



SAM Training, LLC  
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## Train the Trainer 6-Hour Program

### Description

At SAM Training, our dedicated team of law enforcement and safety trained professionals are committed to teaching Strategies on Safety (SOS) a 6-hour Train the Trainer program by empowering your designated staff and/or faculty member with the tools that will improve your schools safety plans.

The SOS program will maximize and enhance the knowledge and skills of administrators, faculty and staff by teaching science-based skills and time-tested strategies to eliminate threats on your campus.

Train the Trainer program will empower designated individuals from your school with the SOS information, techniques and teaching tools so they will be qualified, on their own, to train your faculty, staff and students to stay safe, year after year.

### Objectives

- Learn to be proactive about personal safety to minimize the risk of becoming a victim.
- Learn how to manage fear and anxiety during stressful situations.
- Learn, practice and master skills to use when threatened.
- Learn how to evaluate threats and possible options.

### Benefits:

- Increased sense of empowerment, awareness & confidence
- Increased overall safety, skills and habits
- Increased ability to protect yourself and others
- Reduced fear & stress
- Increased likelihood of a positive outcome and reduced risk of liability
- Reduced inability to respond to situations





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## **Train the Trainer 6-Hour Course Outline**

### **1. Introduction**

- a. About the Program
- b. Course Objectives
- c. School / Campus Violence

### **2. Strategies for Preventing and Diffusing Aggressive Behavior** (demonstration and student participation)

- a. Plan & Act
- b. Mental Conditioning/Practice, Rehearsal & Exercise (prepare the mind & body)
- c. Methods of Communication
  - i. Personal Space (the area others are not expected to intrude)
  - ii. Principles of Reactionary Distance (reaction time of the mind)
  - iii. Diversions/Distractions (used to avoid conflict & escape)

### **3. Personal Defense & Safety Skills** (demonstration and student participation)

- a. Principles of Center (where our strength is located and why it's important)
- b. Principles of Mass vs. Velocity (the power of speed)
- c. Principles of Shock Wave Energy (the transfer of energy)
- d. Front Choke Hold Response
- e. Wrist Grab Response
- f. Weapon Threat Response
- g. Multiple Offender Response
- h. Use of Floor/Ground Response
- i. Response to Active Shooter
- j. Control the Threat Response
- k. Attack the Attacker
- l. History and Use of Pepper Spray
- m. Pepper Spray vs. Armed Intruder

### **4. Methods of Instruction**

- a. Presentation Techniques
- b. Three Phases of Training Complex Psychomotor Skills
- c. Student-Instructor Formations

