

## Subsection 5.9 — Essential Drills Quarterly Cycle

### Drill Cycle

| Drill             | Objective              | Frequency | Duration | Notes                  |
|-------------------|------------------------|-----------|----------|------------------------|
| Alarm Response    | Recognize alert codes  | Monthly   | 10 min   | From sleep quarterly   |
| Evacuation        | Rally-point routes     | Quarterly | 30 min   | Night version annually |
| Fire & Hazard     | Escape & extinguishers | Bi-annual | 15 min   | Review Fire Safety     |
| Intruder Scenario | Lockdown practice      | Quarterly | 15 min   | Calm voice             |
| Radio Check       | Comm readiness         | Weekly    | 5 min    | Rotate operator        |
| Medical Aid       | Basic first aid        | Quarterly | 20 min   | Healer oversight       |
| Night Watch       | Patrol & lighting      | Monthly   | 15 min   | Silent run             |