

AVADE[®]

WORKPLACE VIOLENCE PREVENTION



ACTIVE SHOOTER

| 4-HOUR COURSE OUTLINE |

Education, Prevention, and Mitigation for *Violence in the Workplace*

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The **AVADE[®] Active Shooter** Training program is designed to increase your **awareness, preparedness, and responses** for extreme violence.

ARE YOU PREPARED FOR AN EXTREME INCIDENT OF VIOLENCE?

In this 4-hour **AVADE[®] Active Shooter** course, participants will learn how to effectively and safely identify, prevent, and respond to an Active Shooter incident or event.

This course involves group interaction, discussion, lecture, and practice exercises (skills & drills). The **AVADE[®] Active Shooter** Training is modular-based and can be adapted into a variety of scheduling and training dynamics.

- All Participants Will Receive the **AVADE[®] Active Shooter** Student Guide and Certificate of Completion.
- **AVADE[®] Active Shooter** Training is Nationally Recognized and Court Defensible.
- **AVADE[®] Active Shooter** Training 4-Hour Certification Cost – \$2,297.00 per course.
(For Up to 20 Participants)

› Introduction

- Introduction to **AVADE[®] Active Shooter** Level I
- Word of Caution
- Modern Mass Shootings
- Workplace Violence Defined
- OSHA General Duty Clause
- The **AVADE[®]** Principles
- **AVADE[®] Active Shooter** is Evidence-Based Training
- Benefits of **AVADE[®] Active Shooter** Training

▶ **Module One - Active Shooter Awareness**

- Awareness Defined
- Active Shooter Defined
- Active Shooter AKA | Also Known As
- Mass Murder | Shooting | Attacks
- Situational Awareness
- Responses to an Active Shooter
- Awareness to Survive an Active Shooter Incident
- Developing & Increasing YOUR Awareness

▶ **Module Two - Don't Give Them Any Honor!**

- Don't Give Them Any Honor!
- What Do They All Have in Common?
- Active Shooters Have a Few Things in Common
- Don't Give Them Any Honor!

▶ **Module Three - What We Know About Active Shooters**

- Extreme Violence
- Environmental Awareness
- Risk Factors to Violence
- Strategies to Mitigate Risk of Violence
- What We Know About Active Shooters

➤ **Module Four - Vigilance for Violence**

- Vigilance for Violence
- Hypervigilance
- The Five Senses Warn Us of Danger & Keep Us Safe
- Do You Know the Sound of a Gunshot?
- Trust Your Intuition
- Stop | Look | Listen

➤ **Module Five - Who Commits Violence**

- Characteristics of Individuals Who Commit Violence
- Don't Be Easy Prey | Don't Be a Victim of Violence!
- Active Shooter Characteristics
- Active Shooters Are Motivated By
- Predictions of Violence
- Recognizing Early Warning Signs of Violence
- Pre-Incident Reporting

➤ **Module Six - YOU Have the Right to Defend Yourself!**

- Self-Defense
- Types of Assault
- Lawful Use of Defense
- Use of Force
- Dangerous & Deadly Weapons
- Levels of Force & Defense

▶ **Module Seven - The Stress Continuum**

- The Stress Continuum
- Stress + Fear = Fight | Flight | Freeze
- Stress
- Fear
- Fight | Flight | Freeze
- Putting the Brakes on the Fight | Flight | Freeze Response
- Post-Incident Stress Debriefing for Violence
- Critical Incident Stress Debriefing for an Active Shooter Incident

▶ **Module Eight - Escape | Escape | Escape**

- Escape Planning
- Rules for Surviving an Active Shooter
- Rule #1
- Escape (Run) if Safe to Do So!
- Environmental Awareness
- Developing Escape Plans

▶ **Module Nine - Hide, Call, & Lock-Barricade**

- Hide & Cover in Place if You Cannot Escape
- Rules for Surviving an Active Shooter
- Alert (911) Authorities | Police, Armed Security
- Provide 911 Operators, Law Enforcement With:
- Lock Doors in Your Immediate Area
- What if Your Doors Don't Lock?
- Place Barriers & Remain Quiet
- Healthcare Barricade Procedures & Guidelines
- Steps for Remaining in a "HOT" Zone During an Active Shooter Event
- Facility Lockdown | Healthcare Agencies & Corporations

▶ **Module Ten - Attack the Attacker**

- Last Resort!
- Rules for Surviving an Active Shooter
- If Escape is Not Possible & Danger is Imminent, Attack | Fight the Attacker
- Duck & Cover?
- Attack | Fight the Attacker
- Attack | Fight the Attacker With Improvised Weapons
- Strike | Attack High Risk Target Areas
- Mental Movies | Impressing the Unconscious Mind

▶ **Module Eleven - Law Enforcement, Post-Incident Response & Documentation**

- Law Enforcement's Response
- Law Enforcement's Immediate Priority
- Police/Armed Security Entry Teams
- Police/Armed Security Arrival
- Go to a Safe Location
- Post-Incident Documentation
- Risk Management for Liability Mitigation
- Elements of Reporting Self-Defense or Force

▶ **Module Twelve - Stop the Bleed**

- Stop the Bleed Campaign
- How to Stop the Bleed | Call 911
- Ensure Your Safety
- Look for Life-Threatening Bleeding
- Compress & Control
- Tourniquets

▶ **Module Thirteen - Honoring the Victims & Heroes**

- Victims & Heroes
- Civilian Interveners
- Police | On & Off Duty
- EMS | FIRE | Healthcare Personnel
- Trainers | Teachers
- State & Federal Organizations
- YOU, for Being Willing to Act & Help Others

▶ **Escape Strategies & Drills**

- Rule #1 Escape (Run) If Safe to Do So
- Plan A, B, & C
- Know Your House!
- Alternate Escape Routes
- Safe Place
- Practice Session

▶ **Hide & Cover Strategies & Drills**

- Rule #2 Hide & Cover
- Plan A, B, & C
- Know your House
- Doors & Door Lock Awareness
- Concealment vs. Cover
- Bullet Penetration
- Practice Session

▶ Alert (911) Strategies & Drills

- Rule #3 Call/Alert 911, Police, Authorities
- WWWWWH
- Know Your Phones
- Practice Session

▶ Lock Doors/Barricade Strategies & Drills

- Rule #4 Lock Doors
- Rule #5 Barricade
- Chairs, Tables, & More
- Door Swing
- Placement in Room
- Practice Session

▶ Attack the Attacker Strategies & Drills

- Rule #6 Attack (Last Resort)
- Mind Set
- Swarm
- Weapons & Improvised Weapons
- High Risk Target Areas
- Practice Session

› Stop the Bleed Strategies & Drills

- First Aid Kits
- Ensure Your Safety
- Look for Life-Threatening Bleeding
- Compress & Control
- Using a Tourniquet
- Practice Session

› AVADE[®] Active Shooter Student Training Requirements

- **AVADE[®] Active Shooter** 4-Hour Training Course Certification.
- Student Must Pass the Ten Question Written Exam With an 80% or Better.
- One Retest is Allowed. If Student Fails Re-Test, Course Must Be Taken Over Again.
- Student Must Pass the Proficiency Skills Test With an Acceptable Rating.
- Recertification for Healthcare is Required Annually.
- Recertification for Corporate Required Every Other Year. (No Time Requirement for Recert)
**Yearly Training is Recommended.*
- Recertification Qualification = Pass Written Test & Skills Test Again.