



**Post-Presentation
Active Shooter Exercise**

A simple set of short exercises to have participants practice what they have learned




Please Note

- This is a three part exercise that can be done in about 10 minutes.
- It is not always possible to do all or parts of the exercise due to setting, etc. For instance, Part II should not be done if patients/residents are present.
- If a part cannot be done, provide the participants with steps they can do to practice in small groups on their own.



Part I: RUN

- Gather Group in a central area of the work place.
- Ask them to quickly tell you the number of available exits and point them out. Be prepared for lack of consensus. If everyone is not familiar with all exits walk them around and show them or task them with doing it within a specified time such as end of next shift.
- For buildings of more than one story, have them do the same for stairwells. Once done, get a show of hands on how many have used each stairwell at least once. Be prepared for a low response. Task them with doing so within one week. Remind them in a crisis it is scary going down a unknown stairwell. Does the exit door go directly outside or into a corridor. If it's a corridor do they turn left or right?
- Remind them not to pull the fire alarm in an active shooter incident. Encourage them to designate a pre-determined safe gathering spot.



Part II: HIDE

- Tell group you are going to remain in your location for 20 seconds, when you say go they need to hide, using the demonstrated skills. Tell them what areas they are allowed to hide in and that the exercise will last until the count of 60.
- Send them out (Yell!) and start counting to 20.
- Start searching, counting out loud to 60 as you proceed.
- At 60 call out an All Clear and gather them and ask them to critique how they did.



Part III: FIGHT

- Send participants to their usual work area, find an improvised weapon(s), bring it back and show it to you.
- Be prepared to see a wide variety of items.
- Spend a couple of minutes answering any questions, praise good performance during the exercise, encourage them to practice their skills as appropriate.



Feel Free To Call

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