

## Actions that Must be Taken When Outdoors

- When planning outdoor activities (for example, large group/school activities, interschool competitions), listen to the latest weather forecasts (for example, The Weather Channel, local radio/TV stations/websites, The Weather Network, Environment Canada, Weather-One-On-One) and take necessary actions (for example, cancellation) if threatening weather is possible.
- If possible, get inside a well-constructed building. Move to the interior or basement of the building away from windows and doors.
- If a shelter is not available, lie in a nearby ditch or ravine or low-lying area (do not go into a grove of trees or under a vehicle).
- Lie flat and protect your body and use arms to protect head and neck.