



OPTIONS-BASED TRAINING:

BECOMING AN EMPOWERED RISK MANAGER

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What equals 5?

- $5+0$
- $4+1$
- $3+2$
- 2.5×2
- $10/5$
- And many more
- Linear in nature...progressing from one stage to another in a single series of sequential steps...

BUT...What else equals 5?

- [Steppan Konoplev](#), Publishes in the field of Horseshoe Mathematics
- [Updated Aug 15 2018](#) · Upvoted by [Parth Trivedi](#), M.Sc. Mathematics, Bhavnagar University (2008) · Author has **139** answers and **122.1k** answer views
- Every promising student should be aware that
- $22+1=5.(1)22+1=5.(1)$
- However, such an equation is often clunky and useless to deal with. What's the first step towards simplifying this equation?
- If you thought of the identity
- $(\sin x + \cos x)^2 + (\sin x - \cos x)^2 = 2, (2)$
- give yourself a pat on the back, because that is exactly what we need.

- We can now rewrite this as
- $((\sin x + \cos x)^2 + (\sin x - \cos x)^2)(\sin x + \cos x)^2 + (\sin x - \cos x)^2 + 1 = 5, (3)$
 $((\sin x + \cos x)^2 + (\sin x - \cos x)^2)(\sin x + \cos x)^2 + (\sin x - \cos x)^2 + 1 = 5, (3)$
- thereby allowing a free variable x to enter the picture.
- Right now, (3)(3) seems *very* restricted. There's only one free variable, the equation is confined to scalars, and worst of all, there seems to be no way of generalizing our expression to n dimensions.
- Luckily, this is where linear algebra and analysis saves the week.
- You may be well aware that the fact that motion is possible combined with the consideration of Zeno's Paradox demonstrates that
- $1/2 + 1/4 + 1/8 + \dots = 1. (4)$
 $1/2 + 1/4 + 1/8 + \dots = 1. (4)$
- However, this result is utterly useless due to its complete obviousness. Instead, we should attempt to manipulate (4)(4) through the use of summation notation:
- $\sum_{i=1}^{\infty} 1/2^i = 1$

OPTIONS BASED RESPONSES

- NON-linear response strategies
- Self protection strategies
- Empowerment
- Warrior mind set
- Situational awareness
- Visualization
- Mental stamina
- Attention management
- Self-protection strategies

Fight or Flight

- Flight or flight is an automated neurologic response to either confront danger directly or flee the area.
- Tactical Defense
- Not trying to make you into a police officer or even provide the needed training.
- There is a need to discuss options-based responses in your school's Emergency Operations Plan and to TRAIN!

US Dept of the Army's "Warrior Ethos: Soldier's Creed"

- I am a Teacher
- I am a Warrior and a member of a team. I serve the community and my students.
 - I will always place my students first.
 - I will never accept defeat.
 - I will never quit.
- I am disciplined, mentally tough, trained and proficient in my warrior task and drills.
 - I am an expert, and I am a professional
- I stand ready to defend my students against any threat.
 - I am a guardian of my students.
 - I AM a teacher

Options-based trainings

- RUN-HIDE-FIGHT
- A.D.D- avoid, deny, defend
- A.L.I.C.E alert, lockdown, inform, counter, evacuate
- ALERRT-Advanced Law Enforcement Rapid Response Training
- CRASE-Civilian Response to Active Shooter Events
- LASER-Law Enforcement Active Shooter Emergency Response
- FASTER-fastersaveslife.
- I Love You Guys Foundation
- OODA LOOP-observe, orient, decide, act
- GLOCK-get out, lockout, knockout

So what in the world is it?

- “Based on your school’s policy and EOP, the goal of OBR and OBT is to become more comfortable in reacting to a potentially chaotic situation. Teachers and school administrators are then able to make defensive tactical decisions that consider all available tactical decisions regardless of the scenario they encounter.”

Need for change

THE Lesson from VT:

Fatalities: **28** vs. **2**

Passive vs. **Proactive**

Room 210 No Class	STAYED DOWN Room 206 - 14 Present Killed - 10 Wounded - 2	Jumped & Barricaded Room 204 - 19 Present Killed - 2 Wounded - 3	Room 200 No Class
Killed 1			
Offices	STAYED DOWN Room 211 - 19 Present Killed - 12 Wounded - 6	BARRICADED AFTER 1ST TIME Room 207 - 13 Present Killed - 5* Wounded - 6*	BARRICADED Room 205 - 12 Present Killed - 0 Wounded - 0

Data from Chapter 8, Virginia Governor's Report on Virginia Tech.

COLUMBINE LIBRARY



Notification of Front and or Central Office

- When should you contact the building administration and Central Office?
 - Prior to calling for a lockdown or calling 911?
 - What is your main goal? Get help or save lives?
 - What does your policy say?
 - Is this in your EOP?

Disaster-of-the-Month Club

- Multi-hazard Planning
- Human-caused
 - Active shooter, arson, suicide, hostage
- Natural
 - Tornados, wildfires, earthquake, blizzards, heat
- Technological
 - Bus accidents, loss of water, loss of electricity
- Biological
 - Pandemic, measles outbreaks, food poisoning

FIRE ALARMS

- 2010-Blountville, TN-lure students into hallways as they evacuated to provide targets for the shooter in the firing lanes.
- 1998-Jonesboro, AR-two students shot at classmates and teachers after luring them out of the building by activating the fire alarms.
- 2018-Parkland, FL- fire alarms pulled to lure students out for gunman
- WHAT HAS YOUR PLANNING TEAM DETERMINED BEST
- Options-Eyes on Smoke, Eyes on Fire
 - Situational Awareness-what is going on
 - Consult with your local Fire Department

FIRE ALARM OPTIONS

- Fire alarms should NOT BE ASSUMED AS FALSE
 - Implement standard evacuation procedures and take pre-determined routes in case of fire alarm activation
 - MAINTAIN HEIGHTENED SITUATIONAL AWARENESS TO AVOID BEING DRAWN INTO A SHOOTING LINE.
-
- Options-Eyes on Smoke, Eyes on Fire
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LOCKDOWN OR EVACUATE?

- THAT IS THE QUESTION
 - CONFLICTING INFORMATION---OPTIONS
- How fast can a teacher run?

Evacuation

- Escaping danger is one of the most primal actions of the human brain.
- Evacuate, evade, avoid
- The 2013 US Department of Education's *Guide for Developing High-Quality School Operations Plans*- **prioritizes evacuation as the number one priority, as safely available, to respond to an active shooter.**
- This is a departure from the previously held stance that **lockdowns** were the preferred default reaction.

When do we need to evacuate?

- Not a disaster-of-the-month club
- Multi-hazard planning
 - Fires, natural disasters, human-caused, release to air (interior), etc.
- Fires-teachers must focus on the elements of the routes to be navigated versus the routes themselves
 - Practice red buckets, talk to EM, fire, police
 - Break windows to escape
 - **Fire alarms**-maintain heightened situational awareness
 - TN, AR and FL- used to lure students out
 - Eyes on smoke, eyes on fire....
 - **This is a planning discussion in your district...**

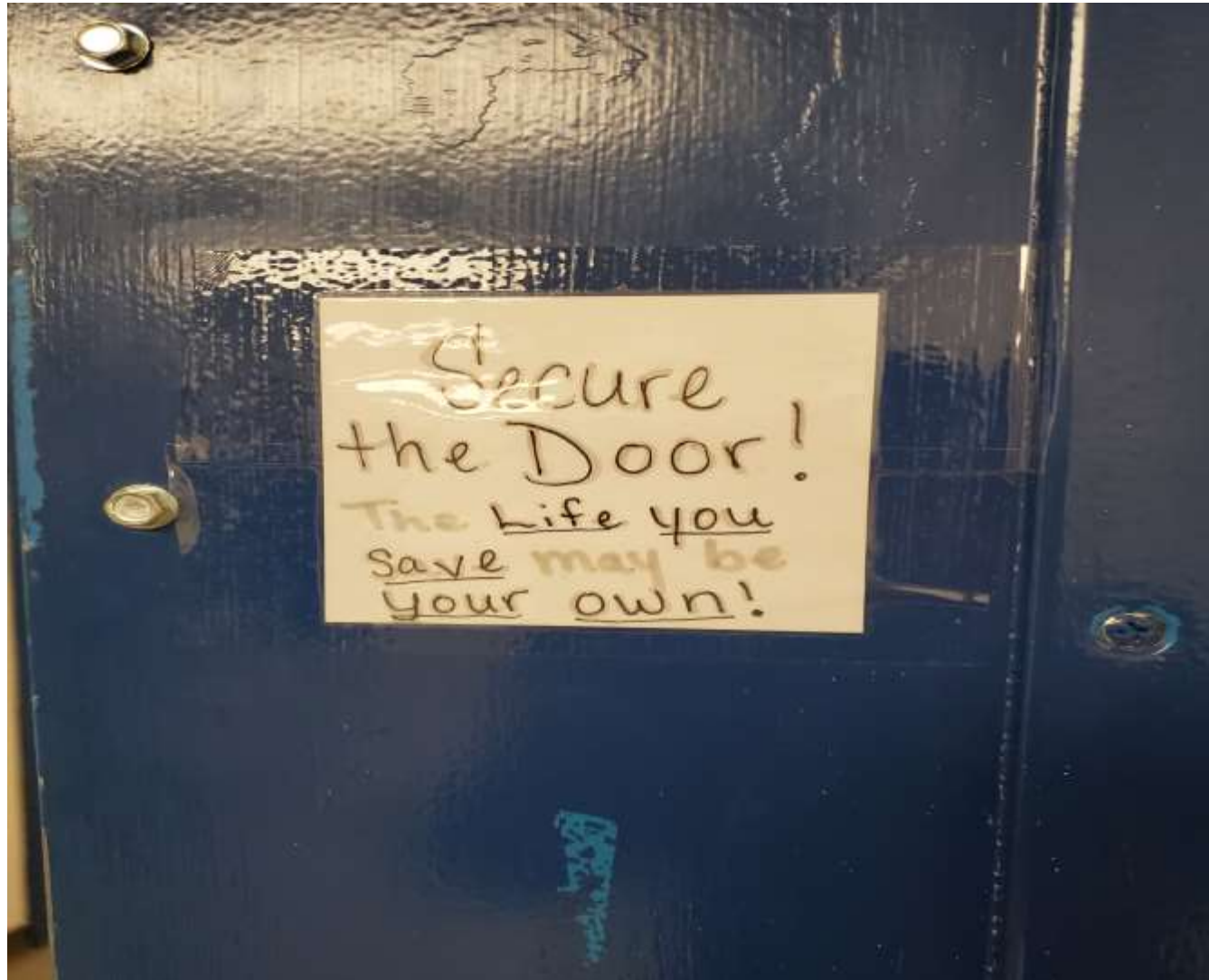
LOCKDOWN

The Safe School Initiative Committee (SSIC) report following the Sandy Hook shooting stated, “The testimony and other evidence presented to the Commission reveals that there has never been an event in which an active shooter breached a locked classroom door.”

No cost, low cost way to be safe.

Lockdown is the most commonly used terminology utilized in schools related to practice. Use it wisely.

Porter schools



Options of lockdown

- Often times, it is the first thing we do, BUT then review your options
- Once committed to hiding, you are a sitting duck and at the mercy of chance. Lay and Pray- remember Columbine library?
- Doors need to be locked from the inside by a teacher or substitute
- Exterior doors need to be capable of full perimeter lockdown
- Barricade

PASSIVE LOCKDOWN PROCEDURES

- Practicing passive lockdown procedures can lull teachers and school staff into a false sense of security.
- Having students sit on the floor and remain quiet is simply NOT ENOUGH.
- Doors need to be locked and barricaded.
- Children need to be hidden.
- All access paths need to be made as complicated as possible for a shooter to navigate.
- Make-shift weapons

Last but not least...FIGHT

- The *"Guide for Developing High-Quality School Emergency Plans"* a U.S. Department of Education document states:
 - *If neither running or hiding is a safe option, as a last resort when confronted by the shooter, adults in immediate danger should consider trying to disrupt or incapacitate the shooter by using aggressive force and items in their environment such as fire extinguishers and chairs."*
- **This is a local planning question and a police training option.**

Communication

- When do you call 911?
- Who is allowed to call 911?
- Can you remember 911?
- When do you call Principal and Central Office?
- Is it in your plan?

Internal communications

- How will you be alerted to know there is an emergency?
 - The bad guy knows he is in the building...shouldn't you?
 - Situational awareness...make your decisions based on information
- How will you let others know?
- What are your students texting their parents?
- I LOVE YOU GUYS Foundation- "Take 5" program

External Communications

- To be addressed in your local plan:
 - Who and what and how will information be given to parents?
 - Media
 - Reunification
 - OK School Public Relations Association as a tool
- Must be planned for

Visualization

- AKA-Mental Stamina
- DHS *Active Shooter: How to Respond*, NYPD report: advises to “visualize their entire escape route” before beginning to move.
- US Dept of Ed’s guide : Visualize possible escape routes, including physically accessible routes for students with disabilities as well as persons with access and functional needs.
- Sports encourages athletes to visualize winning, hitting that shot, making that play. Increase productivity by 80%

DO YOU HAVE PERMISSION TO LIVE?

- Not one size fits all
- OPTIONS
- Pre-planning
- Visualization
- Warrior mind-set
- Will to live
- Multi-hazard

DO SOMETHING

- “In a moment of decision, the best thing you can do is the right thing. The next best thing is the wrong thing, The worst thing you can do is nothing.” -- Theodore Roosevelt

Credits:

- John A. Whitney IV
- Naval Postgraduate School Thesis
- Active Shooter Response: Defensive Tactics and Tactical Decision-Making For Elementary School Teachers and Staff
- A.L.I.C.E. instructor training materials

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