

Active Shooter/Intruder Emergency Training



GLENDALE
SCHOOL DISTRICT



According to the FBI's 2014 report on active shooter situations, 69% of incidents lasted less than five minutes. Consequently, 60% of incidents ended before police arrived. Police officers understand the necessity of teaching proactive safety and response tactics to citizens.

Source: ALICE Training Institute



ALICE is an acronym for five steps that can be utilized to increase the chance of survival in an active shooter situation. These steps are not sequential, but are presented as options. The situation will determine what steps make sense to follow. A combination of these steps can be used to keep individuals safe and modified as the situation changes.



ALERT. Use Plain and Specific Language. Avoid code words.

The purpose of the ALERT is to inform as many people as possible within the danger zone that a potentially life-threatening situation exist. This can be facilitated via many different methods (PA, text, email, alarm). Various sounds, sights, and interactions can create awareness of the active shooter (gunfire, witness, unusual noises, yelling, etc.) No matter the method of delivery, the objective should be a conveyance of information, not an issuance of a command. The use of plain language, delivered through as many delivery channels as possible, is the best way to ensure awareness within the danger zone. It will empower as many as possible with the ability to make an informed decision as to their best option that will maximize survival chances.



LOCKDOWN. Barricade the Room. Silence Mobile Devices. Prepare to EVACUATE or COUNTER if needed.

Lockdown is an important response in the event of an active shooter or violent intruder, but there has to be a semisecure starting point from which survival decisions should be made.

The ALICE training program explains scenarios where lockdown is the preferable option and dispels myths about traditional lockdown procedures. Relying on lockdown alone will significantly endanger occupants in a violent intruder situation. Traditional lockdown creates readily identifiable targets and makes a shooter's mission easier, whether that is a hospital, a school, a church, or a business.

ALICE trainers instruct on practical techniques for how to better barricade a room, what to do with mobile and electronic devices, how and when to communicate with police, and how to use your time in

lockdown to prepare to use other strategies (i.e. Counter or Evacuate) that might come into play should the active shooter gain entrance.

If evacuation is not possible and a lockdown is required, secure the room. It is a starting point from which survival decisions will begin to be made. Look for alternate escape routes (windows, other doors, etc.). Lock the door. Tie down the door, if possible, using belts, purse straps, shoe laces, etc. Barricade the door with any object available (desk, chairs, etc.). Cover any windows. Move out of the doorway in case gunfire comes through. Silence or place cell phones on vibrate. Once secured, do not open the door for anyone. Police will enter the room when the situation is over. As soon as you are safe call 911. Gather weapons (coffee cups, chairs, books, pens, etc.) and mentally prepare to defend yourself or others. Put yourself in a position to surprise the active shooter if he or she enters the room.



INFORM. Communicate the Intruder's Location in Real Time

Inform is a continuation of Alert and uses any means necessary to pass on real-time information. Video surveillance, 911 calls and PA announcements are just a few of the channels that may be used by school employees, safety officers, and other personnel.

An emergency response plan should have clear methods outlined for informing school employees, hospital workers, or any other employees of whereabouts of a violent intruder. No one wants to have to deploy such methods, but in the horrible event that an armed intruder would enter a facility, emergency preparedness training could take over.

Information should always be clear and direct and, as much as possible, communicate the whereabouts of the intruder. Effective information can keep the shooter off balance, giving people in the school more time to further lockdown, or evacuate to safety.

Active shooters work alone 98% of the time. If the shooter is known to be in an isolated section of a building, occupants in other areas can safely evacuate while those in direct danger can lockdown and prepare to counter. Knowledge is the key to survival.

Use any means necessary to pass on real time information. Use plain language. Provide “who, what, when, where, and how” information. Can be derived from 911 calls, video surveillance, etc. Can be used by people in the area or who may come into it to make common sense decisions. Can be given by “Flash Alerts,” PA Announcements, or police radio speakers.



COUNTER. Create Noise, Movement, Distance and Distraction with the intent of Reducing the Shooters Ability to Shoot Accurately.

ALICE Training does not believe that actively confronting a violent intruder is the best method for ensuring the safety of all involved, whether in a school, a hospital, a business, or a church.

Counter focuses on actions that create noise, movement, distance and distraction with the intent of reducing the shooter’s ability to shoot accurately. Creating a dynamic environment decreases the shooter’s chance of hitting a target and can provide the precious seconds needed in order to evacuate.

ALICE does not endorse civilians fighting an active shooter unless confronted directly in a life-and-death situation. Counter is a last-ditch and worst-case scenario option.

In the horrible event that an active shooter makes his or her way into a school, hospital, church, or business, there are steps that can be taken as an effort to survive an attack. With workplace violence as a rising trend across the United States, this method is not limited to

preventing a school shooting. The ALICE Training Program provides examples for real, effective ways to counter an active shooter, when there is no other option left.

Counter is about survival, the last barrier between a shooter and a potential victim, and anything a person can do gain control is acceptable. It's the opposite of being a sitting duck, and every action taken is a step towards survival.

Use simple, proactive techniques if you are confronted by an active shooter. (Disclaimer: In a last resort situation, some simple, proactive techniques could increase chances of survival if you are confronted by an active shooter. ALICE is presented as a set of options for groups on college campus settings or various public areas.) Realize that anything can be a weapon (books, coffee cups, etc.) Throw objects at the shooter's head to disrupt his/her aim. Create as much noise as possible. Attack or swarm in a group. Grab the shooter's limbs or head, take him/her to the ground, and hold him/her there. Run around the room and create chaos. If you have control of the shooter, call 911 and tell the police where you are. Listen to the police commands when they arrive on the scene.



EVACUATE. When safe to do so, remove yourself from the danger zone

Our human instinct in the face of danger is to remove ourselves from that threat. ALICE training provides techniques for safer and more strategic evacuations.

An active shooter in a building presents a situation like no other. Evacuating to a safe area takes people out of harm's way and hopefully prevents civilians from having to come into any contact with the shooter. By evacuating, citizens can avoid having to employ the

techniques learned in ALICE training for how best to Counter an active shooter.

Did you know that you should break a window from the top corner as opposed to the center? Many useful techniques that civilians do not know exist and can save your life. ALICE trainers teach strategies for evacuating through windows, from higher floors and under extreme duress.

ALICE trainers also give instructions on what to do at rally points, including communicating with law enforcement and administering first aid. Evacuation is the number one goal.

Hopefully, evacuating a school, workplace, or church is always an option in the event of an active shooter. The ALICE Training Program provides lessons and information for all facets of a violent intruder gaining access to a building. Safety is our primary focus for this program, and we do not endorse risking lives of students or employees.

Remove yourself and others from the danger zone as quickly as possible. Decide if you can safely evacuate. Run in a zigzag pattern as fast as you can. Do not stop running until you are far away from the scene. Bring something to throw in case you encounter the active shooter. Consider if the fall from a window would be detrimental. Break out windows and attempt to quickly clear glass from the frame. Consider using belts, clothing, or other items as an improvised rope to shorten the distance you would fall. Hang by your hands from the window ledge to shorten the drop. Attempt to drop into shrubs, mulch, or grass to lessen the injury.