

Stadiums and Theatres: Earthquake Actions to Protect Staff and Guests

When the ground starts shaking

Earthquakes can strike anywhere, anytime – even when you’re at the movies or a sporting event. “Drop, Cover, Hold On” is the best action to protect yourself. If you’re in a stadium or theatre when the ground shakes, follow these tips:

- Stay at your seat or drop to the ground between rows. This makes you a smaller target for falling or flying debris and makes it less likely that the earthquake will knock you over.
- Protect your head and neck with your arms, and bend over as far as possible to protect your vital organs.
- If possible, hold on by gripping the leg of a chair with one arm, keeping the other over your head and neck.
- Close your eyes and mouth to protect from dust and debris.
- Stay in this position until the shaking stops.
- Do not try to move until you’re sure the shaking has stopped.
- When the shaking is over, count to 60 then slowly look around to ensure it is safe to move.

To watch examples of what to do if you are in a stadium or theatre when an earthquake strikes, visit the ShakeOutBC YouTube channel:

<http://ow.ly/XkQa3007vBS>



What not to do

- Do not move to another location or outside. If you try to move you may injure yourself more than if you drop to the ground immediately.
- Do not head for a doorway. Doorways are no stronger than other parts of a structure and expose you to more hazards, such as flying objects.

