

Team Training #1–

- RUN**
- HIDE**
- FIGHT**

Active shooters are in elementary schools, doctors offices. We can't think they are only in a typical political dividing. These are every day places that every day people go. Not just a political rally. They are going where people buy food, children going to school and where people go for medical care. This is your every day place Active Shooters are targeting for their personal vendetta. Whoever's in their way, he is going to kill them. No regard at all for others.

3 survival strategies

Run:

- **Active shooter**
- **Is there a foyer that has two entrances?**
- **Can you add a panic button that will lock the door immediately?**
- **You may not be able to go to the door and lock - they will shoot you!**
- **Escape. Know how. Only use Escape if it will not cause a greater risk.**
- **Do you have two exits? If the shooter is coming into the office through the front door do you have a back exit?**
- **If you're dealing with a long hallway you can use a mirror first to see down the hallway.**

- **Silence your cell phone.**
- **Get behind obstacles as you Escape.**
- **Have as many obstacles as you can between you and the shooter.**
- **Any persons you see along the way get them to come with you....
Do not try to talk them into it - keep going!**
- **When you get to a location, and you feel safe call 911**

Window exit:

- **Tools needed. Something heavy like a Fire Extinguisher, Safety Glasses, Hammer.**
 - *Break the glass**
 - *Use a hammer to remove the edge of the glass**
 - *Put blankets jackets etc. between you and the window.**
 - *Have a Safe Exit location in mind.**
- ***The most confident of the team members should be the last one out.**
- **If patient can't move, you secure the patient and leave. Do not stop for victims, save yourself. Evacuate whether others agree or not.**

Hide:

- **Use this method when it's not safe to evacuate.**
- **Similar to Lockdown.**
- **Stay calm, Stay quiet.**
- **Act as if you do not exist.**
- **Lock the door.**
- **Close the windows**
- **Close the Blinds.**
- **Barricade the door.**
- **Use any items to help like a desk or a bookcase. Then put any additional barriers to help shield you.**
- **Get into closets or restrooms.**
- **Keep the staff as quiet as you can.**
- **Silence your cell phones.**
- **Do not restrict yourself from total movement. Get out of shooters view.**
- **Provide protection with objects if shots are fired in your direction.**

Fight:

- **Active Focused Aggression.**
- **Use cover & concealment to your advantage.**
- **Speed is of the essence.**

- **Commit to your Actions.**
- **Do whatever you are capable of doing.**
- **Think Kill!**
- **Have a can of wasp spray in every operatory and one located in the front desk. Make sure it's at the exact same location in each operatory. Don't forget to take the safety clip off. You can also use the can to whack him in the face and throat if you can't run. Get angry. Your focus is to incapacitate, to win anyway you can. This can be one person, if alone, or a team if you are in a building with only one exit out.**
- **Some examples for defense:**
- **Stab the shooter with a pair scissors**
- **Kick him in the groin**
- **Gouge his eyes**
- **Use your forearm to his throat.**
- **Other tools: Fire Extinguisher, Laptop, purse, cane, broom handle, snow shovel, stool or a strong bookend.**
- **If you can disable him (killing him would of course disable him) you and the others - run!**

Law Enforcement:

- **Police will arrive in minutes not seconds. Statistics State it will be over within 5 to 15 minutes.**
- **Eventually it will stop when they've killed who or the amount they want.**

- **The police have killed him.**
- **They killed them selves.**
- **Or they give themselves up.**

Law enforcement's job is to Stop the active shooter. They will not help the injured.

- **Do not run towards the police.**
- **Do not scream and yell.**
- **Follow directions.**
- **Drop everything.**
- **Keep your hands up and fingers spread out.**
- **If you do not follow directions they may assume you are the active shooter and they will kill you.**

They may ask you questions: How many are there? What are they wearing? What is he carrying?

The active shooter is not there to beat you up or rob you. They are there to kill as many as they can or focused on one and kill any in their way.

Map Out:

Get your egress map out. We used to say only keep the egress maps where you can't see an exit sign. This is going to change now. Make

sure you have a primary and secondary evacuation exit. Place on your egress map with the key on how to hide.

In Conclusion:

The Active Shooter is a Martyr. He believes he is in the right. He is suffering pain because of you. So, the media will not show his picture or letter. They try very hard to not give the Active Shooter any attention. Social Media should do the same.

The chances of this happening to your office are slim. But that doesn't mean you don't practice. That you don't become aware. And that you follow these directions and teach your family at home what to do. You may just find that you're eight years old might have even additional ideas to help you! Then give them lots of hugs and kisses. Have a plan. Some suggestions are to jump on social media when you get a red flag of a patient who seems to have this type of personality. It's not 100%, but most will show themselves on social media and state what they are going to do. Who they want to kill. Most are co-workers, or past workers and patients. They have a stressor that just threw them over the edge.