

## Safety Planning – Emergency Escape Plan

### Making an Emergency Escape Plan

An Emergency Escape plan can be an important part of a safety planning. It helps you and your family to think of possible situations that may happen in which you need to leave quickly. It can also be a valuable tool for police to have access to in the event they need to help you.

- Draw a map of your home. Use the grid on the back to draw a floor plan of your home. You should draw a plan for each level of your home (basement, main, upper)
- Indicate what the rooms are, including children's bedrooms.
- Include all doors and windows. The door will be the main exit from each room. However, if the door is blocked or unsafe, identify an alternate escape route, such as a window.
- Make sure all windows and doors open easily. Include any features, such as the roof of a garage or porch, which would help in your escape.
- Mark the direction that doors swing (in/out), stairways and the placement of large furniture in the event someone else has to come in to help you.
- Pick a meeting place outside. It may be a specific spot, a 24-hour store, or a neighbour's house. Everyone will meet at the meeting place in an emergency. You can also call for help from there.
- Make sure your house or building number can be seen easily from the street.
- Are there other people in the house who need to be part of the plan? If possible, talk with them about it while being aware of their ability to maintain your safety. Does anyone in the house need help to escape? Decide in advance who will help very young or older adults, or people with disabilities in your household. A few minutes of planning can save valuable seconds in an emergency.
- Remember: Practice, practice, practice!



