

Connect and prepare.

Sporting clubs and interest groups

Building resilient communities – everyone has a role to play

We would like to ask you to do something simple in your everyday interactions that can assist you and your members to be more connected to their community. The same connections that are important in everyday life with friends, neighbours and family are even more crucial in a crisis. Prepare and Connect is aimed at building resilience and recognising connections in our daily lives that can keep us safe in times of emergency and disruption.

Whether you are part of a sporting group, a yoga class, a book club or a bird watcher you are connected with other people that share similar interests. In your role as manager, coach, member or contact person you can play a critical part in keeping your people informed and share tips to keep them safe not just in a disaster but also for life events. Whether it's a weekly meeting or a fundraising BBQ these are all opportunities to start conversations that increase our resilience.

What your club can do:

- Start the conversation. This is simple but important.
- Encourage all members to do an emergency plan.
- Include disaster preparedness as an agenda item.
- Hand out emergency planning resources at your annual registration day.
- Invite your local RFS or SES to run your end-of-season BBQ.
- Talk about preparedness in your newsletters.
- Send out text messages during severe weather events.
- Have a plan for what your group will do in an emergency.

Your club/group is an important part of your community, you rely on your members as much as they rely on you. These simple actions your club can undertake can support your members to be safe, more connected and help build our personal and our community resilience.



Being prepared is being connected.

Tips and hints for about preparedness for your Club

Examples of text messages you can send during a heatwave:

- 1 You are important to us – please look after yourself during this hot weather. Follow the link for more info www.health.nsw.gov.au/environment/beattheheat/Pages/default.aspx
- 2 Don't forget your pets feel the heat – freeze some water bottles for them to play with and make sure they have a place in the shade
- 3 If anyone hasn't got air conditioning we are opening our hall/ club house up for a few hours- come down, cool off and catch up with friends

Examples of text messages you can send during a fire threat:

- 1 Letting everyone know there is an increased threat of bushfire this weekend. Make sure you have the "Fires near me" app on your mobile and listen to local ABC for updates. Please share with friends www.rfs.nsw.gov.au/fire-information/fires-near-me
- 2 With the increased threat of fire we are reminding everyone that NOW is the time to do a fire plan, go to www.rfs.nsw.gov.au/resources/bush-fire-survival-plan

Examples of text messages you can send during storm season:

- 1 To keep informed of changing weather conditions download the **Floods Near Me** app
- 2 Never drive through flood water!
Make plans early so you can be safe

Response to an actual disaster event

As a volunteer group you may find your community facing a natural disaster and wonder what you can do in the initial stages.

- Send a group text to check on everyone – you may be one of the few contacts they have
- Remind them to listen to their local ABC radio for trusted information
- Anyone need extra assistance? – families with young children, people with additional needs, our elderly community members
- Keep people connected – knowing you are not alone in a crisis reduces the trauma
- What skills/ resources are within your group that may be able to assist the community/neighbourhood at this time e.g. generator, a hall, helping hands, cooking

Further information

www.dsc.net.au/disaster-preparedness has information and tips to help you and your community build your preparedness

www.ses.nsw.gov.au and www.rfs.nsw.gov.au for risk specific information

www.emergency.nsw.gov.au has more information and tips for community and household preparedness

Emergency contacts



NSW SES 132 500



NSW RFS 1800 679 737



Police/Ambulance/Fire/Rescue 000

Emergency apps



Floods Near Me



Fires Near Me



Emergency +



Get Prepared