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Strategies on "Personal" Safety 6-Hour Instructor Training

Description

Schools need better ways to ensure faculty, staff and student safety in the event of physical conflict or threats of violence. At SAM Training, our dedicated and experienced team of law enforcement and safety trained professionals are committed to teaching **Strategies on "Personal" Safety™ (SOS) a 6-hour Instructor Training** program that provides information, techniques and teaching tools that will allow designated staff members or teams to effectively train faculty, staff and students to stay safe, year after year. Participants will learn to: plan effectively, how to resolve conflicts decisively and how to manage physical confrontations with proven principles and techniques regardless of age, size or ability.

Objectives

- Train trainers within your school who are capable of delivering all or parts of the 3-hour program to the school community
- Help support your schools safety plan and further development of best practices

Key Benefits of SOS Training:

- Identifying a potential problem by recognizing the warning signs and knowing when an attack is imminent
- Mentally preparing to allow for appropriate and automatic responses during multiple situations
- Understanding the rules of personal space and how they affect the ability to react
- Managing anxiety and fear for a more calm response in stressful situations
- Effectively using empathic listening skills to help reduce an individual's anxiety and aggression
- Reducing the mental anguish, physical harm and cost associated with aggressive and/or violent confrontations

Program Details:

- Each participant receives the following :
 - Comprehensive Instructor Manual
 - Companion PowerPoint Presentation
 - Companion 3-hour SOS™ handbook
- Cost and time effective for schools (school personnel can do training when it's best suited to them)

1. Introduction

- About the Program
- Course Objectives
- School / Campus Violence

2. Strategies for Preventing and Diffusing Aggressive Behavior

- Introduction: Awareness, Having a Plan, Know Your Options
- Mental Conditioning & Practice (prepare the mind & body, have a plan)
- Personal Space (the area others are not expected to intrude)
- Principles Used to Avoid and/or Win a Conflict
 - Principles of Reactionary Distance (the reaction time of the mind)
 - Principles of Center (where our strength is located)
 - Principles of Diversions/Distractions (used to avoid conflict and escapes)
 - Body Language Skills (eye communication, gesture, posture, & facial expressions)
 - Principles of Mass vs. Velocity (the power of speed)
 - Principles of Shock Wave Energy (the transfer of energy)

3. Personal Defense and Safety Skills

- Frontal Strangulation Response
- Wrist Grab Response
- Weapon Threat Response
- Use of Floor/Ground Response
- Control the Threat Response
- Response to Active Shooter
- Attack the Attacker Response
- History and Use of Pepper Spray (optional)
- Pepper Spray vs. Armed Intruder (optional)

4. Application of Techniques: Demonstration and Student Participation

- **Introductory Phase:** Explanation of the skills, the steps involved, the purpose, and the results to pursue.
- **Practice Phase:** Participants will have the opportunity to practice the skills and receive feedback.
- **Perfecting Phase:** Participants will have the opportunity to practice with different students.

5. Methods of Instruction

- Presentation Techniques
- Three Phases of Training Complex Psychomotor Skills
- Student-Instructor Formations

6. Review of Techniques and Question & Answers

What Are People Saying About Our Training

“I enjoyed the program and training put on by your company. It was informative and enjoyable throughout and I learned some new things that will help keep me and the persons I train safe. I would recommend the training and hope that you company returns to an area near Hartford”

Chris Lyons, Associate Director of Campus Safety, Trinity College, CT

“I believe this program should be in every school in the nation. It is easy to put into place because you have provided excellent materials and training that provide a ready-to-use tool for combating school violence on whatever scale such violence might occur. I commend you on your vision of making all of our schools safer places and congratulate you on developing and implementing the valuable resource that is in this program”

David Keller Trevaskis, Esq., Law, Education and Peace for Kids, Inc, PA

“I wanted to take this opportunity to thank Roland for your extraordinary presentation yesterday. Knowing you and your background, the bar was set very high. I anticipated a quality presentation, but you far surpassed even those expectations. I made it a point to watch the audience. You totally owned them for three hours and that was a tough audience. The attorneys and HR managers were the individuals that I felt were likely to be the most critical, yet they were the most complementary. One said, “It was a very well thought out and logical approach to a very serious problem.” As I sat through your presentation, I kept thinking that I wished my wife and daughter were here to learn from what you had to say. I think that is the ultimate compliment, because they are what mean the most to me in this world.”

**John Jacewicz, Vice President & Assistant General Auditor
The Hartford – Investigative Services T-15**