

IN  
CASE  
OF

# EMERGENCY

## EMERGENCY NUMBERS

Police and Fire  
9-1-1

Helena 911 Dispatch  
(406)-447-8233



### EARTHQUAKE

- Seek shelter
- Protect your head and neck
- Stay away from windows and breaking glass
- Wait for further instructions



### SHELTER IN PLACE

#### POOR AIR QUALITY

- Used when outdoor conditions are unsafe
- The Board President will notify coaches to cancel practice or games
- Remain indoors until further instruction

### EVACUATION



- In case of a fire, call 9-1-1
- If a person is on fire, instruct them to stop, drop and roll
- Assist persons with disabilities with evacuation is necessary
- Account for all individuals on the team
- Re-enter the area only when authorized by emergency personnel

### MEDICAL EMERGENCY

## CALL 911



- Provide name, location & type of emergency
- Stay on the phone for instructions
- Move victim only if danger is imminent
- Have someone meet first responders



### VIOLENT INTRUDER

#### RUN

- First option – distance yourself from the shooter
- When safe call 9-1-1

#### HIDE

- If you cannot run, LOCKDOWN / BARRICADE
- Protect yourself by locking doors, turn off lights, silence cell phones
- Remain in place until authorities arrive

#### FIGHT

- As a last resort, fight
- Use anything at your disposal to overpower the assailant



### DANGER IN SURROUNDING COMMUNITY

- Police will secure the area
- Initiated for potential threat of danger in the surrounding community
- Find shelter

## HELENA SMALL FRY FOOTBALL

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