

Avoid / Deny / Defend

- *Active Shooter Event* means Attempted Mass Murder.
- **45% of Attackers** at Active Shooter Events have no connection to the people they attack.
- **The number of deaths is a product of two things:**
 1. How long it takes the police to arrive.
 2. Target availability.

We train **police** to get to the site quickly.

We are training **you** to make targets **less available**.

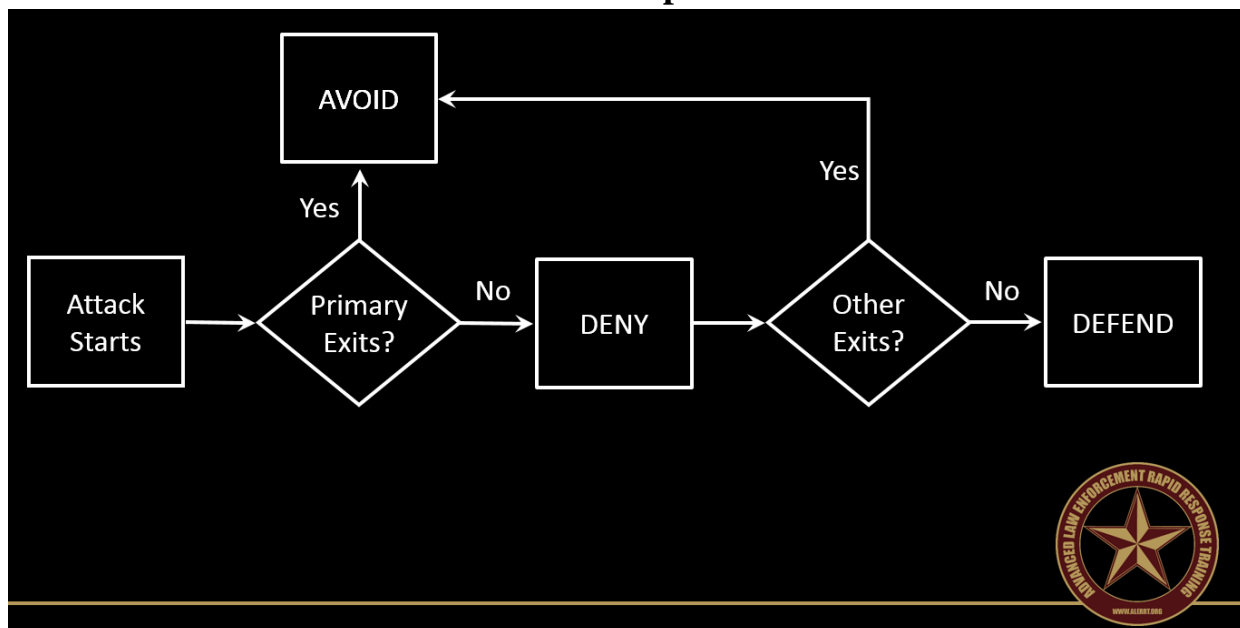
- **“Playing Dead”** is **not** a good strategy.
- **Hiding is problematic.** There are two issues.
 1. The first is that whatever you are hiding behind is probably **not bullet proof**. There just isn't much in American construction that will stop bullets. So if you are seen, you will be shot.
 2. The second and related issue is that if you are seen, what do you do?
In most cases **there is no out**. If you are hiding under a desk and the shooter comes around and spots you, you are dead.



Hiding is called “hide and hope.”

Hiding and hoping are not effective survival strategies.

- The following is a flow chart of how we view Avoid/Deny/Defend in general. Boxes are **actions** – diamonds are **decision points**.



- **Remember: You CAN survive! You DESERVE to survive!**

- **Call 911 as soon as you are in a safe location**
 - **Provide** any information you know
 - The operator will ask you a lot of **questions**
 - If you don't know the answer, **don't guess**.

Say what you **KNOW**
and
ONLY state the facts!

- **Avoid**

- **Situational Awareness:**
 - Be Aware of your surroundings (**know your exits**)
 - If something **looks** wrong or **feels** wrong – **leave!**
- **Don't argue** with a deranged person.
- Do not hesitate. **Leave ASAP!**
- Go to the **closest, safe** exit
- **Don't limit yourself to doors.**
Think about windows and even breaking through drywall.

- **Deny Access**

- Keep the Attacker **away** from you.
- **Lock** doors, **Lights** off, Out of **Sight**
- **Close** door
- **Lock** door
- **Barricade** if door opens toward you. Barricading could stop the Attacker or slow them down. **Heavier = Better** **More = Better**
- **If door opens away from you,**
 - Using desks and chairs is still a valid alternative. Even if the shooter opens the door, he will still have to **remove the obstacles** to enter. This will provide you with a little bit of time and can create a **vulnerable** moment for the shooter to be open to attack.
 - Use things readily available to you like **straps** or **belts**, as shown below.

Straps/Belts could allow you to lock the door at the top if it has this type of hinge.



Straps/Belts could be put on the handle, then stand along the wall using your weight to keep it closed.



- **Defend**

- You Have the Legal **Right** to Defend Yourself
- **Do NOT Fight Fair:** Attack weak spots such as eyes, throat, and groin.
- **Be Aggressive:** fight to the best of your ability and **do not quit** until the Attacker is stopped.
- Remember... **Positioning** (stand near the door),
Grab the Gun,
Fight!
- This is about mindset. **Being shot does not mean you are dead.**
You can and **MUST** keep fighting.
- You are NOT helpless. **What You Do Matters!**

- **When Police Arrive**

- **Don't be offended or angry** about the police suspecting you are the Attacker. They may not know who the attacker is. They may even handcuff you.
- **Follow Commands**
- **Show Your Hands:** Do not have anything in your hands that could be perceived as a weapon (even a cell phone)
- **Do Not Move** unless you are told to do so.
- **Police Priority of Work:**
 - **Stop** the Killing
 - **Stop** the Dying
 - **Evacuate** the Area



- **3 Stages of Disaster Response:**

- **Denial**

- Don't Deny! Hear the Gunshots!
- Go to Deliberation:
If you hear gunshots or something that could be gunshots, go straight to the Deliberation phase. Often we hear that after an event, a victim or eyewitness states that, "It sounded like fireworks."
Ask yourself, "How often do you hear something like fireworks at work?"
For most people it is never.

- **Deliberation**: Most people will not act until someone else acts first.



- **The Human Brain is:**
 - Reflective
 - Thinking brain
 - Flexible
 - Rational
 - Slow
 - You have to think about it.*
- **The Lizard Brain is:**
 - Reflexive
 - Reacting Brain
 - Fixed
 - Emotional
 - Fast
 - It just happens.*

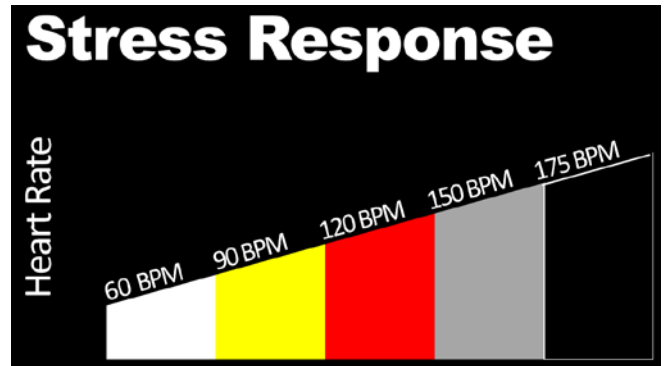
When under high levels of stress, we lose our cognitive abilities and the ability for the human brain to work. What we are left with is our lizard brain. By default, the lizard brain allows us three options which are wired into us:

Fight, Flight, or Freeze

Overall, these are good options. We know this since we are still around as a species. However, these actions are **typically unfocused** and can lead to the wrong action at the wrong time.

- **Calm Yourself:** Tell yourself to calm down.
- **Combat Breathing:** Breath in slowly through your nose, hold it at the top for 2 seconds, breath out slowly through your mouth, and hold it at the bottom for 2 seconds. This can slow your heart rate by 20-30 beats per minute and put you 1-2 conditions lower on the stress scale. Look below for **how heart rate affects you physically:**

- **White** – Normal resting heart rate
- **Yellow** – Fine motor skills deteriorate
- **Red** – Complex motor skills deteriorate, but peak physical performance in gross motor. You are stronger, faster, and will bleed less.
- **Gray** – Cognitive processing deteriorates, tunnel vision, auditory exclusion, time dilation.
- **Black** – System overload, freezing, voiding of bowels and bladder



- **Shift Your Emotion:** You are going to be scared, but you can change that to a more useful emotion like anger.
- **Stay Fit:** Research has shown people who are fit are generally more able to cope with stress.
- **Script and Practice:** One of the cool things about your *Human* brain is that you can use it to program your *Lizard* brain beforehand, when you are not under stress. Then, your Lizard brain does a better job when you are under stress.
Scripting means thinking through if/then scenarios in your head so that you have a better plan ready. **Practicing reinforces this plan.**

○ **Decisive Moment**

- **This is when a decision is made.**
- **It is time to act.**
- **So act! – With purpose!**
- **The WORST thing you can do is nothing.**