UNARMED SECURITY AND ACTIVE SHOOTER DEFENSE

Brad Spicer
No Exit Strategy

Average duration of an active shooter is under 5 MINUTES

In all but 2 of the 160 incidents, the shooters chose to ACT ALONE.

securityexpo.org
1966 Texas Tower
1984 San Ysidro McDonalds
1986 Edmond Post Office
1991 Luby’s
1999 Columbine
2004 Beslan Russia
2007 VA Tech
2008 Mumbai
2009 Fort Hood
2011 Norway
2012 Aurora Theatre
2012 Sandy Hook
2015 Charleston Shooting
2016 Pulse Nightclub
VA Tech

- 33 killed, 27 wounded
- Blacksburg, VA
- April 16, 2007

Cho exhibits numerous warning signs that go ignored. After killing two students around 7:15 a.m. in the dorm, Cho entered Norris Hall two hours later and chained the doors shut. Despite rapid SWAT and patrol response, Cho was able to kill 30 more people and fire over 170 rounds.
Lockdown Fails

- 26 killed, 2 wounded
- Newtown CT
- Dec. 14, 2012

After killing his mother, Adam Lanza arrived at Sandy Hook Elementary at 9:30 a.m. He fired eight shots into a glass window next to the locked front door and gained entry.

Lanza’s attack lasted nearly 273 seconds. He killed 20 children and 6 adults were murdered.
Aurora Theatre

- 12 killed, 58 wounded
- Aurora, CO
- July 20, 2012

James Holmes purchased a ticket to “The Dark Knight Rises”, left and theatre after about 20 minutes via an emergency door he’d propped open. Holmes went to his car and put on protective clothing and retrieved two pistols, a semi-auto rifle and a shotgun. Holmes re-entered the theatre via the emergency exit, threw a canister emitting some form of gas and opened fire. 70 people were wounded in the 90 seconds it took police to respond.
Pulse

- 49 killed, 58 wounded
- Newtown CT
- June 12, 2016

At 2:02 a.m. Omar Mateen approached the Club on foot carrying a rifle and pistol. He was confronted by a Police Officer working security. Mateen retreated into the club where he would carry out his attack on patrons.

At 5:02 a.m. police attempted to breach a wall and enter the Club. At 5:07 a second attempt was successful and Manteen was killed at 5:15 a.m.
BUT I AM UNARMED!

As a condition of their employment, flight attendants are required to assist passengers during an emergency evacuation of the airplane.

- Asiana Airlines Flight 214
- Embedded Active Shooter Defense Capabilities
SafePlans

GETTING BEFORE

EMERGENCY

PREVENTION

TIMELINE

RESPONSE
When would you want to know?

- Parking Lot OR Front Door
- Front Door OR Office
- Office OR Hallway
- Hallway OR Classroom or Office
# SITUATIONAL AWARENESS

## COOPER’S COLOR CODES

<table>
<thead>
<tr>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Unprepared and unready to take action. If you are attacked in White you will probably die unless your adversary is totally inept.</td>
</tr>
<tr>
<td>Yellow</td>
<td>Prepared, alert and relaxed. Good situational awareness.</td>
</tr>
<tr>
<td>Orange</td>
<td>Specific alert to probably danger. Ready to take action.</td>
</tr>
<tr>
<td>Red</td>
<td>Action Mode. Totally committed to the emergency at hand.</td>
</tr>
<tr>
<td>Black</td>
<td>System overload. Total breakdown of physical &amp; mental performance.</td>
</tr>
</tbody>
</table>
AWARENESS IS SITUATIONAL

- Murder of WDBJ Reporters Alison Parker and Adam Ward
  Killer: Vester Flanagan (aka Bryce Williams)
- August 25, 2015
SECURITY

• Focus on Security Awareness
• Allows others to focus solely on their jobs
SECURITY ACTIONS &
THE BUTTERFLY EFFECT

• The **butterfly effect** is the concept that small causes can have large effects.

• Come from American mathematician and meteorologist Edward Lorenz’s “Deterministic Nonperiodic Flow” thesis.
Critical Thinking & Decision Making in an Emergency

During an emergency Security could be required to make life-or-death decisions.

Air Force Colonel John Boyd developed a model to help explain this type of decision-making process.

The system is called the “OODA Loop.” OODA is an acronym that stands for: Observe, Orient, Decide and Act.
• Quantum Theory: Observation Changes Reality
• 10/5 Rule
• First Timer’s Syndrome
10 Feet
Eye Contact & Smile
Less than 10% of people will react in a dismissive or negative manner.
That’s OK, you just you are just more prepared if they do not respond well to your greeting.

Over 90% of people will react in a positive or neutral manner.
No need for increased awareness.

10 Feet
Eye Contact & Smile

Large Groups: Use 10 Ft. (+) to 5 foot target greeting.
Sincere Greeting

Over 90% of people will react in a positive or neutral manner.

Less than 10% of people will react in a dismissive or negative manner; which is OK.

In the very remote chance this person behaving in a suspicious or possibly dangerous manner, be aware of potential warning signs.

Large Groups: Use 10 Ft. (+) to target greeting.

securityexpo.org
Other Concerns:
The vast majority of people that respond poorly to the greeting have non-security-related issues.

Disengage or Customer Service?
A small portion of the sub-group may pose have a general security related issue.

- Theft
- Intoxication/drugs
- Gang Indicators

An even smaller portion of may pose a serious security-related concern.

A concern does not equate to threat: OODA.

The vast majority of people that respond poorly have issues that are not related to your interaction.
Serious Security Concern: If there are obvious signs of danger or aggression, determine the best course of action:

- Request Assistance
- Observe
- Deescalate
- Evacuate
- Engage
PHYSICAL PRE-ATTACK INDICATORS (PAINS)

- Oversized or loose fitting clothes
  - Clothes not appropriate for event/weather
- Keeping hands in pockets and otherwise concealing hands
- Repositioning weapon (confirmation touch)
- Small bulges near waste or hip
- Adjusting waistband or clothing
- Undo attention to carried objects
- Oversized torso or bulky jacket/vest
- Favoring one side (strong side)
- Blading (turning body to protect weapon)
OBSERVE: BEHAVIORAL PRE-ATTACK INDICATORS (PAINS)

- Minimizing door-to-door distance from vehicle (parking in fire lanes)
- Low familiarity with area
- Nervousness
- Mental discomfort
- Tunnel vision/1,000-yard stare
- Repeated comments and/or prayer
- Muttering
- Difficulty making decisions
- Trouble communicating
- Repeated entries/exits to area
Intuition

• It is always in response to something
• It ALWAYS acts in your best interest

Fear

• Apprehension

Nervousness

Gut Felling

• We are the only creatures that will over-ride our intuition.
• Even if intuition does not reveal an actual threat, we have added a new ability to distinguish dangerousness.
ORIENT

• Orient faster by understanding your location
• Understand Your Baseline (10-5 Rule Percentages)
Operational Environment Analysis
O P E R A T I O N A L  E N V I R O N M E N T  A N A L Y S I S

- Responsibilities +

<table>
<thead>
<tr>
<th>RUN</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Exit?</td>
<td>Secondary Exit?</td>
<td>Nearest Securable Area?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HIDE</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Securable?</td>
<td>Locking Mechanism?</td>
<td>Vision Panel?</td>
</tr>
<tr>
<td>Door Swing?</td>
<td>Barricade (Into room)</td>
<td>Tie Off (Into hall)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FIGHT</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Available improvised weapons?</td>
<td></td>
</tr>
<tr>
<td>Fire Extinguisher</td>
<td>Chairs</td>
</tr>
</tbody>
</table>
DECIDE

Contact = Location = Response
Levels of Contact

Direct Contact: No barriers between you and the attacker. Attacker is close enough to pose an immediate danger.

Indirect Contact: Attacker on campus, or in building; but distance or barriers delay access to you.
LOCATION

- **Responsibilities**: People in your area for which you are responsible.

- **Ability to Secure**: Can provide a degree of protection from an intruder, including rooms with doors that may be secured and has few interior windows into the hallway.

- **Ability to Evacuate**: Ability to flee the area when considering the intruder’s likely position.
“In a moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing.”

President Theodore Roosevelt.
Alerting Others

As you are able, it is important to alert other people so they can protect themselves and help others.

“Lockdown!, Lockdown!”
Alerting Others

Use Plain Language:

“Attention! There is a shooter near Room Three. He is white male wearing a black coat and blue jeans.”
Active shooter-type attacks are low volume high impact incidents and not every human-based threat requires Run-Hide-Fight decisions. For these incidents, use **“Heightened Security.”**

Like a precautionary lockdown without the perception of there being an active shooter.

“Attention! We have an incident requiring Heightened Security. Please move immediately to an area that may be secured. Security will assist you in locating securable areas.”
Establishing a basic command post can greatly improve response. The command post can be an office that has:

- A door that can be locked
- Access to onsite video camera
- An intercom
- A telephone
This video footage from the attack at Columbine High School shows students implementing an impromptu running evacuation of the cafeteria. While disturbing, this action undoubtedly saved lives.
- Indirect Contact and
- Able to Secure Area
- Deny Access!

Lock/tie off/barricade doors.
When you must **FIGHT**:

- Commit to fighting back.
- Lead others to help.
- Provide clear instructions.
- Use improvised weapons.
- Act with aggression until the threat is incapacitated.
The body cannot go where the mind has not been.
Universal Human Phobia
Understanding the Mental Process of Fear

Universal Human Phobia

Fear + 175+ HBPM

- Irrational thinking/decision making
- Freezing vs. slow motion time
- Vasoconstriction
- Auditory exclusion
- Submissive behavior
- Poor communication/speech
- Perseveration

Fight
Flight
Freeze
Above approximately 175 HBPM there is a breakdown of cognitive processing.

The Forebrain begins to shut down and the Midbrain takes over.
How can this impact your response?
Freezing & Slow Time

Freezing

Slow Time
Vasoconstriction is the narrowing of the blood vessels resulting from contraction of the muscular wall of the vessels.

Probably a survival mechanism but can greatly reduce fine motor skills.
Auditory Exclusion
“Get in a line, I am going to kill you all.”

Oikos University Shooting

7 killed, 3 wounded

Oakland, CA

April 2, 2012
Passive Targets, Easy Victims

When law enforcement officers counter a shooting incident, the hit ratio is only 12 to 18 percent.

- Shooter’s hit ratios are dramatically higher, with some as high as 80 percent.

- The difference is not attributed to shooting skill, but rather the passive response.

- Available targets are predictable and stationary.
Poor Communication/Speech
Perseveration
“Very little innovative thinking occurs under combat conditions, we must plan and train for the next fight before we’re in it.”

Dave Grossman
Extreme Survival Stress

- Allows us to overcome extreme survival stress
- Stress inoculation
TACTICAL BREATHING

• Technical term is called autogenic breathing, but in combat community it’s referred to as combat breathing or tactical breathing.

• Technique to control fear and stress by limiting the role of the body’s Sympathetic Nervous System.

• Sympathetic Nervous System controls our Fight or Flight response and is part of the Autonomic Nervous System.
• Breathing and blinking are only two actions of your autonomic nervous systems that we can bring under conscious control anytime we choose.

• Proper breathing can control sympathetic nervous system response (control fear and anger).

• Process that allows you to gain conscious control over your Fight or Flight response.
1. Breath through nose, four counts.

2. Hold it, four counts.

3. Exhale through mouth, four counts.

4. Hold empty, four counts.

Repeat process four times.

Can be used before, during, and after a dangerous situation.
Do Something
“The head of the Federal Aviation Administration announced today that his agency would soon propose a rule requiring airlines to place a bulletproof shield around pilots to protect them....Until now, the airlines have followed the wishes of hijackers to provide maximum assurances that no one would be hurt.”

New York Times Article
SITUATIONAL AWARENESS

• Eastern Airlines 1970

• John Devivo barges into the cabin of the plane brandishes a handgun and order the pilots to fly until the plane runs out of fuel. A struggle ensues and Devivo shoots Captain Robert Wilbur and Co-Polit James Hartley. Though shot, Wilbur is able to land the plane safely.
Delta Airlines 1974

- Samuel Byck, armed with a handgun and gasoline bomb shot his way onto a Delta jet at Baltimore International Airport.

He killed a security officer and shot the pilot before police shot him.

His plan was to crash the plane into the White House.
SITUATIONAL AWARENESS

• 1986
  – David Burke stormed the cockpit of a jetliner over San Diego and shot both pilots.
  He crashed the plane into the ground.

All 43 people on board died.
• Federal Express 1994
  – Fed-Ex employee named Auburn Calloway attacked the Fed-Ex pilots with two hammers. Even though seriously injured, the pilot and co-pilot land the plane. Calloway’s plan was to kill the pilots and crash the plane.
SITUATIONAL AWARENESS

- Air France 1994
  - Members of a fanatical terror squad known as the Armed Islamic Group took over an Air France jetliner.
  The hijackers were killed by French commandos who stormed the plane while it was on the ground for refueling.

Their plan was to fly the plane into the Eiffel Tower.
Pre Attack Indicators (PAINS)  Few mass killing attacks are preceded by direct threat. While threats should never be ignored, they should be viewed more as a promise than a guarantee. Threats are typically issued to obtain a desired response such as fear rather than forecast imminent danger. Preventing an attack requires the observation of subtle Pre Attack Indicators (PAINS); not just waiting for direct threats.

Actions that may be associated with PAINS which warrant closer attention and possibly the application of a threat assessment.

- Threat of suicide or self-harm
- Preoccupation with themes of violence
- Intimidating others, frequently confrontational
- Identify with dangerous individuals, acts and/or philosophy
- History of violence or behavior obviously insensitive to others
- Preoccupation with other incidents of publicized violence
- Crossing boundaries (e.g., excessive calls, emails, etc.)
- Notable changes in personality, mood, or behavior
- Shows noticeable decline in personal hygiene
- Threat of violence, directly or implied
- Marked work performance decline
- Give away personal possessions
- Substance abuse

SAFE 10-5 Rule

10 Feet: Eye Contact and Smile.

As someone comes within 10 feet, make eye contact and smile to acknowledge the guests.

5 Feet: Sincere greeting or friendly gesture.

When they are five feet away, offer a sincere greeting or friendly gesture of acknowledgment should accompany the eye contact and smile.

In the rare instance, when there is a security concern, take action. If the person needs assistance, that is not a security function, help them locate the proper office.

Decision Making

No plan can account for every possible scenario. Determine the best possible response based on your training and experience. Remember the Boyd Cycle or Observe-Orient-Decide-Act (OODA) Loop is the decision making process.

Your ability to Decide and Act is greatly enhanced by early observation and familiarity with your area and options (Orient).

Possible Ways to Act

- Provide non-security assistance
- Investigate suspicious behavior
- Report concerns
- Limit persons access
- Alert others
- Call 9-1-1
- Exact emergency response

Violent Intruder

Call 9-1-1 (whom to call for help & assistance)

Direct Contact or Can't Sec Area? Clear Escape Path Avoid contact & move to safety.

Indirect Contact

Able to Secure Area

Static Access

Last Resort

Direct Contact and Can't Run

Risk to Life

Lead others. Resist & fight back!
People rarely rise to the occasion. They fall back to their lowest level of training.

866-210-SAFE
brad@safeplans.com
www.safeplans.com