

Support for “RUN. HIDE. FIGHT.” Video

While mass shootings are statistically rare, it is prudent to give some thought about what YOU will do if faced with this situation. Preparedness can save your life! **Your choice of which action to take is your personal decision to make.**

If you find yourself in an active shooter incident, understand that it will be a dynamic situation - things will happen quickly. You must be ready to move and adjust to the situation. During the incident you may move through all three actions: You may **RUN**, but then have to **HIDE** because of the location and movement of the shooter. While hiding, the shooter may try to enter your location and you will be forced to **FIGHT**.

Here are some other topics to consider:

→ Situational Awareness

Don't be paralyzed with fear, but do pay attention to your surroundings. When you enter a building, mall, or theater, note where the exits are located. Look around to see who else is in the space. If someone appears suspicious or is acting suspicious, pay attention! If something doesn't feel right (gut feeling, hair on the back of your neck rises) pay attention! Do not override your intuition – it is there to protect you.

→ Early identification, assessment and management of threats or threatening situations is still the first line of defense. If you SEE SOMETHING, for example, behaviors that cause you concern, SAY SOMETHING!

Those behaviors may include (but certainly aren't limited to):

- Verbal Threats
- Physical intimidation or verbal/physical assaults
- Comments about homicide or suicide
- Bringing firearms or weapons to the workplace
- Changes in behavior and attitudes
(i.e., becoming more vocal and strident about polarizing social issues.)
- Romanticizing, idolizing, researching/studying previous active shooters or serial killers or terrorists

→ **“Run”**

- Avoid being a stationary and passive target
- Leave your “stuff” – don’t worry about grabbing shopping bags, purse, phone, etc. **JUST GET OUT!**
- Run away from the sounds of gunfire or explosions
- Don’t run blindly into a hallway or room – stay low and peek around the corner before entering the area
- Exit the building or the immediate area as soon as possible
- If you encounter law enforcement as you exit, put your hands up, fingers spread (Remember, a cell phone in your hand may look like a gun to law enforcement)
- Yell “Friendly”
- Follow their instructions
- Only point directions when asked
- Immediately seek medical attention if injured

→ **“Hide”**

- If you can’t evacuate, get into a room and lock the door
- Barricade the door (move furniture, heavy objects, etc. in front of door)
- Turn the lights off, silence cell phones, remain quiet
- Get behind furniture or heavy objects that can provide cover
- Get down on the floor to keep low body profile (in case shots are fired through the door or walls)

→ **“Fight”**

If you are forced into the option to “Fight”, consider:

- Keep the room as dark as possible
- If the shooter is able to enter the room, don’t be a passive target
- If there are others in the room – the crowd is the weapon so everyone attack the shooter as a group!
- When the shooter enters, use the crowd to surprise and overwhelm him or her
- Throw objects to distract the shooter – anything you have in the room should be used (chairs, seat cushions, keyboards, monitors, **EVERYTHING**)
- Charge and **DOGPILE** the shooter
- Tackling the shooter at his knees can increase your chances of disrupting the shooter’s movement
- If you have others with you, and the time to coordinate – some tackle the knees, some tackle his upper body
- Try to get the weapon out of the shooter’s hands, or at least hold the weapon against the floor so it can’t be used
- Punch, bite, slap, scratch, gouge eyes

DO NOT FIGHT FAIRLY, YOU ARE FIGHTING FOR YOUR LIFE!