

Definitions

Situational Awareness:

Being aware of what is happening around you.

The perception of environmental elements within a volume of time and space and the comprehension of their meaning.

ARA: Awareness – Recognition – Action

Definitions

Active shooter: Per FBI

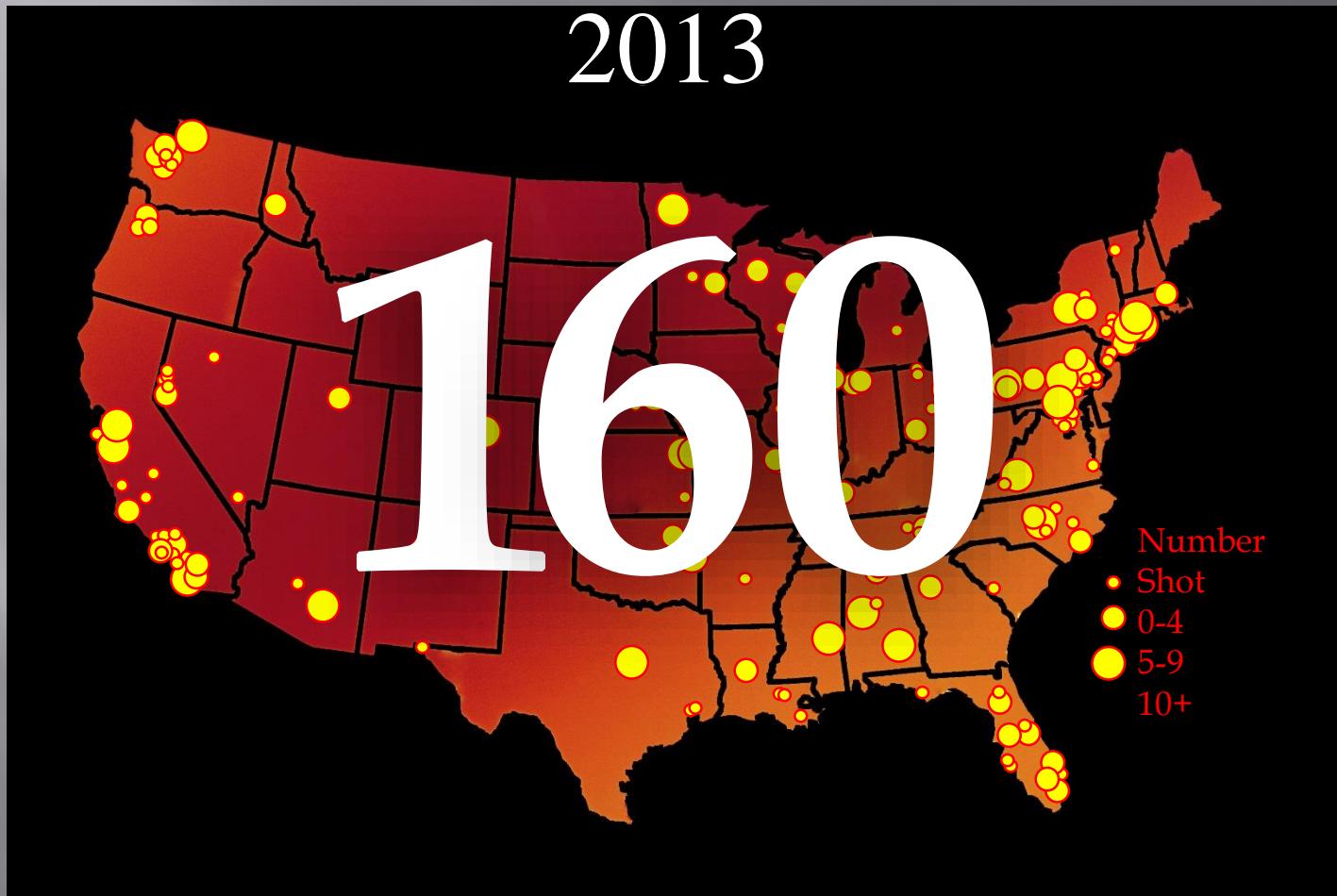
Individuals actively engaged in killing or attempting to kill people in an area believed to contain numerous victims.

I prefer to use the term “active deadly violence”.

Not all cases involve firearms.

2013

160



Situational Awareness

2000 – 2013: 160 incidents occurred. 11.4 per year.

1,043 casualties

486 killed

557 wounded

70% occurred in either a place of business or school.

Incidents occurred in 40 of the 50 states.

60% of the incidents ended before police arrived.

Stats from study done by FBI & Texas State University

Situational Awareness

2014 & 2015: At least 40 more active shooter events. 20 per year.

231 casualties.

92 killed

139 wounded

March 18th, 2015: Mesa, AZ

1 killed, 4 wounded

Oct. 9th, 2015: Flagstaff, AZ (NAU)

1 killed, 3 wounded

Situational Awareness

Everyone has the ability, opportunity and even obligation to be eyes and ears for security. If you see something, say something! Tell co-workers, supervisors, security or call 911.

For some this may require some *behavioral modification*. Awareness is a Choice!

Among the things that keep us from being successful with situational awareness are **Denial & Distraction!**

Denial!

Denial: A defense mechanism, in which the existence of unpleasant internal or external realities is denied and kept out of conscious awareness. Lack of expectation!

Lt. Col. Dave Grossman: US Army Ranger, Ret.
On Sheep, Wolves and Sheepdogs

Cooper's Color Code for Situational Awareness

White

Relaxed - Unaware

Yellow

General Awareness

Orange

Specific Alert

Red

Fight Pending

Color Code Black

Code Black: Complete lock-up, overwhelmed. Panic and inability to respond. In severe cases people will simply lie down and roll up into the fetal position.

Code black occurs when someone perceives a situation to be extremely dangerous and they have no prior preparation or training.

Denial

Dave Grossman: “Hope is not a strategy”

That has never happened here...

I work / live in a nice area...

What are the odds???

I know when the times comes...

Odds & statistics are of cold comfort
when your situation is the exception!

What are the odds?!

We do not get to decide if we will be involved in an active deadly violence situation.

We do get to decide if we will be prepared.

Mentally: Mental scripting

Physically: Physical training

Gordon Graham: Have a plan!

Plans mean nothing unless you expect to carry them out!

Response

FBI / Department of Homeland Security.
Run / Hide / **Fight**

You must first recognize the threat. (Expectation)
Be mentally prepared / Resist denial
Action vs reaction. Time is critical if we are to be successful.

Response

Run:

Have an escape route. If possible have a secondary route.

Leave belongings behind. (Cell phone would be possible exception.)

Help other escape if possible.

Evacuate regardless of others.

Try to keep hands visible in case you encounter police / security.

Be prepared to Fight!

Response

Hide:

Lock door if possible.

Barricade entry if you have time.

Turn off lights.

Silence cell phone.

Be prepared to Fight!

Response

Fight:

Be aggressive and committed to your actions.

Do not fight fair. This is about survival!

Attempt to incapacitate the killer.

Throw chair

Attack with scissor, letter opener, fire extinguisher or even a pencil.

Bring friends, work as a team.

Fight!

In at least 21 incidents the situation ended after unarmed citizens safely and successfully stopped the killer. 11 of the incidents at schools ended when unarmed principals, teachers, other school staff and students confronted the killer to end the threat.

Mental process without stress

OODA loop:

Observe: We must be aware and able to recognize a threat.

Orient: This part of the loop is the most likely to keep us from success. Resist denial.
(Expectation).

Decide: Decide ahead of time what your response will be. Have a plan!

Act: Commit, be aggressive and WIN.

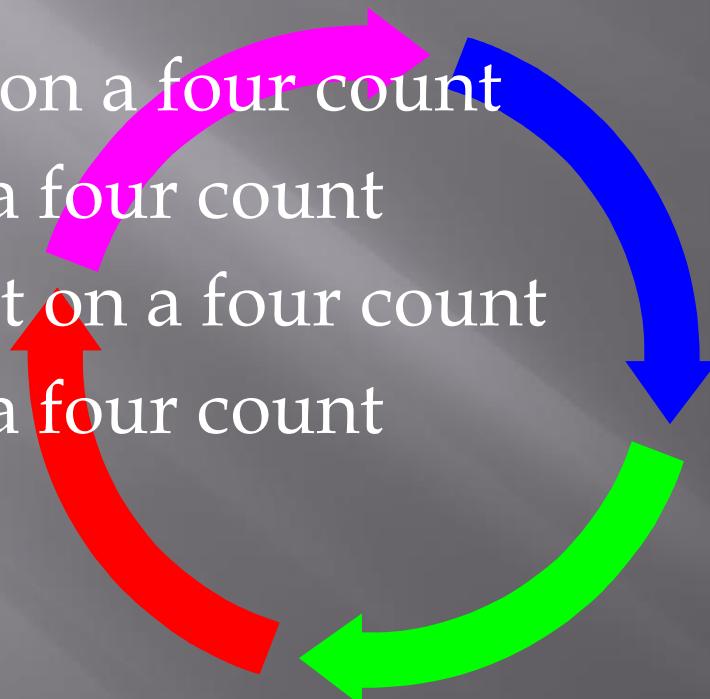
Combat Breathing

Breath in on a four count

Hold for a four count

Breath out on a four count

Hold for a four count



Conclusion

Books:

The Gift of Fear: Gavin de Becker

The Invisible Gorilla: Christopher Chabris
and Daniel Simons

On Killing & On Combat: Dave Grossman

Principles of Personal Defense: Jeff Cooper

Conclusion

Tools:

Flashlights

Pepper Spray

Taser

Gun

Knife

Multi purpose tool: Leatherman