

Code Silver Emergency Exercises – Central Zone

Nova Scotia Health is committed to the safety of patients, staff, physicians, and visitors. Between November 2025 and February 2026, 12 planned Code Silver mock emergency exercises will take place across Central Zone (West Hants & the HRM Sites). Each exercise will run for 10 minutes, followed by a 50-minute debrief.

These controlled exercises allow teams to practice Code Silver procedures in a safe environment—strengthening readiness, improving coordination with clinical teams and security, and supporting compliance with emergency management standards.

What to Expect

- Advance notice and signage will be provided on participating units.
- Actors will wear neon yellow vests and carry toy/simulated weapons. They may shout, but no physical contact will occur.
- Evaluators/observers will wear neon high-visibility vests and can address safety concerns.
- Overhead announcements will clearly state that a Code Silver exercise is in progress.
- Efforts will be made to minimize impact on patient care.

Staff may receive simulated phone calls as part of the exercise. All calls will begin with: “Exercise, exercise, exercise.”

Support & Safety

- Patients or visitors who feel anxious may speak with their care team.
- Staff needing support may access EFAP.
- Critical incident support will be available by phone for 4 hours after each drill; site-specific numbers will be shared during pre-briefs.
- Occupational Wellness will be on-site to assist.
- If any real emergency occurs during an exercise, follow normal procedures.

Practicing Code Silver scenarios builds staff confidence, improves response skills, and supports a safer healthcare environment.