

Surviving An Active Threat Plan. Evaluate. Respond.

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Training Goal

To teach UW Tacoma students, faculty, staff and any other individuals who live, work or visit campus locations where any active threat incident may occur.

We will:

- > Engage in an educational discussion on how to **Plan. Evaluate. and Respond.** to an active threat to increase the chances of survival during an incident.
- > Active participation encouraged!



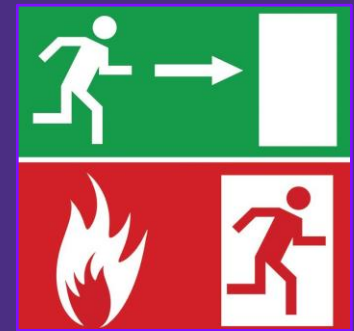
ACTIVE THREATS

An active threat is any incident that deliberately poses an immediate and ongoing threat to the campus community.

- > Active threats are difficult to predict
 - They can happen anywhere at any time
 - They evolve quickly

- > Bystander action or inaction can affect the mortality rate.

- > Preparedness, viable response options, and survival mindset are key.



Background

- > The 1999 Columbine High School attack was the first mass casualty active threat incident that was publicized and widely viewed on live television. It quickly became evident that schools across the country were largely unprepared. Nearly 20 years later, these attacks continue to occur in schools, as well as other places, where masses gather.
- > At some point in history, fires inside commercial buildings were a threat to civilians. For that reason, building codes were implemented to prevent buildings from burning, fire suppression systems were installed, and alarms were installed to indicate the presence of a fire.
- > Emergency evacuation plans were developed, trained, and exercised regularly. Similarly, it is important to consider evolving threats and what plans are in place.

Examples of Broad Range of Targets

Surviving an Active Threat:
Run. Hide. Fight.



Broad Range of Targets

- Incidents are not limited to educational campuses.
- Notable examples:
 - Century 16 Movie Theater (CO)
 - Cascade Mall (WA)
 - Ohio State University (OH)
 - BronxCare Health System (NY)
 - Fort Lauderdale-Hollywood International Airport (FL)
 - First Baptist Church (TX)



Human Reaction to Disasters



Most people experience three phases when faced with a life-threatening emergency.

- > **Denial:** A natural human response to an unfamiliar or sudden threat.
 - The coping mechanism of the mind is trying to rationalize or normalize a high-stress incident.

- > **Deliberation:** This is the point which fear can begin to overwhelm the mind, and a form of paralysis can set in that significantly decreases the ability to make decisions.
 - As heart rate increases the ability to make complex decisions and engage complex motor skills deteriorates.
 - The situation may change rapidly and there may not be enough time to think, **but with appropriate preparation you are less likely to experience issues in critical decision making.**

- > **Decisive Moment:** The point at which a person decides to take action.
 - Actions and response may vary based on circumstances, and as options become limited.
 - **The sooner you can progress through the 3 phases, the higher the likelihood of survival.**

Run. Hide . Fight. Video

In this FBI training video, customers at a bar are caught in an active shooter event. By employing run, hide, fight tactics, as well as knowing basics of rendering first aid to others, they are prepared, empowered and able to survive the attack.

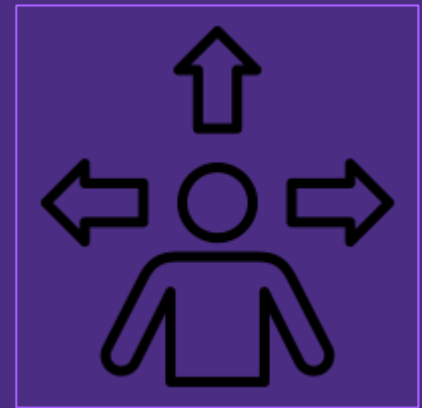
> **FBI Training video Run Hide Fight**

Have a Plan

Situational awareness helps you prepare mentally and physically prior to an incident and can greatly increase your chances to respond and survive!

- > Most people know where the nearest electrical outlets, water fountain and restrooms are. But do YOU know where all the exits are?
- > **Know how to receive emergency communications.**
- > **Know where you can run. Know where you can hide.**

It is important to mentally script various scenarios for potential incidents in locations where you spend most of your time.



Evaluate

Evaluate your options -There is an entire building around you!

Your options depend on several factors:

- > Is the suspect near you?
- > Are you outside or inside?
- > Are you able to move quickly?
- > Is access to emergency exits impeded?
- > What items can be used as weapons?
- > Do you have access to a door that locks?
- > Are you responsible for the safety of those with you?
- > Are you willing to help other people?
- > Are you willing to work as a team?





Respond: Run.

Your first priority should always be to avoid a threat.

- > Get as far away as possible from the ongoing threat.
- > The best course of action may be to physically run away from the threat.
- > You should do so quickly.
- > Your OWN safety is the highest priority, and escaping can help you from being a casualty. **Bypassing injured victims will be difficult to comprehend.**
- > Don't pull the fire alarm to alert others.
- > When you have escaped danger, immediately call 911 and provide your location, location of suspect, number of suspects, clothing description, direction of travel, types of weapons used, number of potential victims and any other information that can be recalled.

Respond: Hide.

Running away may not be your best option.

Hiding is not a passive act, and the mental mindset to survive is critical.

Think of action words!

- > Barricade yourself
- > Lock the door
- > Be as invisible, quiet, and calm as possible
 - Close blinds
 - Turn off monitors and screens
 - Silence phones
 - Look for alternate escape routes & potential weapons
- > **Take long deep breathes and *try to relax.***



It is not likely a shooter will try to get into locked rooms, and the harder you are to reach the less likely the attacker will confront you. Your current location may not be the best place to be, so even when hiding stay on your feet so you can quickly run if necessary.

Respond: Fight.

Everyone is born with inherent instincts to defend your life.

No formal training is necessary – only the mindset that you will survive.

- > Make yourself a difficult target
- > Identify weapons of opportunity:
 - fire extinguishers, scissors, hot coffee, a belt, chairs, electronic devices
- > Fight back and swing hard
- > Distract the shooter
- > Throw things
- > Be loud
- > Try to get away
- > Fight as a team - quickly devise a plan of attack and designate roles
- > **Commit to your actions!**



Each second the attacker is distracted, delayed and disrupted is time that can ultimately save lives.

Campus Notifications



If you're not in immediate danger, you'll hear about what's going quickly.

- > A campus emergency alert will go out.
- > "Lockdown" - Run, Hide, Fight. Threat is on campus. This is not a test."
- > Shelter-in-place- Threat is outside the campus.
- > The campus emergency site will be updated regularly, and as new information is confirmed:
<https://www.tacoma.uw.edu/fa/safety/emergency-updates>



Campus-wide alerts would be used to send both "lockdown" and "all-clear" signals.

Be sure to enable UW Alerts on your mobile devices! [UW Alert https://www.washington.edu/safety/alert/](https://www.washington.edu/safety/alert/)

In this type of emergency, every second counts.

Authority Arrival

Law enforcement's first task is to end the incident.

- > Public responders may not attend to injured people while trying to address the active threat.
- > Remain calm and follow law enforcement's instructions.
- > Keep your hands above your heads and palms visible.

Once the immediate threat has been eliminated or neutralized, law enforcement will conduct a room-by-room search of the building and should be easily identifiable in their uniforms.

Summary



Plan. Evaluate. Respond

Having a plan to respond to an active threat is on all of us – students, faculty, staff and visitors.

- > Remaining calm and assessing the situation is crucial to your safety during an active shooter event.
- > Have a plan ahead of time.
- > Figure out your best option and then do it.
- > You've got to be quick!
- > **Plan. Evaluate. Respond.**

Video

This training video was made by a group Emergency Managers of the Boston Consortium for Higher Education and Yale University. The video was designed to be used by any institution of higher education.



Boston College Active Shooter Awareness Video

Resources

- > [FEMA IS-907 Active Shooter: What You Can Do](#)
- > [NCBRT/Academy of Counter-Terrorist Education PER-375 Surviving an Active Threat: Run. Hide. Fight.](#)
- > [Boston College of Emergency Management: Active Shooter Awareness Video](#)
- > [Washington State Emergency Management Division: Emergency Preparedness Guide](#)
- > [Amanda Ripley *The Unthinkable: Who Survives When Disaster Strikes – And Why*](#)
- > [FBI Training video Run Hide Fight](#)