VIRGINIA DEFENSE FORCE

VDF 100: Anti-Terrorism & Annual Active Shooter Training

VDF 100 Purpose

- ***Action*: To develop an understanding of Operational Security, Physical Security and Anti-terrorism awareness and practices (including active shooter)**
- ***Conditions*: Interactive classroom**
- ***Standard*: To correctly identify security measures usage and terrorist threats/reactions**
- ***SILENCE CELLPHONES**
- ***50/10 TIMEKEEPER**
- ***SIGN IN FOR CREDIT**
- ***TESTABLE**
- ***SAFETY BRIEF**

Course Objectives

At the completion of this period of instruction, you should be familiar with the following:

- **Understand operational security**
- **Explain how to support unit security**
- **Identify how to employ situation-based measures to lower your and unit vulnerability to the terrorist threat**
- **Recognize proper responses to threat actions**

Overview

- Terrorists are indiscriminate
  - Innocent people are targeted
  - Our number one priority: protect through operational security and vigilance
- Your role … Provide for your safety and unit safety
  - Be alert to the threat
  - Be aware of your surroundings
  - Report suspicious activity
  - Make security your norm
  - Employ counter-measures
  - Don’t be a target

Section 1
Operational Security

Operational Security (OPSEC)

- Threat Briefing
  - Factors to consider about the threat
  - Operational security
  - Physical security measures
  - How terrorists select targets
  - How to plan for attacks

Operational Security

Operations security is one of the core elements of information operations and physical security is a supporting element. Physical security enhances operations security by providing physical measures that are designed to:

1. **Safeguard personnel.**
2. **Prevent unauthorized access to information, equipment, installations, material, and documents.**
3. **Safeguard against espionage, sabotage, damage and theft.**

OPSEC Threat Factors

Who is out there (terrorist cells, disgruntled citizens, etc?

Are they violent?

Do they attack or talk?

How active are they?

Threat Factors (Cont.)

How sophisticated are they? Your social media could help them.

How do they operate–are they predictable?

How do they communicate?

What tactics?

What weapons?

What type of attacks?

Operational Security

- Operations security is 24/7 and 360
- Your social media postings and other electronic communications can help bad actors piece important information together
- Do we share passwords to the equipment we use for drill or missions? How often do we change those passwords, especially when we get new personnel or lose members on the team?

Operational Security (cont.)

- Working an exterior communications or traffic control post, do we boastfully disclose information that reveals relevant details about the overall security of the event or VIPs?
- Many a criminal and terrorists too, have used the news media to gather their intel, even as the event is ongoing.

Section 2
Anti-Terrorism Awareness

Anti-Terrorism

TERRORIST GOALS

Terrorist attacks can occur with or without warning. Because of the nature of terrorist attacks, they can, and are often intended to, result in:

- **Mass casualties**
- **Loss of critical resources**
- **Disruption of vital services**
- **Disruption of the economy**
- **Heightened fear**

Target Selection

Victim by Location

Victim by Association

Victim by Oppportunity

Target Identification

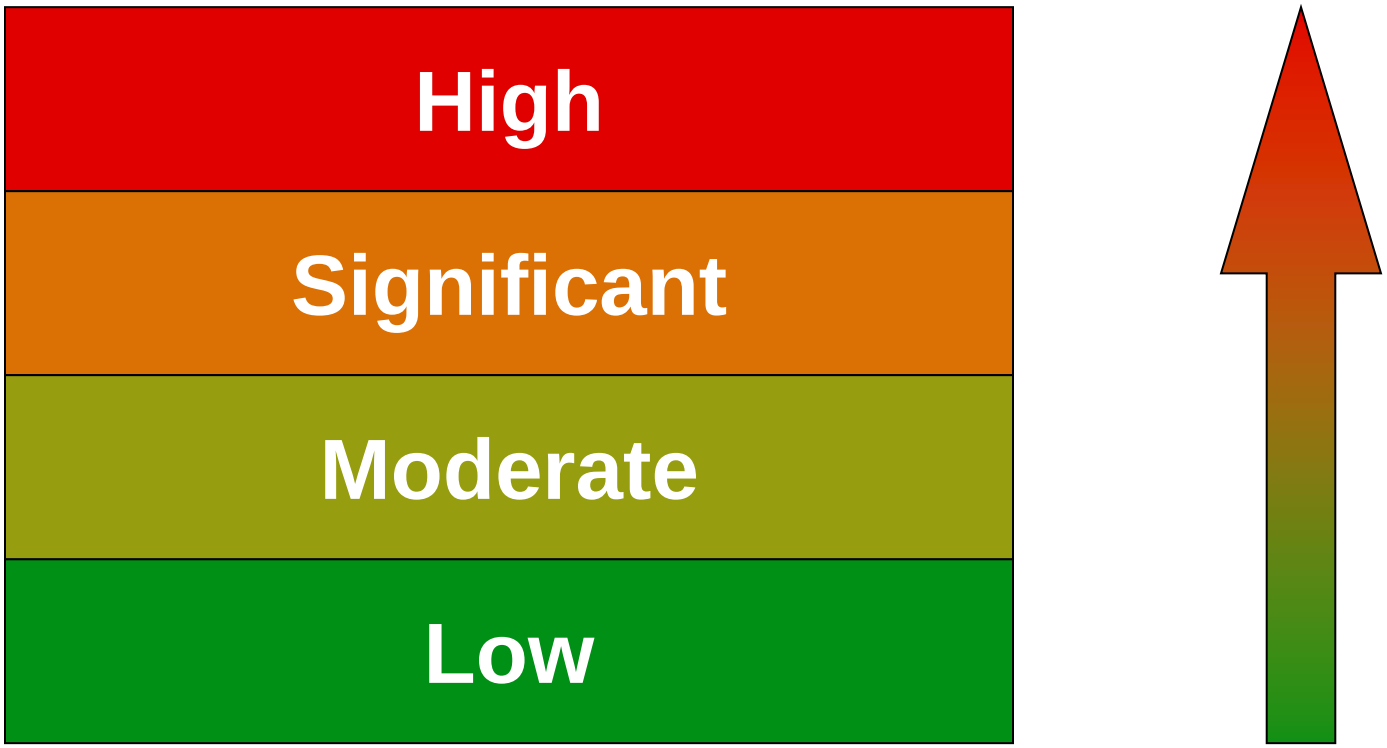
Terrorism Targets

- Seats of government
- Key industries
- Bridges, subways, tunnels, and other key transportation facilities
- Water supplies and utilities
- Places of historical significance
- Military, law enforcement officers, EMS, or fire personnel

AT Themes

ANON	Be Anonymous	Blend in, don't be an easily identified target
PLAN	Plan Ahead	Think ahead and plan actions
AWARE	Be Aware	Look for suspicious persons/activities
ACCESS	Control Access	Prevent crime, maintain security
UNPRED	Be Unpredictable	Change routines, routes, times, and speeds
TEAM	Be a Team Player	Cooperate with unit security measures

DOD Terrorism Threat Levels



Force Protection Conditions

Delta
Charlie
Bravo
Alpha
Normal

Force Protection Measures

- **Normal - Expect to see a routine security posture**
- **Alpha - Expect random vehicle checks and increased crime prevention efforts**
- **Bravo - Expect to see closer inspection of vehicles and deliveries, ID checks, and a greater presence of guards on your installation**

Force Protection Measures

- **Charlie - Expect to see closer inspection of vehicles and deliveries, ID checks, and a greater presence of guards on your installation**
- **Delta - Additional security measures delay and interrupt normal routines**

FPCON Normal

- **When there is a general global threat of possible terrorist activity, but it warrants only a *routine security posture***
  - **A terrorist attack is always possible**
  - **Best information available offers no indication of probable attack**

FPCON Alpha

- **When there is a general threat of *possible terrorist activity*, the nature and extent of which are *unpredictable*, against personnel and facilities**
  - **General conditions suggest possible violence**
  - **Nothing indicates that this installation is targeted**
  - **Must be capable of being maintained indefinitely**

FPCON Bravo

- **When an increased and more *predictable terrorist threat activity* exists**
  - **Specific information suggests probable violence**
  - **Nothing indicates that this installation is targeted**
  - **Extra precaution is appropriate to deter terrorist planning**
  - **Must be capable of being maintained for weeks without hardship**

FPCON Charlie

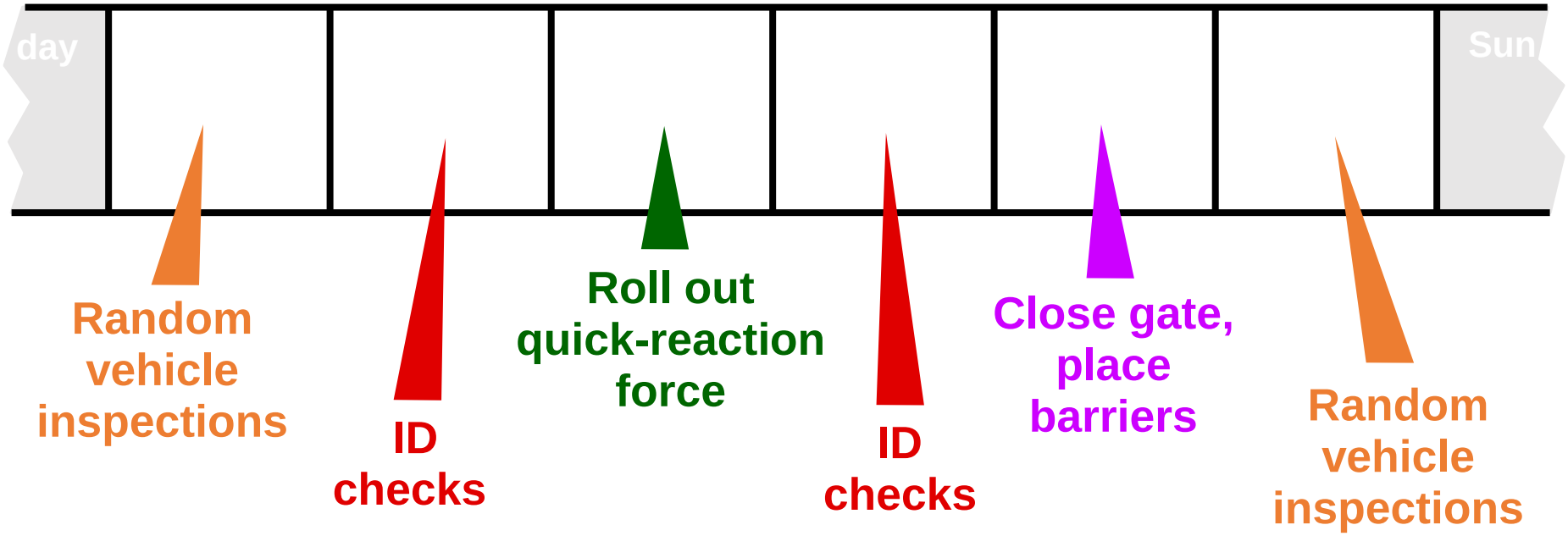
- **When an incident occurs or when intelligence indicates that some form of *terrorist targeting against personnel and facilities* is imminent**
  - **Evidence of terrorist attack planning, such as terrorist surveillance or reports from local sources**
  - **Strong protective measures are required, but the unit must continue its regular mission activities**
  - **Implemented for only a short period of time**

FPCON Delta

- **When a terrorist attack has occurred or when intelligence indicates imminent *terrorist action against a specific location***
  - **Normally, Force Protection Condition Delta is declared as a localized warning**
  - **The installation moves to a high state of alert, and commander implements mandatory security measures**
  - **Commanders encouraged to supplement mandatory security measures**

Random Antiterrorism Measures (RAMS)

plus



Detecting Surveillance

The man at the bus stop seems to be watching the unit

What do you do?

1) **Carefully get out of line of sight, move into an observe location, and surveil**
2) **Tell security what you have seen and provide a description of the individual**
3) **Do nothing; he is probably waiting for another bus**

AWARE

TEAM

Suspicious Activity at Work

While at work you notice a janitor displaying suspicious activity

What should you do?

1) **Ask him why he is searching through the trash**
2) **Have him escorted from the facility immediately**
3) **Make a thorough list of his activities and report him to your supervisor immediately**

Noticing a Violation

You are walking through the facility and notice a door propped open

What do you do?

1) **Close the door and then point out the security violation to one of the facility managers**
2) **Point out the security violation to one of the facility managers**
3) **Keep an eye on the door yourself**

Suspicious Packages

Packages that are leaking may be harmless, but they may also signal a terrorist incident. The terrorists who released sarin in the Tokyo subway system (Aum Shinrikyo) merely poked holes in bags containing sarin, then left the area as the poison leaked out.

If you observe any of these indicators of a terrorist incident, you should:

- **Not touch it!**
- **Move away from the object or area**
- **Report it to authorities immediately**

Suspicious Packages at Work

AWARE

ACCESS

You find an oily-stained package in the mailroom marked "Personel for the Comendar"

TEAM

You know you should not open it, but what do you do?

1) **Without opening the package, thoroughly examine it looking for oily spots on the outside and protruding wires**
2) **Destroy the package by immersing it in water**
3) **Leave the package alone, isolate the room, and notify security personnel**

Noticing Changes in Local Conditions

You notice that a normally busy street is practically deserted

What should you do?

1) **Monitor the situation closely and if the change in environment persists alert security officials**
2) **Bring it to the attention of your supervisor**
3) **Go down to the street and investigate**

AWARE

TEAM

Five Categories of Terrorist Weapons

Experts generally agree that there are six categories of possible terrorist weapons. The acronym CBRNE (plus Cyber) will help you remember the five categories.

1. **Chemical**
2. **Biological**
3. **Radiological**
4. **Nuclear**
5. **High-yield Explosives**
6. **Computer network disruption**

WEAPONS: CHEMICAL

1. BLISTER AGENTS (SKIN, EYES, LUNGS)

Liquid or vapor contact with any exposed skin, inhalation, or ingestion.

2. BLOOD AGENTS

Exposure may be made through liquid or vapor absorbed into the bloodstream and deprive blood cells of oxygen.

3. CHOKING AGENTS (LUNGS)

Vapor inhalation, the lungs fill with fluid

WEAPONS: CHEMICAL

4. NERVE AGENTS (NERVOUS SYSTEM)

Liquid or vapor, act most quickly and are the most lethal of all chemical agents, acting within seconds of exposure. with any exposed skin, inhalation, or ingestion.

5. RIOT CONTROL AGENTS (LUNGS, SKIN)

Vapor contact with any exposed skin, inhalation, or ingestion causes irritation.

*CAN ALL LINGER FOR DAYS IN TRACE AMOUNTS, BUT WEATHER DEPENDENT

WEAPONS: BIOLOGICAL

Biological agents are found in nature and can also be manufactured. It is possible to weaponize biological agents so that they can be disseminated to affect broad segments of the population, animal populations, or crops.

Some biological agents are contagious, but many are not. Routes of exposure for biological weapons are:

- Inhalation
- Ingestion
- Absorption

WEAPONS: RADIOLOGICAL

- Radiation dispersal devices (RDDs) may be improvised explosive devices, also called "dirty bombs," but can include non-explosive devices that could be used to spread radioactive material as well.
- It is not necessary to use a bomb to disperse radioactive materials; these materials come in solids, liquids, and powdered forms, which can be spread covertly.

WEAPONS: NUCLEAR

- A nuclear weapon is an explosive device that derives its destructive force from nuclear reaction.
- All nuclear devices cause deadly effects when exploded, including blinding light, intense heat, initial nuclear radiation, blast, fires started by the heat pulse, secondary fires caused by the destruction, and widespread radioactive material that can contaminate the air, water, and ground surfaces for miles around.

WEAPONS: HIGH-YIELD EXPLOSIVES

- **High-yield explosives are the most commonly used terrorist weapons because they are easy to get, easy to hide and activate, and they can cause extensive damage.**
- **Improvised explosive devices (IEDs) most bombs used by terrorists are improvised. The raw materials required for many explosives can be purchased commercially (e.g., ammonium nitrate, which is also used as fertilizer)**

WEAPONS: SIGNS

1. Vapor clouds or mists that are unusual for the area or for the time of day. Although many biological and chemical agents cannot be seen with the naked eye, the substances in which they are suspended when dispersed may be visible for a period of time after an attack.

2. Unscheduled spraying or abandoned spray devices. Several September 11, 2001, terrorists are known to have made inquiries into purchasing and learning to fly crop duster airplanes.

WEAPONS: SIGNS

3. Materials or equipment that are unusual for the area. Dispersal devices, lab equipment, or quantities of hazardous materials that are not typically located in the area may indicate that a terrorist attack is occurring or is about to occur.

4. Unusual odors or tastes

5. Out of place and unattended packages, boxes, or vehicles. Items that are out of place and unattended could signal a possible terrorist attack. This could include chemical or biological agents as well as explosives.

WEAPONS: SIGNS

6. Physical effects on people and animals may also indicate that a chemical or biological attack has occurred. These may include:

Numerous sick or dead animals, fish, or birds. Wildlife is often more sensitive to chemical or biological agents than humans. The absence of wildlife or insects that are common for the area or animals, fish, or birds that are obviously sick, dying, or dead may indicate the presence of a biological or chemical attack.

Large numbers of persons seeking medical attention with similar symptoms that are not characteristic of the season.

Section 3
SELF PROTECTION

TYPES OF HARM

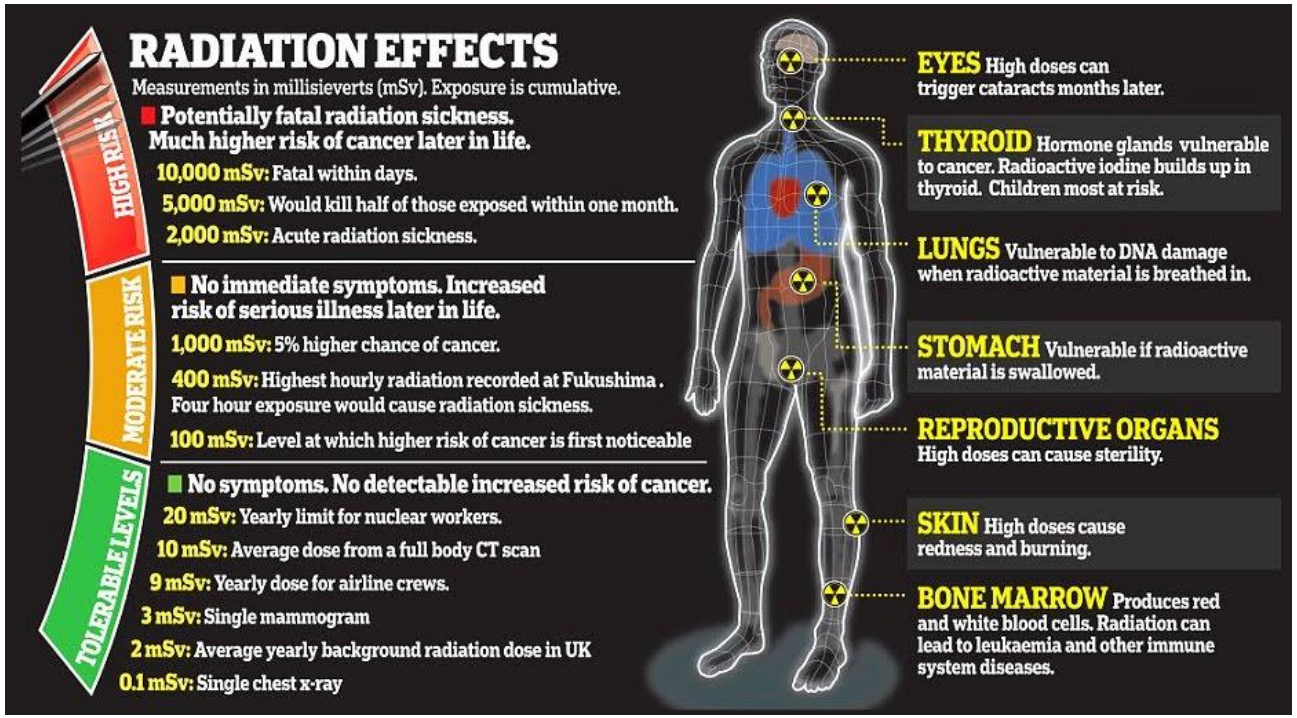
- **To implement self-protective measures one must first understand the various types of harm you can be exposed to.**
- **Harm can be categorized utilizing the acronym TRACEM, which provides an easy way to remember:**
  - **Thermal**
  - **Radiological**
  - **Asphyxiation**
  - **Chemical**
  - **Etiological**
  - **Mechanical harm**

TYPES OF HARM

- **Thermal harm may refer to harm caused by either extreme heat, such as that generated by burning liquids or metals, or from high yield explosives or nuclear bombs.**

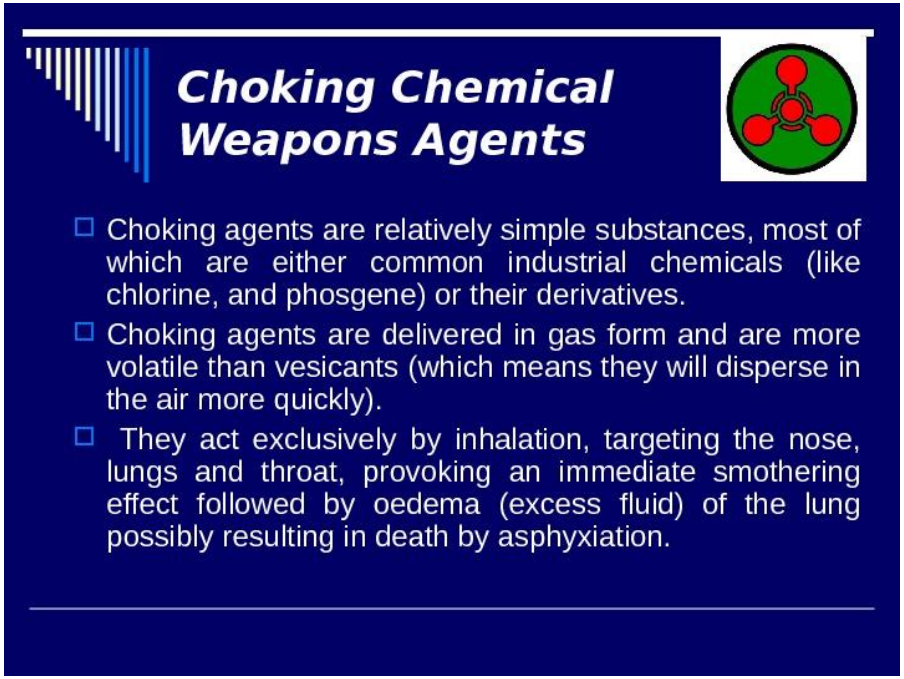
TYPES OF HARM

- **Radiological harm refers to danger from alpha particles, beta particles or gamma rays.**



TYPES OF HARM

- **Asphyxiation harm is caused by a lack of oxygen in the atmosphere. One common cause of this is heavier than air gases such as argon, carbon dioxide, or chemical vapors in a confined space.**



TYPES OF HARM

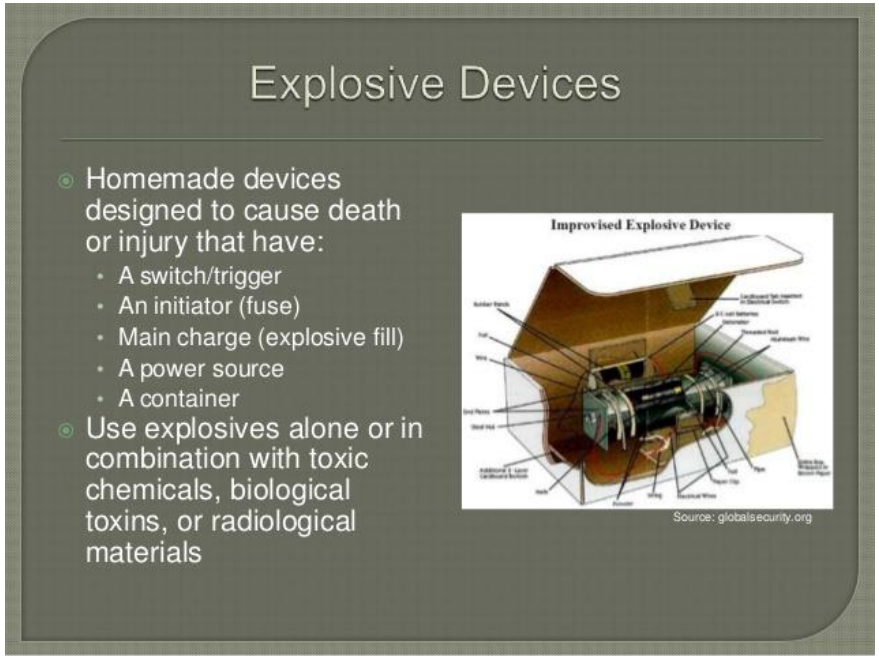
- **Chemical harm is posed by toxic or corrosive materials.**
- **These can include acids such as sulfuric, caustics such as lye, and chemical toxins ranging from cyanides to nerve agents.**

TYPES OF HARM

- **Etiological harm comes from either disease-causing organisms such as bacteria, rickettsia. and viruses or toxins derived organisms.**

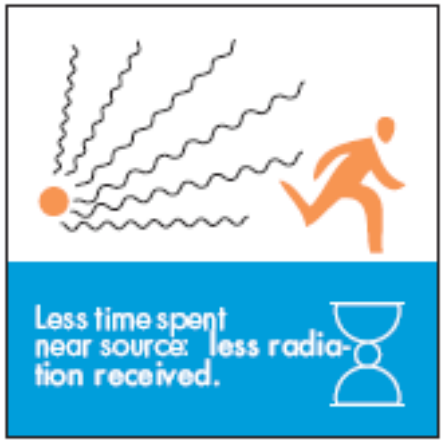
TYPES OF HARM

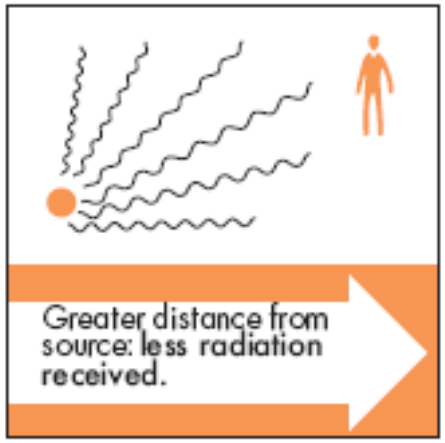
- **Mechanical harm is any sort of physical trauma such as gunshot wounds, slip, trip and fall hazards, and injury from bomb fragments or shrapnel.**

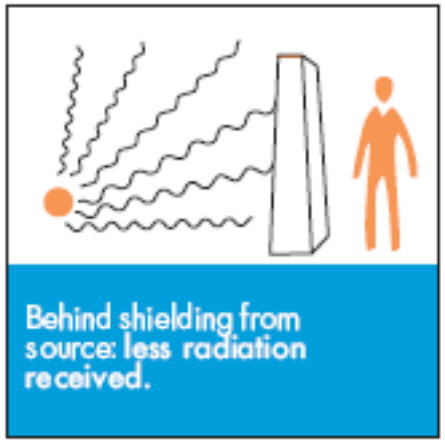


Time, Distance, and Shielding Concepts

- **Protection of the first responder is based on avoiding or minimizing exposure through the principals of time, distance and shielding.**







TIME

- **Use time as a tool protect yourself.**
- **Spend the shortest amount of time possible in the hazard area or exposed to the hazard.**
- **An example of utilizing time constraints is rapid entries to execute reconnaissance or rescue.**
- **The less time you spend in the affected area, the less likely you are to become injured.**

DISTANCE

- **Distance — Maximize your distance from the hazard area or the projected hazard area.**
- **An example of utilizing distance would be avoiding contact by following the recommended guidelines in the current edition of the North American Emergency Response Guidebook (NAERG).**

SHIELDING

- **Shielding — Use appropriate shielding to address specific hazards.**
- **Shielding can be vehicles, buildings, chemical protective clothing and personnel protective equipment including structural fire protective clothing and positive-pressure, self-contained breathing apparatus.**
- **Responders should use all three forms of protection whenever possible.**
- **Just because you feel properly shielded does not mean that you can spend excessive time in close proximity to a contaminated site.**

REACTING

REACTIONS TO NON-EXPLOSIVES?

EVACUATE OR SHELTER-IN-PLACE PROCEDURES

Procedures for sheltering-in-place during a chemical, biological or radiological attack include:

- **Shut off the ventilation system and latch all doors and windows to reduce airflow from the outside.**
- **Go to your shelter-in-place room (where your precut plastic, duct tape, radio, and other supplies should be stored).**

REACTING

REACTIONS TO NON-EXPLOSIVES?

EVACUATE OR SHELTER-IN-PLACE PROCEDURES (cont.)

Procedures for sheltering-in-place during a chemical, biological or radiological attack include:

- **Use precut plastic sheeting to cover openings where air can enter the room, including doors, windows, vents, electrical outlets, and telephone outlets. When cut, the sheeting should extend several inches beyond the dimensions of the door or window to allow room to duct tape the sheeting to the walls and floor.**

REACTING

REACTIONS TO NON-EXPLOSIVES?

- Listen to a battery-powered radio for the all clear. Chemicals used in an attack will be carried on the wind and will dissipate over time. You will generally not need to stay in a sealed room for more than a few hours.
- Listen to Emergency Alert System broadcasts to know when it is safe to leave the safe room.
- After contaminants have cleared, open windows and vents and turn on fans to provide ventilation.

DECONTAMINATION

- While not strictly speaking a form of self-protection, decontamination of DECON is vital to prevent, reduce and remove contamination of both responders and victims.
- Victim DECON is performed to prepare contaminated victims for transport to medical care facilities.
- The overall procedure is to flush with water, remove contaminated clothing, flush again, cover the victim, and transport to medical care.

DECONTAMINATION

- **A second form of emergency DECON is mass DECON which is designed for addressing large numbers of contaminated victims.**
- **In this case contaminated clothing is removed and the victim is flushed with water before being covered and sent to medical facilities.**

Summary

- **Self-protection of responders at the scene of a suspected terrorist incident begins with identification of the incident through outward warning signs and detection clues.**
- **Responders must always be alert to the possibility that the event they are responding to is designed to position them as targets.**
- **Once an incident is suspect, the site should be evaluated for potential harm.**
- **Use the acronym TRACEM.**
- **Once the possible harm is identified, self-protection should be implemented using time, distance and shielding.**

Summary

- This section divides terrorist incidents into six areas.
- Responders must realize that any one terrorist incident may involve multiple categories.
- All personnel will need to adapt to the situation as necessary.
- In such cases, all responders should coordinate responses in the context of a unified response in order to ensure the safety of all persons involved.

Section 4
SELF-PROTECTION
ACTIVE SHOOTER

Active Shooter

- **RUN: Best Option: Evacuate/Get Out**
- **HIDE: Hide and Barricade Yourself in a Room UNTIL YOU CAN EVACUATE**
- **FIGHT: Take Actions to Prepare to Defend Yourself**

AND VANG "ALICE" APPROACH (COMPARE)

A – Alert

L – Lockdown

I – Inform

C – Counter

E – Evacuate

"It takes a long time to hurt a lot of people."

FALLACY!

- Ron Borsche from the SEAL Academy in Ohio documented that, on average, during a Violent Critical Event, a shot was fired every 4 to 15 seconds.
- Attackers achieved a 50%-70% hit ratio.
- The killed to wounded ratio is 1:1.

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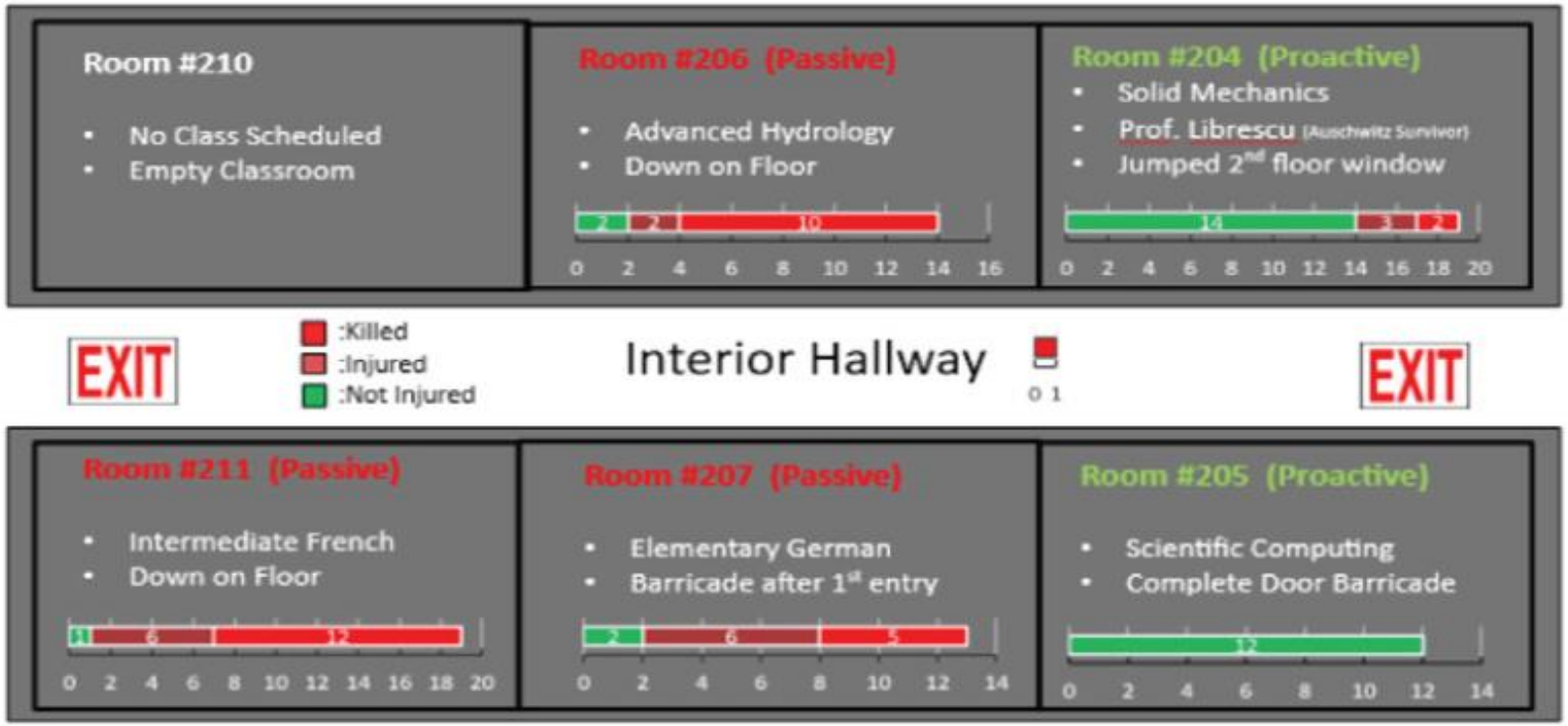
28 Passive vs. 2 Proactive Virginia Tech



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ALiCE

A =ALERT

Initial Awareness received by:

- PA announcement
- Sensory Input- Gunshots, screaming, Loud Noises
- Text or Emergency Notification
- Electronic bulletin boards

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Run (Evacuate)

Run/evacuation is always the preferred course of action.

- **Have multiple potential evacuation routes in case one of them is inaccessible**
- **Avoid open hallways due to not knowing who or what is around the corner**
- **Help others escape, if possible**

Run (Evacuate)

If you decide to evacuate, commit to your action, even if others refuse to follow:

- **Leave your belongings behind**
- **Prevent others from entering an area where the shooter might be**
- **Get far away from the scene & seek shelter**

E =Evacuate

The Preferred Response

Occupants must have authority to leave building

- Leave all belongings behind
- No Vehicles
- Remove as many potential targets
- Removes need for parents to come to scene
- Evacuate to a rally point

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LOCKDOWN + =LOCKDOWN

- Barricade the Door
- Spread Out within the room with Counter Devices
- Look for alternative escape routes
- Dial 911 when safe to do so.
- First Aid Supplies

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Hide/Barricade

If evacuation is not possible, find a place to hide where the shooter is less likely to find you.

- **Be out of the shooter's view**
- **Do not trap yourself or restrict your options to get away**
- **Hide behind protective items**
- **Proactively seek opportunity to evacuate**

Prevent Entry

- **Lock the door and barricade it with heavy objects**
- **Silence cell phones and sources of noise**
- **Remain calm**

Hide/Barricade

Prevent Re-entry

- **If the shooter enters & then leaves your room, secure the entrance(s) using the methods listed on the previous slide.**
- **The shooter may bang on the door & yell for help to trick you into letting them in.**
- **There is no end-all solution; use your best judgment.**

Good, but not Great

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Barricade and Fortify

Make it hard to open!

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ALiCE

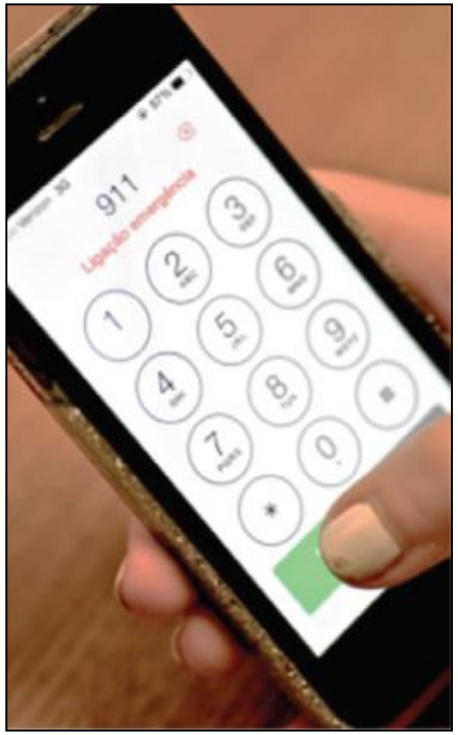
=Inform

Pass on real time information

- A continuation of ALERT
- What, Where, When, Who, How

Typical Communication Methods

- PA System
- Phones
- Radios



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Fight/Take Action

- **If you are unable to evacuate or hide and you are in imminent danger, take action to defend yourself. This is a last resort!**

- **Attempt to incapacitate the shooter by taking aggressive physical action or using/throwing improvised weapons**

- **Totally committing to your decision, may save your life**

COUNTER

It is NOT ...

- Fighting

It is...

- Taking back Control
- Age appropriate
- Personal Choice

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Why COUNTER Works – Breaking the OODA Loop

OODA Phase	Mental or Physical Skill Necessary to complete:	Interrupted By:
Observe	Target Acquisition	Noise, Movement, Distance
Orient	Stance, Grip, Breathing	Put off Balance
Decide	Sight Picture	Distractions
Act	Squeeze Trigger	Put on Defense

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COUNTER

Interrupt process of shooting accurately:

- Target acquisition
- Sight picture/Sight alignment
- Trigger control
- Stance
- Grip
- Breathing

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After the Shooting: Assist Victims

If you are in a position to assist victims, do so only when medical care is not onsite.

- **Restore their breathing/CPR if trained**
- **Stop the bleeding**
  - Apply direct pressure to the wound
  - Elevate the wound
  - Apply a makeshift tourniquet to limbs, as necessary
- **Treat for shock**
  - Keep the victim lying down
  - Keep the victim warm
  - Elevate the legs

After the Shooting: Assist Law Enforcement

Law Enforcement:

- Will turn attention to providing assistance to victims
- May establish safe zones & safety corridors into and out of the building
- Must account for all personnel
- Will begin investigation process

After the Shooting: Assist Law Enforcement

Your Responsibilities

- Do not approach law enforcement
- If you are on the ground, do not get up until told to do so by law enforcement
- Make no quick gestures or actions to law enforcement
- Keep your hands visible at all times until directed to do otherwise by law enforcement
- If you are told by law enforcement to raise your hands; raise them and keep them up until directed to do otherwise by law enforcement

After the Shooting: Assist Law Enforcement

Your Responsibilities (cont.)

- Expect to be questioned and possibly searched by law enforcement
- Do not leave until formally released by law enforcement
- Ensure Command has accurate recall information for you
- Realize that personal belongings such as cell phones, car keys, etc. may still be in the building
- Remain clear of the shooting location until authorized to return-- The location is considered a crime scene

Before the Shooting: Prepare

- Develop an Emergency Action Plan (EAP)

  1. Should contain procedures for major emergencies (fire, hurricane, etc.)
  2. Contains contact information for support services
  3. All personnel need to be familiar with EAP

- Post evacuation routes in all spaces

- Practical exercises such as drills

Discussion

To help combat terrorism, do which of these?

a) Be alert to the threat of terrorism, be aware of your surroundings, report suspicious behavior

b) Be a team player, plan ahead, and keep a low profile

c) Actively represent DOD

"It takes a long time to hurt a lot of people."

FALLACY!

- Ron Borsche from the SEAL Academy in Ohio documented that, on average, during a Violent Critical Event, a shot was fired every 4 to 15 seconds.
- Attackers achieved a 50%-70% hit ratio.
- The killed to wounded ratio is 1:1.

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Discussion

Which topic will not be presented in this AT awareness training?

a) **Threat briefing**

b) **Scenarios**

c) **Counterterrorism capabilities**

Discussion

Which is not one of the eight factors you should consider when evaluating the threat in your environment?

a) Level of sophistication

b) Victim nationalities

c) Method of operation

d) International notoriety

Discussion

Which will do the most to reduce vulnerability?

a) **Avoid locations terrorists might target, stay in large groups, be anonymous**

b) **Be alert, avoid the appearance of importance, blend in with the local population**

c) **Use a cell phone, avoid locations terrorists might target, and display your identification**

Discussion

What measures can you expect to encounter at FPCON Alpha?

a) **Inspection of vehicles and deliveries, ID checks, and more guards**

b) **Random vehicle checks and increased crime prevention efforts**

c) **Rigorous inspection of vehicles and facilities, participation in special guard duties**

Discussion

Which FPCON is used when a terrorist incident occurs or intelligence indicates that terrorist *action or targeting* against specific personnel and facilities is imminent?

a) Alpha

b) Bravo

c) Charlie

d) Delta

Discussion

Which FPCON is used where a terrorist attack has occurred or when intelligence has been received that terrorist action against a *specific location* is imminent?

a) Alpha

b) Bravo

c) Charlie

d) Delta

Discussion

Which is *not* one of the six AT themes?

a) **Plan ahead**

b) **Be unpredictable**

c) **Control access**

d) **Identify potential terrorists**

QUESTIONS?