

Arm Yourself with a Survival Mindset

“Plan out”

“Get out”

“Call out”

“Hide out”

“Keep out”

“Spread out”

“Take out”

What Else Should I know?

Follow law enforcement
directions exactly.

There are no guarantees.
Improve your chances of survival
by pre-planning and developing a
survival mindset.

This brochure will help
you get started.

For more information contact:

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ACTIVE SHOOTER A SURVIVAL MINDSET



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What is an Active Shooter?

An active shooter is an armed individual who has used deadly force and continues to do so with unrestricted access. The incident may be over quickly and can occur anytime and anywhere.

It can involve single shooters, multiple shooters, close encounters, distant encounters, random victims and mobile confrontations.

Plan Out a Survival Mindset

Survival Mindset can provide a strong foundation upon which to base decisions and your course of actions. It enables you to act quickly and effectively. It is comprised of three components: awareness, preparation and rehearsal.

Awareness

- Gain a basic understanding of situation.
- Become attuned to your environment.

Preparation

- Look at your environment through the lens of survival.
- "What if" questions are critical in developing effective response strategies.
- Survivors prepare themselves both mentally and emotionally to do whatever it takes to survive.

Rehearsal

- Mentally or physically practice to reduce response time and build confidence.
- A survival inoculation.

Prepared versus Unprepared

Prepared	Unprepared
Startle and Fear	Startle and Fear
Feel Anxious	Panic
Recall what you have learned	Fall into disbelief
Prepare to act as rehearsed	Lost in denial
Commit to action	Descend into helplessness

Courses of Action in an Active Shooter Situation:

Get Out

- Move quickly; don't wait for others to validate your decision.
- Leave belongings behind.
- Survival chances increase the farther you are from the shooter.

Call Out

- Inform authorities.
- Call 9-1-1 and tell them name of shooter (if known), shooter description, location and the number and type of weapons. Do not hang up on the police until told to do so. Next call CLU Campus Safety at extension 3911 from a CLU phone or (805) 493-3911 from an outside phone.

Hide Out

If unable to get out because shooter is between you and the only exit, hide.

- Hiding place should be well hidden and well protected.
- Avoid places that might trap you or restrict movement.

Keep Out

- Find a room that can be locked with objects to hide behind.
- Blockade door with heavy furniture.
- Turn out lights; become totally silent.
- Turn off noise-producing devices.
- Call 9-1-1 (if you can do so without alerting the shooter).

Spread Out

- If there are two or more of you, DO NOT huddle together. It gives you options and makes it harder for the shooter.
- Quietly develop a plan of action in the event the shooter enters.
- Remain calm to keep others focused on survival.

Take Out Is Last Resort

- Assume shooter's intentions are lethal.
- You believe the shooter will kill or continue killing, UNLESS you intervene.
- Develop a mindset that you have "what it takes" to survive when your life is on the line.
- Be prepared to do whatever it takes to neutralize the threat.
- Throw things, distract, use improvised weapons.
- Make a plan to overcome the shooter if you see it as only option.