



Parys Golf and Country Estate

Disaster Preparedness Guide

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Parys Golf & Country Estate



LIVE THE DREAM, EXPERIENCE THE LIFE



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Foreword

The preservation of life, property and the environment is an inherent responsibility of the local home-owners. The Parys Golf and Country Estate have prepared this emergency operations plan to ensure the most effective and economical allocation of resources for protection of people and property in time of an emergency or disaster.

While no planning can completely prevent death and destruction, good plans carried out by knowledgeable and well-trained personnel can and will minimize losses. This plan establishes the emergency organization, assigns tasks and general procedures, and provides for coordination of planning efforts of the various emergency staff and service elements.

This emergency operations plan aims to be an extension of the *Local municipality*. It will be reviewed and must be exercised periodically and revised as necessary to meet changing conditions.

The Parys Local Municipality gives its full support to this plan and urges all officials, employees and the citizens, individually and collectively, to do their share in the total emergency effort in the Parys Local Municipal area.

EARTHQUAKES

What to Do Before an Earthquake

Earthquakes strike suddenly, violently and without warning. Identifying potential hazards ahead of time and advance planning can reduce the dangers of serious injury or loss of life from an earthquake. Repairing deep plaster cracks in ceilings and foundations, anchoring overhead lighting fixtures to the ceiling, and following local seismic building standards, will help reduce the impact of earthquakes.

Six Ways to Plan Ahead

1. Check for Hazards in the Home

- Fasten shelves securely to walls.
- Place large or heavy objects on lower shelves.
- Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
- Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.
- Brace overhead light fixtures.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- Secure a water heater by strapping it to the wall studs and bolting it to the floor.
- Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects.
- Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.

2. Identify Safe Places Indoors and Outdoors

- Under sturdy furniture such as a heavy desk or table.
- Against an inside wall.
- Away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over.
- In the open, away from buildings, trees, telephone and electrical lines, overpasses, or elevated expressways.

3. Educate Yourself and Family Members

- Contact your local emergency management office or Red Cross chapter for more information on earthquakes.
- Teach children how and when to call 10111, police, or fire department and which radio station to tune to for emergency information.
- Teach all family members how and when to turn off gas, electricity, and water.

4. Have Disaster Supplies on Hand

- Flashlight and extra batteries.
- Portable battery-operated radio and extra batteries.
- First aid kit and manual.
- Emergency food and water.
- Nonelectric can opener.
- Essential medicines.
- Cash and credit cards.
- Sturdy shoes.

5. Develop an Emergency Communication Plan

- In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school); develop a plan for reuniting after the disaster.
- Ask a relative or friend living in another city to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

What to Do During an Earthquake

Stay as safe as possible during an earthquake. Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur. Minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

If indoors

- **DROP** to the ground; take **COVER** by getting under a sturdy table or other piece of furniture; and **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load bearing doorway.
- Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- Be aware that the electricity may go out or fire alarms systems may turn on.

If outdoors

- Stay there.
- Move away from buildings, streetlights, and utility wires.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

If in a moving vehicle

- Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If trapped under debris

- Do not light a match.
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

Prepare Yourself and Your Family to...

- **React Safely**
Learn [What to Do During an Earthquake](#). Hold periodic family drills to practice what you have learned. Through practice, you can condition yourselves to react spontaneously and safely when the first jolt or shaking is felt.
- **Take Cover**
In each room of your home, identify the safest places to “drop, cover, and hold on” during an earthquake. Practice going to these safe spots during family drills to ensure that everyone learns where they are.

- **Survive on Your Own**
Assemble and maintain a household emergency supply kit, and be sure that all family members know where it is stored. The kit should consist of one or two portable containers (e.g., plastic tubs, backpacks, duffel bags) holding the supplies that your family would need to survive without outside assistance for at least 3 days following an earthquake or other disaster. Make additional, smaller kits to keep in your car(s) and at your place(s) of work.
- **Stay in Contact**
List addresses, telephone numbers, and evacuation sites for all places frequented by family members (e.g., home, workplaces, schools). Include the phone number of an out-of-city contact. Ensure that family members carry a copy of this list, and include copies in your emergency supply kits.
- **Care for People, Pets, and Property**
Get training in first aid and cardiopulmonary resuscitation (CPR) Find out where you could shelter your pet should it become necessary to evacuate your home. Ensure that family members know how and when to call 10111, how to use your home fire extinguisher, and how, where, and when to shut off your home's utilities (water, natural gas, and electricity).

FIRE

What to do before a Fire

The following are things you can do to protect yourself, your family, and your property in the event of a fire:

Smoke Alarms

- Install smoke alarms. Properly working smoke alarms decrease your chances of dying in a fire by half.
- Place smoke alarms on every level of your residence. Place them outside bedrooms on the ceiling or high on the wall (4 to 12 inches from ceiling), at the top of open stairways, or at the bottom of enclosed stairs and near (but not in) the kitchen.
- Test and clean smoke alarms once a month and replace batteries at least once a year. Replace smoke alarms once every 10 years.

Escaping the Fire

- Review escape routes with your family. Practice escaping from each room.
- Make sure windows are not nailed or painted shut. Make sure security gratings on windows have a fire safety opening feature so they can be easily opened from the inside.
- Consider escape ladders if your residence has more than one level, and ensure that burglar bars and other antitheft mechanisms that block outside window entry are easily opened from the inside.
- Teach family members to stay low to the floor (where the air is safer in a fire) when escaping from a fire.
- Clean out storage areas. Do not let trash, such as old newspapers and magazines, accumulate.

Flammable Items

- Never use gasoline, benzene, naphtha, or similar flammable liquids indoors.
- Store flammable liquids in approved containers in well-ventilated storage areas.
- Never smoke near flammable liquids.
- Discard all rags or materials that have been soaked in flammable liquids after you have used them. Safely discard them outdoors in a metal container.
- Insulate chimneys and place spark arresters on top. The chimney should be at least three feet higher than the roof. Remove branches hanging above and around the chimney.

Heating Sources

- Be careful when using alternative heating sources.
- Place heaters at least three feet away from flammable materials. Make sure the floor and nearby walls are properly insulated.
- Use only the type of fuel designated for your unit and follow manufacturer's instructions.
- Store ashes in a metal container outside and away from your residence.
- Keep open flames away from walls, furniture, drapery, and flammable items.
- Keep a screen in front of the fireplace.
- Have heating units inspected and cleaned annually by a certified specialist.

Matches and Smoking

- Keep matches and lighters up high, away from children, and, if possible, in a locked cabinet.
- Never smoke in bed or when drowsy or medicated. Provide smokers with deep, sturdy ashtrays. Douse cigarette and cigar butts with water before disposal.

Electrical Wiring

- Have the electrical wiring in your residence checked by an electrician.
- Inspect extension cords for frayed or exposed wires or loose plugs.
- Make sure outlets have cover plates and no exposed wiring.
- Make sure wiring does not run under rugs, over nails, or across high-traffic areas.
- Do not overload extension cords or outlets. If you need to plug in two or three appliances, get a UL-approved unit with built-in circuit breakers to prevent sparks and short circuits.
- Make sure insulation does not touch bare electrical wiring.

Other

- Sleep with your door closed.
- Keep fire extinguishers in your residence and teach family members how to use them.
- Consider installing an automatic fire sprinkler system in your residence.
- Ask your local fire department to inspect your residence for fire safety and prevention.

What to do during a Fire

If your clothes catch on fire, you should:

- Stop, drop, and roll - until the fire is extinguished. Running only makes the fire burn faster.

To escape a fire, you should:

- Check closed doors for heat before you open them. If you are escaping through a closed door, use the back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame before you open it. Never use the palm of your hand or fingers to test for heat - burning those areas could impair your ability to escape a fire (i.e., ladders and crawling).

Hot Door	Cool Door
Do not open. Escape through a window. If you cannot escape, hang a white or light-colour sheet outside the window, alerting fire fighters to your presence.	Open slowly and ensure fire and/or smoke is not blocking your escape route. If your escape route is blocked, shut the door immediately and use an alternate escape route, such as a window. If clear, leave immediately through the door and close it behind you. Be prepared to crawl. Smoke and heat rise. The air is clearer and cooler near the floor.

- Crawl low under any smoke to your exit - heavy smoke and poisonous gases collect first along the ceiling.
- Close doors behind you as you escape to delay the spread of the fire.
- Stay out once you are safely out. Do not re-enter. Call Security

. What to do after a Fire

The following are guidelines for different circumstances in the period following a fire:

- **If you are with burn victims, or are a burn victim yourself**, call 10111; cool and cover burns to reduce chance of further injury or infection.
- **If you detect heat or smoke** when entering a damaged building, evacuate immediately.
- **If you are a lessee**, contact the home owner.
- **If you have a safe**, do not try to open it. It can hold intense heat for several hours. If the door is opened before the box has cooled, the contents could burst into flames.
- **If you must leave your home** because a building inspector says the building is unsafe, ask security to watch the property during your absence.

WILDFIRE

Prepare for a Wildfire

Listed here are several suggestions that you can implement immediately. Others need to be considered at the time of construction or remodeling. You should also contact your local fire department, forestry office, emergency management office or building department for information about local fire laws, building codes and protection measures. Obtain local building codes and weed abatement ordinances for structures built near wooded areas.

Find Out What Your Fire Risk Is

Learn about the history of wildfire in your area. Be aware of recent weather. A long period without rain increases the risk of wildfire. Consider having a professional inspect your property and offer recommendations for reducing the wildfire risk.

Learn and teach safe fire practices.

- Build fires away from nearby trees or bushes.
- Always have a way to extinguish the fire quickly and completely.
- Install smoke detectors on every level of your home and near sleeping areas.
- Never leave a fire--even a cigarette--burning unattended.
- Avoid open burning completely, and especially during dry season.

Always be ready for an emergency evacuation.

Evacuation may be the only way to protect your family in a wildfire. Know where to go and what to bring with you. You should plan several escape routes in case one or more is blocked by a wildfire.

Create Safety Zones around Your Home

All vegetation is fuel for a wildfire, though some trees and shrubs are more flammable than others. To reduce the risk, you will need to modify or eliminate brush, trees and other vegetation near your home. The greater the distance is between your home and the vegetation, the greater the protection.

Create a 30-foot safety zone around the house.

Keep the volume of vegetation in this zone to a minimum. If you live on a hill, extend the zone on the downhill side. Fire spreads rapidly uphill. The steeper the slope, the more open space you will need to protect your home. Swimming pools and patios can be a safety zone and stone walls can act as heat shields and deflect flames. In this zone, you should also do the following:

- Remove vines from the walls of the house.
- Move shrubs and other landscaping away from the sides of the house.
- Prune branches and shrubs within 15 feet of chimneys and stove pipes.
- Remove tree limbs within 15 feet of the ground.
- Thin a 15-foot space between tree crowns.
- Replace highly flammable vegetation such as pine, eucalyptus, junipers and fir trees with lower growing, less flammable species. Check with our landscaping department for suggestions.
- Replace vegetation that has living or dead branches from the ground-level up (these act as ladder fuels for the approaching fire).
- Cut the lawn often keeping the grass at a maximum of 2 inches. Watch grass and other vegetation near the driveway, a source of ignition from automobile exhaust systems.
- Clear the area of leaves, brush, evergreen cones, dead limbs and fallen trees..
- Avoid using bark and wood chip mulch
- Stack firewood uphill and away from any structure.
- Store combustible or flammable materials in approved safety containers and keep them away from the house.
- Keep the gas grill and propane tank at least 15 feet from any structure. Always use the grill cautiously but refrain from using it all during high risk times.

Protect Your Home

Remove debris from under sun decks and porches.

Any porch, balcony or overhang with exposed space underneath is fuel for an approaching fire. Overhangs ignite easily by flying embers and by the heat and fire that get trapped underneath. If vegetation is allowed to grow underneath or if the space is used for storage, the hazard is increased significantly. Clear leaves, trash and other combustible materials away from underneath sun decks and porches. Extend 1/2-inch mesh screen from all overhangs down to the ground. Enclose wooden stilts with non-combustible material such as concrete, brick, rock, stucco or metal. Use non-combustible patio furniture and covers. If you're planning a porch or sun deck, use non-combustible or fire-resistant materials. If possible, build the structure to the ground so that there is no space underneath.

Enclose eaves and overhangs.

Like porches and balconies, eaves trap the heat rising along the exterior siding. Enclose all eaves to reduce the hazard.

Cover house vents with wire mesh.

Any attic vent, soffit vent, louver or other opening can allow embers and flaming debris to enter a home and ignite it. Cover all openings with 1/4 inch or smaller corrosion-resistant wire mesh. If you're designing louvers, place them in the vertical wall rather than the soffit of the overhang.

Install spark arrestors in chimneys and stovepipes.

Chimneys create a hazard when embers escape through the top. To prevent this, install spark arrestors on all chimneys, stovepipes and vents for fuel-burning heaters. Use spark arrestors made of 12-gauge welded or woven wire mesh screen with openings 1/2 inch across. If you're building a chimney, use non-combustible materials and make sure the top of the chimney is at least two feet higher than any obstruction within 10 feet of the chimney. Keep the chimney clean.

Choose safety glass for windows and sliding glass doors.

Windows allow radiated heat to pass through and ignite combustible materials inside. The larger the pane of glass, the more vulnerable it is to fire. Dual- or triple-pane thermal glass, and fire resistant shutters or drapes, help reduce the wildfire risk. You can also install non-combustible awnings to shield windows and use shatter-resistant glazing such as tempered or wireglass.

Prepare for water storage; develop an external water supply such as a small pond, well or pool.

Other safety measures to consider at the time of construction or remodeling.

- Use fire-resistant materials when building, renovating, or retrofitting structures.
- Avoid designs that include wooden decks and patios.
- Use non-combustible materials for the roof.
- The roof is especially vulnerable in a wildfire. Embers and flaming debris can travel great distances, land on your roof and start a new fire. Avoid flammable roofing materials such as wood and thatch. Materials that are more fire resistant include single ply membranes, fiberglass shingles, slate, metal, clay and concrete tile. Clear gutters of leaves and debris.

What to do Before a Wildfire

If you see a wildfire, call the security Control room. Don't assume that someone else has already called. Describe the location of the fire, speak slowly and clearly, and answer any questions asked by the Controller.

Before the Fire Approaches Your House

- Evacuate. Evacuate your pets and all family members who are not essential to preparing the home. Anyone with medical or physical limitations and the young and the elderly should be evacuated immediately.
- Wear Protective Clothing.
- Remove Combustibles. Clear items that will burn from around the house, including wood piles, lawn furniture, barbecue grills, tarp coverings, etc. Move them outside of your defensible space.

- **Close/Protect Openings.** Close outside attic, eaves and basement vents, windows, doors, pet doors, etc. Remove flammable drapes and curtains. Close all shutters, blinds or heavy non-combustible window coverings to reduce radiant heat.
- **Close Inside Doors/Open Damper.** Close all doors inside the house to prevent draft. Open the damper on your fireplace, but close the fireplace screen.
- **Shut Off Gas.** Shut off any natural gas, propane or fuel oil supplies at the source.
- **Water.** Connect garden hoses. Fill any pools, hot tubs, garbage cans, tubs or other large containers with water.
- **Pumps.** If you have gas-powered pumps for water, make sure they are fuelled and ready.
- **Ladder.** Place a ladder against the house in clear view.
- **Car.** Back your car into the driveway and roll up the windows.
- **Garage Doors.** Disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out. Close all garage doors.
- **Valuables.** Place valuable papers, mementos and anything "you can't live without" inside the car in the garage, ready for quick departure. Any pets still with you should also be put in the car.

Preparing to Leave

- **Lights.** Turn on outside lights and leave a light on in every room to make the house more visible in heavy smoke.
- **Don't Lock Up.** Leave doors and windows closed but unlocked. It may be necessary for firefighters to gain quick entry into your home to fight fire. The entire area will be isolated and patrolled by security or police.

What to do During a Wildfire

Survival in a Vehicle

- This is dangerous and should only be done in an emergency, but you can survive the firestorm if you stay in your car. It is much less dangerous than trying to run from a fire on foot.
- Roll up windows and close air vents. Drive slowly with headlights on. Watch for other vehicles and pedestrians. Do not drive through heavy smoke.
- If you have to stop, park away from the heaviest trees and brush. Turn headlights on and ignition off. Roll up windows and close air vents.
- Get on the floor and cover up with a blanket or coat.
- Stay in the vehicle until the main fire passes.
- Stay in the car. Do not run! Engine may stall and not restart. Air currents may rock the car. Some smoke and sparks may enter the vehicle. Temperature inside will increase. Metal gas tanks and containers rarely explode.

If You Are Trapped at Home

- If you do find yourself trapped by wildfire inside your home, stay inside and away from outside walls. Close doors, but leave them unlocked. Keep your entire family together and remain calm.

If Caught in the Open

- The best temporary shelter is in a sparse fuel area. On a steep mountainside, the back side is safer. Avoid canyons, natural "chimneys" and saddles.

- If a road is nearby, lie face down along the road cut or in the ditch on the uphill side. Cover yourself with anything that will shield you from the fire's heat.
- If hiking in the back country, seek a depression with sparse fuel. Clear fuel away from the area while the fire is approaching and then lie face down in the depression and cover yourself. Stay down until after the fire passes!

What to do after a Wildfire

- Check the roof immediately. Put out any roof fires, sparks or embers. Check the attic for hidden burning sparks.
- If you have a fire, get your neighbours to help fight it.
- The water you put into your pool or hot tub and other containers will come in handy now. If the power is out, try connecting a hose to the outlet on your water heater.
- For several hours after the fire, maintain a "fire watch." Re-check for smoke and sparks throughout the house.

FLOODS

Before a Flood

In any flooding or potential flooding event, the following actions should be taken:

Protecting your home

- Elevate the furnace, water heater, and electric panel if susceptible to flooding
- Install check valves in sewer traps to prevent floodwater from backing up into your home.
- Seal walls in basements with waterproofing compounds to avoid seepage.
- Keep an adequate supply of food, candles and drinking water in case you are trapped inside your home.
- Have disaster supplies on hand:

Flashlights and extra batteries

Portable, battery-operated radio and extra batteries tuned to a local station, and follow emergency instructions

First aid kit and manual

Emergency food and bottled water

Non-electric can opener

Essential medicines

Cash and credit cards

Sturdy Shoes

When a flood is imminent

- Listen to designated radio/TV emergency alert systems for emergency instructions. A Venue Operating Centre (VOC) will be activated on site by Parys Security. The VOC will be operated by members from Parys Security, Parys Golf and Country Estate Management. Bulk SMS's will be send to all home owners as incidents occur and actions from Police and Disaster Management are launched. Home owners will be notified of closures of the low water bridge at the "Parys" entrance. The low water bridge will be closed for public and traffic if the water level reaches 500cm or half a meter from the surface of the low water bridge. Traffic onto the golf island will be restricted and diverted to the entrance on the Sasolburg road, if the situation allows it.
- **MEMBERS OF THE VOC ARE IN CHARGE. OBEY TO ALL INSTRUCTIONS TO SECURITY AND DISASTER MANAGEMENT PERSONEL ON THE GOLF ISLAND. YOUR LIFE AND PROPERTY WILL DEPEND ON YOUR ACTIONS.**
- Secure/bring in outdoor furniture or other items that might float away and become a potential hazard.
- Move valuable items and papers/documents to upper floors.
- Place sand bags in front of doors. Especially houses which were affected during past floods.

During a flood

- Seek higher ground. Do not wait for instructions..
- Be aware of flash flood areas such as canals, streams, drainage channels.
- Be ready to evacuate.
- If instructed, turn off utilities at main switches and unplug appliances – do not touch electrical equipment if wet.
- If you must leave your home, do not walk through moving water. Six inches of moving water can knock you off your feet. Use a stick to test depth.
- **Do not try to drive over a flooded road. If your car stalls, abandon it immediately and seek an alternate route.**

After a flood

- **Stay away from flood water – do not attempt to swim, walk or drive through the area**
- Be aware of areas where water has receded. Roadways may have weakened and could collapse.
- **Avoid downed power lines and muddy waters where power lines may have fallen.**
- Do not drink tap water until advised by the HOA that the water is safe to drink.
- Once flood waters have receded you must not live in your home until the water supply has been declared safe for use, all flood-contaminated rooms have been thoroughly cleaned and disinfected, adequate toilet facilities are available, all electrical appliances and heating/cooling systems have been inspected, food, utensils and dishes have been examined, cleaned or disposed of, and floor drains and sumps have been cleaned and disinfected.
- **To prepare for a flood, you should:**
 - Avoid building in a flood prone area unless you elevate and reinforce your home.
 - Elevate the furnace, water heater, and electric panel if susceptible to flooding.
 - Install "check valves" in sewer traps to prevent floodwater from backing up into the drains of your home.
 - Seal the walls in your basement with waterproofing compounds to avoid seepage.

During a Flood

If a flood is likely in your area, you should:

- Listen to the radio or television for information as well read Bulk sms's from Golf Estate Management.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.
- Be aware of streams, drainage channels, canyons, and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

If you must prepare to evacuate, you should do the following:

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you have to leave your home, remember these evacuation tips:

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.

Driving Flood Facts

The following are important points to remember when driving in flood conditions:

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.

After a Flood

The following are guidelines for the period following a flood:

- Listen for news reports to learn whether the community's water supply is safe to drink.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Avoid moving water.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines, and report them to the power company.
- Return home only when authorities indicate it is safe.
- Stay out of any building if it is surrounded by floodwaters.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

THUNDERSTORMS

What to Do Before a Thunderstorm

To prepare for a thunderstorm, you should do the following:

- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- "***If thunder roars, go indoors***" because no place outside is safe when lightning is in the area. We want everyone to stay indoors until 30 minutes have passed after they hear the last clap of thunder.

Summary of Lightning Safety Tips for Inside the Home

- Avoid contact with corded phones
- Avoid contact with electrical equipment or cords. If you plan to unplug any electronic equipment, do so well before the storm arrives.
- Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors and do not lean against concrete walls.

The following are guidelines for what you should do if a thunderstorm is likely in your area:

- Postpone outdoor activities such as planned golf games.
- Listen to Thunder Storms alarms and sirens whilst playing a game of golf.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades, or curtains.
- Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
- Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage..

Avoid the following:

- Natural lightning rods such as a tall, isolated tree in an open area.
- Hilltops, open fields, the beach, or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.

What to Do During a Thunderstorm

If you are:	Then:
On the Golf Course	Listen to Thunderstorm warning-sirens.
In a forest	Seek shelter in a low area under a thick growth of small trees.
In an open area	Go to a low place such as a ravine or valley. Be alert for flash floods.
On open water	Get to land and find shelter immediately.
Anywhere you feel your hair stand on end (which indicates that lightning is about to strike)	Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground.

What to Do After a Thunderstorm

Call 056 811 2404 for medical assistance as soon as possible.

The following are things you should check when you attempt to give aid to a victim of lightning:

- **Breathing** - if breathing has stopped, begin mouth-to-mouth resuscitation.
- **Heartbeat** - if the heart has stopped, administer CPR.
- **Pulse** - if the victim has a pulse and is breathing, look for other possible injuries. Check for burns where the lightning entered and left the body. Also be alert for nervous system damage, broken bones, and loss of hearing and eyesight.

EXTREME HEAT

Before Extreme Heat

To prepare for extreme heat, you should:

Install window air conditioners snugly; insulate if necessary.

- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminium foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)

During a Heat Emergency

What you should do if the weather is extremely hot:

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theatres, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colour clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends, and neighbours who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

Additional Information

An emergency water shortage can be caused by prolonged drought, poor water supply management, or contamination of a surface water supply source or aquifer.

Drought can affect vast territorial regions and large population numbers. Drought also creates environmental conditions that increase the risk of other hazards such as fire, flash flood, and possible landslides and debris flow.

Conserving water means more water available for critical needs for everyone.

HAZARDOUS MATERIAL INCIDENT

What to do during a Hazardous Materials Incident

You should stay away from the area to minimize the risk of contamination. Remember that some toxic chemicals are odourless.

Shelter Safety for Sealed Rooms

One square meter of floor space per person will provide sufficient air to prevent carbon dioxide build-up for up to five hours, assuming a normal breathing rate while resting.

However, local officials are unlikely to recommend the public shelter in a sealed room for more than 2-3 hours because the effectiveness of such sheltering diminishes with time as the contaminated outside air gradually seeps into the shelter. At this point, evacuation from the area is the better protective action to take.

Also you should ventilate the shelter when the emergency has passed to avoid breathing contaminated air still inside the shelter.

What to do after a Hazardous Materials Incident

The following are guidelines for the period following a hazardous materials incident:

- Return home only when authorities say it is safe. Open windows and vents and turn on fans to provide ventilation.
- Act quickly if you have come in to contact with or have been exposed to hazardous chemicals. Do the following:
 - Follow decontamination instructions from local authorities. You may be advised to take a thorough shower, or you may be advised to stay away from water and follow another procedure.
 - Seek medical treatment for unusual symptoms as soon as possible.
 - Place exposed clothing and shoes in tightly sealed containers. Do not allow them to contact other materials. Call local authorities to find out about proper disposal.
 - Advise everyone who comes in to contact with you that you may have been exposed to a toxic substance.
- Find out from the HOA how to clean up your property.
- Report any lingering vapours or other hazards to the Security Control Room.

Hazardous Household Items

Cleaning Products

- Oven cleaners
- Drain cleaners
- Wood and metal cleaners and polishes
- Toilet cleaners
- Tub, tile, shower cleaners
- Bleach (laundry)
- Pool chemicals

Indoor Pesticides

- Ant sprays and baits
- Cockroach sprays and baits
- Flea repellents and shampoo
- Bug sprays
- Houseplant insecticides
- Moth repellents
- Mouse and rat poisons and baits

Automotive Products

- Motor oil
- Fuel additives
- Carburettor and fuel injection cleaners
- Air conditioning refrigerants
- Starter fluids
- Automotive batteries
- Transmission and brake fluid
- Antifreeze

Workshop/Painting Supplies

- Adhesives and glues
- Furniture strippers
- Oil- or enamel-based paint
- Stains and finishes
- Paint thinners and turpentine
- Paint strippers and removers
- Photographic chemicals
- Fixatives and other solvents

Lawn and Garden Products

- Herbicides
- Insecticides
- Fungicides/wood preservatives

Miscellaneous

- Batteries
- Mercury thermostats or thermometers
- Fluorescent light bulbs
- Driveway sealer

Other Flammable Products

- Propane tanks and other compressed gas cylinders
- Kerosene
- Home heating oil
- Diesel fuel
- Gas/oil mix
- Lighter fluid

Before a Household Chemical Emergency

Guidelines for buying and storing hazardous household chemicals safely:

- Buy only as much of a chemical as you think you will use. Leftover material can be shared with neighbours or donated to a business, charity, or government agency. For example, excess pesticide could be offered to a

greenhouse or garden centre, and theatre groups often need surplus paint. Some communities have organized waste exchanges where household hazardous chemicals and waste can be swapped or given away.

- Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding. Corroding containers should be repackaged and clearly labelled.
- Never store hazardous products in food containers.
- Never mix household hazardous chemicals or waste with other products. Incompatibles, such as chlorine bleach and ammonia, may react, ignite, or explode.

Take precautions to prevent and respond to accidents:

- Follow the manufacturer's instructions for the proper use of the household chemical.
- Never smoke while using household chemicals.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame (e.g., pilot light, lighted candle, fireplace, wood burning stove, etc.) Although you may not be able to see or smell them, vapour particles in the air could catch fire or explode.
- Clean up any chemical spill immediately. Use rags to clean up the spill. Wear gloves and eye protection. Allow the fumes in the rags to evaporate outdoors, then dispose of the rags by wrapping them in a newspaper and placing them in a sealed plastic bag in your trash can.
- Dispose of hazardous materials correctly. Take household hazardous waste to a local collection program. Check with the HOA and ask about the household hazardous waste collection program.
- Post the number of the emergency medical services and the poison control centre by all telephones. In an emergency situation, you may not have time to look up critical phone numbers.

Ensure your safety

Find out how to care for your safety after a disaster

Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being.

Aiding the Injured

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

- If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway, and commence mouth-to-mouth resuscitation.
- Maintain body temperature with blankets. Be sure the victim does not become overheated.
- Never try to feed liquids to an unconscious person.

Health

- Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.
- Drink plenty of clean water... Eat well... Wear sturdy work boots and gloves.
- Wash your hands thoroughly with soap and clean water often when working in debris.

Safety Issues

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.

- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smouldering insulation, and dead animals.

Returning Home

General Tips

Returning home can be both physically and mentally challenging. Above all, use caution.

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

- Keep a battery-powered radio with you so you can listen for emergency updates and news reports.
- Use a battery-powered flash light to inspect a damaged home.
Note: The flashlight should be turned on outside before entering - the battery may produce a spark that could ignite leaking gas, if present.
- Watch out for animals, especially poisonous snakes. Use a stick to poke through debris.
- Be wary of wildlife and other animals
- Use the phone only to report life-threatening emergencies.
- Stay off the streets. If you must go out, watch for fallen objects; downed electrical wires; and weakened walls, bridges, roads, and sidewalks.

Before You Enter Your Home

Walk carefully around the outside and check for loose power lines, gas leaks, and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.

Do not enter if:

- You smell gas.
- Floodwaters remain around the building.
- Your home was damaged by fire and the authorities have not declared it safe.

Going Inside Your Home

When you go inside your home, there are certain things you should and should not do. Enter the home carefully and check for damage. Be aware of loose boards and slippery floors. The following items are other things to check inside your home:

- **Natural gas.** If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbour's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.
- **Sparks, broken or frayed wires.** Check the electrical system unless you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they're safe to use. You may want to have an electrician inspect your wiring.
- **Roof, foundation, and chimney cracks.** If it looks like the building may collapse, leave immediately.

- **Appliances.** If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.
- **Water and sewage systems.** If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.
- **Food and other supplies.** Throw out all food and other supplies that you suspect may have become contaminated or come in to contact with floodwater. Your basement. If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.
- **Open cabinets.** Be alert for objects that may fall.
- **Clean up household chemical spills.** Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also clean salvageable items.
- **Call your insurance agent.** Take pictures of damages. Keep good records of repair and cleaning costs.

Coping with Disaster

The emotional toll that disaster brings can sometimes be even more devastating than the financial strains of damage and loss of home, business, or personal property.

Understand Disaster Events

- Everyone who sees or experiences a disaster is affected by it in some way.
- It is normal to feel anxious about your own safety and that of your family and close friends.
- Profound sadness, grief, and anger are normal reactions to an abnormal event.
- Acknowledging your feelings helps you recover.
- Focusing on your strengths and abilities helps you heal.
- Accepting help from community programs and resources is healthy.
- Everyone has different needs and different ways of coping.
- It is common to want to strike back at people who have caused great pain.

Children and older adults are of special concern in the aftermath of disasters. Even individuals who experience a disaster “second hand” through exposure to extensive media coverage can be affected.

Contact local faith-based organizations, voluntary agencies, or professional counsellors for

Recognize Signs of Disaster Related Stress

When adults have the following signs, they might need crisis counselling or stress management assistance:

- Difficulty communicating thoughts.
- Difficulty sleeping.
- Difficulty maintaining balance in their lives.
- Low threshold of frustration.
- Increased use of drugs/alcohol.
- Limited attention span.
- Poor work performance.
- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
- Colds or flu-like symptoms.
- Disorientation or confusion.
- Difficulty concentrating.
- Reluctance to leave home.
- Depression, sadness.
- Feelings of hopelessness.
- Mood-swings and easy bouts of crying.

- Overwhelming guilt and self-doubt.
- Fear of crowds, strangers, or being alone.

Easing Disaster-Related Stress

The following are ways to ease disaster-related stress:

- Talk with someone about your feelings - anger, sorrow, and other emotions - even though it may be difficult.
- Seek help from professional counsellors who deal with post-disaster stress.
- Do not hold yourself responsible for the disastrous event or be frustrated because you feel you cannot help directly in the rescue work.
- Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation, and meditation.
- Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.
- Spend time with family and friends.
- Participate in memorials.
- Use existing support groups of family, friends, and religious institutions.
- Ensure you are ready for future events by restocking your disaster supplies kits and updating your family disaster plan. Doing these positive actions can be comforting.

Important Contact Numbers:

Name	Institution	Contact Number
Dawie van den Bergh	General Manager Parys Golf & Country Estate	083 754 9811
Prof Dirk van Reenen	HOA Chairman	082 887 6766
Gerhard Botha	Parys Security Department	082 326 7304
Medical and Fire Emergencies	Ngwathe Fire Department	056 811 3111
LGV Emergency Number	Rural Safety and Expert Rescue Services.	076 683 4544

We have divided the Estate into 3 Sections for disaster management purposes:

Section 1:

Egret Avenue, Guinea Fowl Avenue, Sunbird Lane, Yellowbill Avenue, Korhaan Avenue and Ibis Close.

Section 2:

Kingfisher Avenue, Plover Avenue, and Fish Eagle Avenue, up to the Green Bridge.

Section 3:

“Feesgronde” side of the Estate, Swallow Avenue, Hadedda Avenue, Starling Avenue and Blue Crane Avenue.

Contingency plan co-ordinators for section 1:

Pieter Malan – 082 338 0552, stand 2900

Herman Nel – 083 6330 462, stand 2894

Contingency plan co-ordinators for section 2:

Wicus du Preez – 083 400 2798, stand 2892

Attie de Villers – 083 261 9863, stand 3092

Contingency plan co-ordinators for section 3:

Hendrik Hartman – 078 460 2849, stand 3049

Manie Kuun – 082 336 2159, stand 3204

**This Contingency plan was compiled by LGV (Landelike Gemeenskaps Veiligheid) in co-operation with Parys Golf and Country Estate.*

