



Neighbors Helping Neighbors

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Southern Marin Fire District



Neighborhood Response Group Semi-Annual Drill

On Sunday, November 6th at 10am, Neighborhood Response Groups across Marin County will take part in the semi-annual OK/HELP drill. This exercise helps practice how your neighborhood would react after a disaster that doesn't require evacuation.

During this simple drill, residents post a "**HELP**" or "**OK**" sign in a location visible from the street or public space.





Neighborhood Response Group Block Captains will walk their street or floor of their apartment building, keeping track of which households displayed their signs.

Some communities conduct sophisticated exercises, complete with simulated injuries, and practice two-way radio communication, while others use the opportunity to gather with their fellow Block Captains, walk the street and engage with neighbors.

If you don't have an **OK/HELP** sign already, you can [download and print one here](#). Please reach out to nrg@smfd.org, if you need more assistance or have photos to share from your drill.

For the Block Captains out there wondering how to participate this year, continue reading for ideas on how your Neighborhood Response Group can get involved. If you're still looking for a co-captain or haven't quite started, you can still print the sign and practice. Building muscle memory now will help when you respond to a real life disaster.



Just starting?

Maybe you just started your Neighborhood Response Group this year or you're regrouping after a Summer break, this drill is a great opportunity to set aside time to connect with your fellow Block Captains and neighbors.

- Reach out to the Block Captains in your neighborhood and decide on a place to meet on your street at 10am on November 6th.
- Gather & share updates with each other, then walk the block to distribute **OK/HELP** signs to your neighbors, if you haven't already.



Practice makes practice

Let's say your neighborhood is well organized, maybe you even practiced the drill at the Spring time change, but you're not ready to make it complicated. That's ok!

- Remind your neighbors the drill will be happening.
(Remember that email roster you created?)
- Walk the street with your fellow Block Captains. Write down which addresses participated and hand out new resources.
- Make a note of things that have changed in your neighborhood: access, new neighbors, etc.



Make it a challenge!

You know your block like the back of your hand. Your neighbors have their signs, Block Captains bought two-way radios, and you're ready for a challenge.

- Practice with your radios. Communicate with a Block Captain on the other end of your block or a neighboring NRG. Make note of areas with poor reception and practice proper radio protocol. Remember, you might use this in a real emergency.

- Create an emergency scenario and respond by radio.

"This is a DRILL. We have a partially collapsed carport at [address]. There was a gas leak, and we've turned off the gas valve. The family is fine. This is a DRILL."

How would you respond?



Not quite ready?

This might be the first time you've heard about Neighborhood Response Groups in Southern Marin. If you'd like to find out if a group already exists in your area or more about how to start a group, you can reach out to the Southern Marin NRG Coordinator, Leah Curtis, at nrg@smfd.org.

Once you're connected, you'll receive regular communication about events and training opportunities, like hands-only CPR, webinars, and more.

Scan this QR code to save the NRG Coordinator's contact info to your phone.

Stay in touch!

