quake.

- Check for tall and heavy furniture like bookshelves, cabinets, fridges and televisions that might move or fall in a quake. Secure these to the wall to make them safer.
- Make sure that there aren't any items (on shelves or hanging) that could fall onto where you sleep.
- Make sure fragile items are stored in latched cupboards or secured with non-slip mats or Blu-Tack.
- Check that picture frames and mirrors are hung on the wall using secure hooks (no single nails).
- Move heavy items into lower cupboards.



**Natural Hazards Commission**  
Toka Tū Ake



You and your whānau can take steps to make all the above items safer. Visit [naturalhazards.govt.nz/be-prepared](http://naturalhazards.govt.nz/be-prepared) to find out how.

## Keep your plan somewhere everyone can see it, like on the fridge.

1. What should you do if you feel an earthquake?

2. Our tsunami safe location when we are at home/school is

3. We have this much water stored

(You'll need at least 9 litres per person. Write how many litres in total.)

4. These natural hazards could affect us

(Tick the ones that could happen in your region)

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/> Flood      | <input type="checkbox"/> Severe weather |
| <input type="checkbox"/> Earthquake | <input type="checkbox"/> Tsunami        |
| <input type="checkbox"/> Landslide  | <input type="checkbox"/> Volcano        |

5. This is what we will need if we are stuck at home with no power, shops and roads closed, etc (tick if you have them)

- Long-lasting food that doesn't need cooking
- Food for babies and pets
- Toilet paper and large plastic buckets for an emergency toilet
- Dust masks and work gloves

6. We have these in our grab bags

- |   |   |
|---|---|
| <input type="checkbox"/> Torch              | <input type="checkbox"/> Radio                      |
| <input type="checkbox"/> Batteries          | <input type="checkbox"/> Warm clothes               |
| <input type="checkbox"/> Medicine/first aid | <input type="checkbox"/> Something to eat and drink |

Other items in my grab bag:

7. This is our emergency plan

Where will we meet if we can't get home?

Who will pick us up if our parents or caregivers can't?

Name:

Phone:

Who can help us?

Name:

Phone:

Name:

Phone:

Name:

Phone:

Who might need our help?

Name:

Phone:

Name:

Phone:

Name:

Phone:

8. These are some things that we need to secure so they don't fall in an earthquake (tick when moved or secured)

        