



Safe Insight

Active Shooter Awareness



A – Assessment

Assessment – You should take note of any areas you may find yourself in that could be likely locations of an Active Shooter attack.

Remember what an Active Shooter situation is comprised of; an individual actively engaged in killing or attempting to kill people in a *confined* and *populated* area. What confined and populated areas do you find yourself in; your church, school, place of business, shopping centers?

Once you have identified locations where you could potentially find yourself in an Active Shooter situation, think about precautions you could take. Are you aware of

the nearest exits at these locations? What areas could potentially be good hiding spots? Are there locking doors that you could use to protect yourself?

Once you have identified these potential items that can be used for your safety, begin to mentally rehearse. Play out some scenarios in your mind as you walk through the mall. What would you do if you saw somebody coming down the corridor shooting a gun? Could you run outside from your current location? Could you find a secure hiding spot?

What about at work? Envision yourself performing your normal tasks. What would you do if a disgruntled former employee burst into your work area and began shooting? Would there be an area to run or hide? Would it place you in such close proximity that you would be forced to fight?

Now try to create your own scenarios. Remember that this is by no means an easy exercise. But the goal of this is to help your brain start learning to identify safe steps that you can take in *any* situation. You are trying to slow things down for your brain, just like driving on the freeway. Eventually, your brain will learn to analyze such things in auto-pilot mode.



Just as you have learned through repetitive practice to perform dangerous maneuvers on auto-pilot, mental rehearsal of scenarios can help you to make sound decisions under stress.

B – Battle

Battle – Be prepared to make split-second decisions under the stress of an Active Shooter incident.



Hopefully you will never have to experience such a nightmare. But in the event you do, this is where your mental practice will translate into real-time decision making. If you can safely escape the location where the Active Shooter event is taking place, do it. Run away from the situation as quickly and quietly as you can.





If there is no way to escape the building without putting yourself directly in harm's way, then you will have to find another option. The next best one is to hide.

But remember to hide with a purpose. Simply hiding under a table or desk has proven time and time again to be highly ineffective.

If you can find a good hiding location, don't be content to sit quietly, hoping that you will not be found. Find objects near you that could be used as defense weapons; staplers, keys, fire extinguishers, computers. Use anything that you can think of that could cause substantial harm to a person. Do not worry about the value of the property at this point. Property can be replaced, your life cannot.

Once you are hidden, with at least one weapon of opportunity in your hand, wait quietly. If the event concludes with you in your hiding location that is a great outcome. If you hear the attacker approaching your hiding location, remember that this is a violent encounter. Timid action is not an option when it comes to your safety. If the Active Shooter enters your area, get yourself prepared to launch a violent attack against this person that is taking lives.

Your goal at this point must be simple and wholehearted:

STOP THE THREAT!

This means that you must attack with as much energy and strength as you can muster. Do not let yourself hold back. Remember that in almost all Active Shooter incidents,



the suspect plans on their life ending, usually by their own hands. Do not be afraid of harming them.



If you do not stop the threat when the Active Shooter enters your area, there is no reason they will not add you to their growing body count. This situation is no longer a “fair fight”, it is time to fight as dirty as you can; gouging eyes, punching the throat,

attacking the groin. There are no rules, only survival.

To stop the threat, you will need to, at a very minimum, dislodge the primary weapon from the shooter’s hands. This may require knocking the suspect unconscious, maiming them, or even taking their life. Once the situation has come to this point, it is your life or theirs, there are no alternatives. This is a life or death battle.

C – Conclusion

Conclusion – Prepare yourself for emergency personnel responses at the scene.

What should you expect once police respond to the scene? Remember that their **PRIMARY** objective is to end the violent encounter. They are not there to help you personally. Do not seek their assistance at this point. They are moving **toward** the sounds of gunfire; they will not help you to exit.

The situation is chaotic and law enforcement responders have no way of knowing who is a victim and who is a suspect. In some instances, Active Shooters have been known to pretend to be innocent bystanders. You can expect that they will demand to see your hands. Follow any directions given to you.



Do not ask emergency personnel to assist wounded victims. Again, their **FIRST** objective is to end the violent encounter, in order to limit the

total number of victims. If they stopped to help all of the current victims, this would allow time for the suspect to add more victims to the growing number.

While you may already reasonably believe that the encounter has ended, emergency responders have protocols

in place to ensure that threats no longer exist. Pending the satisfaction of these protocols, they will not be in a position to help the wounded. Until the threat has been completely neutralized, you must tend to your own wounds and the wounds of those around you.

It is important to remember the entire scene of an Active Shooter event will quickly transform into chaos and pandemonium. Do your best to remain calm. This will help first responders do their job, which will ultimately assist them in tending to your needs quicker.



Practice these steps now when you can think and plan rationally. DO NOT wait until the moment you find yourself in an emergency situation.

Prepare – Plan – Protect

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