

# Self-Directed Learning Exercise – NEW Lockdown Model – “Get Out, Hide, Fight” – January, 2016

## Overview

Although extremely unlikely, the possibility of a violent, life-threatening incident on one of Georgian’s campuses is a reality. The college is adopting a new lockdown model that emphasizes three courses of action:

1. **Get Out/Escape**, if possible
2. **Hide and barricade**, if escape is not possible
3. **Fight**, as a last resort

This model is recommended by emergency planning experts and police. It is also being rolled out across many other postsecondary institutions in Canada.

## Tools and tactics – Be Ready (The Exercise –January, 2016)

We want you to be ready – and we want our students to be ready – for the challenges of an emergency situation. That’s why Georgian will continue to hold regular emergency drills including Lockdown drills throughout the year.

In the winter semester, fire drills will be held during the third week of the semester (week of January 25, 2016).

But instead of practicing a Lockdown drill on the same date, when the Lockdown Test Notification is given you’re encouraged to take the time to:

1. familiarize yourself with the college’s Lockdown procedure,
2. watch a video that covers a number of scenarios and the best course of action. We believe the information in the video could save your life. Due to the nature of its content, we recommend you watch the video with a friend, colleague or classmates so you can talk about it after. [Remember, free and confidential counselling services are available through Georgian if you ever need support.](#)
3. Review the FAQ’s at the end of this document, and engage others (e.g. friends, colleagues, classmates) on what to do during an emergency, and
4. [provide feedback](#) (after this exercise or at any time) to help with continuous improvement.

## 1. REVIEW THE NEW LOCKDOWN PROCEDURE

### Condensed:

Lockdown is a security action used to respond to a violent or potentially violent incident by a person or persons threatening with a gun or other deadly weapon. It requires occupants to consider their options, make a decision and act:

#### Get Out/Escape, if possible

- Do not hesitate, get out
- Leave any belongings
- Help others if you can
- Keep your hands visible

#### Hide and barricade, if escape is not possible

- Secure and block doors
- Turn the lights out and stay out of sight
- Mute cell phones and be quiet
- Disregard the fire alarm (if safe to do so)

#### Fight, as a last resort

- Commit to your actions
- Be as aggressive as you can
- Yell and throw items
- Improvise what to use as a weapon

In an emergency call 911 and, as soon as possible call or direct someone to call security to initiate Lockdown at 705.722.4000 or ext. 4000 within the college.

Learn more about how to prepare at [GeorgianCollege.ca/lockdown](https://GeorgianCollege.ca/lockdown).

## 2. WATCH THE VIDEO: In this video, you'll learn what to do if you encounter an active shooter on campus.

### What is an active shooter?

An active shooter is someone engaged in killing or attempting to kill people in a confined and populated area. In most cases, there is no apparent pattern or method to how they choose their victims. Active shooter situations can be over within 10 to 15 minutes. For this reason, it's important you're prepared to take the actions necessary to protect yourself.

**Warning:** The video simulates the conditions you could experience during an active shooter event. Some may find the content disturbing. We recommend you watch the video with a friend or colleague so you can talk about it after. If you think you need to speak with a professional, there are resources available:

- [Students can access free and confidential counselling services at Georgian](#); they can also contact Good2Talk at 1.866.925.5454 – 24/7 postsecondary student helpline that offers free professional and anonymous support
- Members of Georgian staff can access the Employee Assistance Program through Shepell at 1.800.387.4765

- The Simcoe County Crisis Response Service, including a mobile crisis unit, is also available 24/7 to Barrie and area residents at 705.728.5044 or 1.888.893.8333
- Dial 2. 1. 1. to connect with other local organizations in your community

### 3. FAQs

#### **Why are we preparing for a lockdown when the scenario is so unlikely?**

The possibility of a violent incident occurring on campus is a reality – and we want you to be ready. [Georgian's new lockdown procedure](#) emphasizes three courses of action recommended by emergency planning experts and police. These actions may save your life:

1. **Escape**, if possible
2. **Hide and barricade**, if escape is not possible
3. **Fight**, as a last resort

Violent incidents evolve quickly and are typically over in a matter of minutes. If you ever find yourself in harm's way, you're going to need to take quick and decisive action. Knowing your options will help you take control of your personal safety.

#### **In the past, we've been told to hide. Why the change?**

The new model – Get out/escape, hide and barricade, and fight – is your best chance for survival. These are courses of action recommended by emergency planning experts and police. Getting out safely is the best option if you think you can escape. Fighting is an absolute last resort and something only you can decide if you're comfortable doing.

#### **Are you really suggesting I attack a person who has a gun?**

Fighting is a last resort. Try to escape first. If you can't, hide and barricade. Active shooters almost always continue until something happens to stop them. And they typically don't respond to reason so you must assume they intend to harm you. If you find yourself confronted by an active shooter and are trapped with nowhere to go, fighting may be your only option. But again, it's a last resort.

#### **What can I do to fight?**

Find an object close by to use as a weapon (e.g. heavy textbook, laptop or lamp), trip the assailant with a chair, yell loudly – be as aggressive as you can.

#### **What is an active shooter?**

An active shooter is someone engaged in killing or attempting to kill people in a confined and populated area. In most cases, there is no apparent pattern or method to how they choose their victims. Active shooter situations can be over within 10 to 15 minutes. For this reason, it's important you're prepared to take the actions necessary to protect yourself.

#### **What should I do if I need to hide and barricade?**

Here are a few general tips:

- Go to the nearest room or office
- Secure and lock the door if you can – if you can't, tie down the door using belts, purse straps, shoe laces, zip ties, a man's neck tie, whatever you can find
- Block the door with desks, chairs, anything heavy
- Shove something under the door to provide resistance to it opening, e.g. a binder
- Cover any glass panel in the doors and windows, if possible
- Get to the farthest point away from the doors or windows
- Turn the lights out and stay out of sight

- Mute/silence cell phones and be quiet
- Stay close to the floor
- Disregard the fire alarm (if safe to do so)
- Place yourself in a position to surprise the shooter, should they enter the room
- Do not respond to requests to open the door unless you are sure it's the police
- Do not open the door until police arrive

### **Where should I go if I escape?**

Get as far away from the situation as you possibly can. Don't stop until you know you're safe. That might mean leaving Georgian property altogether. Do not go to your car or attempt to drive off the property.

### **Do I need to help others?**

If you can help others, great. But you are not expected to be a hero. It's impossible to predict how anyone will react in such an extreme event. [Georgian's new lockdown procedure](#) will give you the information you need to make informed decisions but ultimately, you must do what's right for you. If you're confident you can help others without putting yourself in unnecessary danger, you may choose to do so.

### **I've never heard a gunshot before. How will I know if I hear one?**

The sound of gunfire can vary. Sometimes it can sound like a firecracker. Other times, it's more like a pop or loud bang. Gunshots also sound different inside and outside. The sound of gunfire on campus will be out of the ordinary. If there's any doubt in your mind, treat the situation as though it is gunfire.

### **How will we know Georgian is in lockdown?**

We'll use whatever communications channels we can to keep you informed, including email, our public announcement system, podium lights in classrooms, lockdown lights in hallways and computer pop-up messages. Please make sure you silence your phones.

### **I move around all day. Am I supposed to be prepared for a lockdown wherever I go?**

Take a moment wherever you are to ask, "What if?" Make mental notes of exits and possible hiding places. This small amount of forethought could make a critical difference in how you react in a real emergency.

### **What can we expect from the police?**

Their top priority will be to find and stop the shooter. They may not know what the shooter looks like, so if you encounter police, don't run toward them. Remain calm, keep your hands visible and follow their instructions. Don't be surprised if they don't stop to help you right away. Again, their priority will be making sure the shooter can't hurt anyone else.

### **I just watched the video and feel anxious and upset. What should I do?**

It's okay to be upset. You may want to talk to someone about your feelings – friends, colleagues or family. If you're extremely upset, consider speaking with a professional:

- [Students can access free and confidential counselling services at Georgian](#); they can also contact Good2Talk at 1.866.925.5454 – a 24/7 postsecondary student helpline that offers free professional and anonymous support
- Members of Georgian staff can access the Employee Assistance Program through Shepell at 1.800.387.4765
- The Simcoe County Crisis Response Service, including a mobile crisis unit, is also available 24/7 to Barrie and area residents at 705.728.5044 or 1.888.893.8333
- Dial 2. 1. 1. to connect with other local organizations in your community

### **How can I identify a person at risk?**

There is no way to accurately predict who may become violent, but there are certain behaviours that can indicate someone may be in trouble. For example:

**Behavioural changes** – angry outbursts, agitation, poor hygiene, visible weight change, intimidation and bullying, altercations with others, intoxication or substance abuse, uttering hostile or offensive remarks, strange or disturbing behaviour

**Performance** – repeated absences, missed deadlines, significant drop in performance, inappropriate or incoherent writing, frequently interrupting, and disruptive behaviour

**Social/emotional** – significant challenges interacting with others, isolated or withdrawn, extreme or prolonged sadness, emotional outbursts, devoid of any emotions, erratic mood swings, and excessive fatigue

### **What can I do to help someone who I feel is at risk?**

Trust your gut. You can always call counselling services or Security (705.722.5100 or ext. 5100) for advice.

Free, confidential counselling services are available to students:

- Barrie Campus, Room B110, 705.728.1968, ext. 1523
- Orillia Campus, Room A200, 705.325.2740, ext. 3113
- Owen Sound Campus, Room C607, 519.376.0840, ext. 2099
- All other campuses: 705.728.1968, ext. 1523
- Email [counsellor@georgiancollege.ca](mailto:counsellor@georgiancollege.ca)
- On-call counsellors are available in person or by phone Monday to Friday, 8:30 a.m. to 4:30 p.m.

For additional support, students can contact Good2Talk at 1.866.925.5454 – a 24/7 postsecondary student helpline that offers free professional and anonymous support for students in Ontario.

Colleagues can access the Employee Assistance Program through Shepell. For immediate, confidential help, call 1.800.387.4765.

The Simcoe County Crisis Response Service, including a mobile crisis unit, is also available 24/7 to Barrie and area residents at 705.728.5044 or 1.888.893.8333.

Dial 2. 1. 1. to connect with a local organization in your community.

### **What other steps can I take to prepare myself for a lockdown?**

Imagine various scenarios playing out where you take classes, study or work. Where are the exits? Do the doors lock? What would make a good barricade or weapon? Ask yourself, “What if?”

### **Questions about campus safety?**

If you have any questions, concerns or simply wish to speak with a member of Campus Safety and Security, call 705.722.5100 or ext. 5100 from within the college.

**Remember, in an emergency call 911 and, as soon as possible call or direct someone to call security to initiate Lockdown at 705.822.4000 or ext. 4000 within the college.**

## **Lastly – Download Georgian College’s new safety app: [safe@georgian](mailto:safe@georgian)**

Did you know you can receive a text message when your campus is in lockdown? Because alerts are an important part of our lockdown notification system, you may receive up to three test messages per year.

Check the instructions on the internet or intranet, or contact Campus Safety and Security for more information.