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| <b>Course Summary:</b> | This course is designed to give the student a heightened state of awareness both on the job and off the job. The class explores the times that we can be most vulnerable, how to avoid confrontation, and how to avoid accidents and compromising situations while elevating awareness and maintaining vigilance. The curriculum explores viable options for the student to avail himself of beginning with the recognition of threats, recognition of transitions and elevation of awareness. Also explored during the class will be the indicators of aggressive or hostile body language. A variety of resources are explored for the student to utilize. Students will be exposed to safety issues involving environments in the office, in the field, in the courtroom, in the institution and off duty. |
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| Performance Objectives:   |
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| <ol style="list-style-type: none"> <li>1. Articulate knowledge of basic concepts and principals of officer safety and survival.</li> <li>2. Articulate knowledge of the importance of mental and physical conditioning as it relates to officer safety and survival.</li> <li>3. Articulate a minimum standard of officer safety and survival techniques to include:               <ol style="list-style-type: none"> <li>A. Pre-programming the pathways of our mind / Crises Rehearsal</li> <li>B. Judgment and Decision Making</li> <li>C. Col. Cooper Color Code Awareness</li> <li>D. Gavin Debeker Fear management</li> <li>E. Body Balance, Stance and Movement</li> <li>F. Searching/Handcuffing Techniques</li> <li>G. Col Grossman physiological techniques for recovery from incidents</li> <li>H. Col Grossman effectiveness under Stress Conditions</li> </ol> </li> </ol> |

| Course Outline |                      |                    |   |  |
|----------------|----------------------|--------------------|---|--|
| Day            | Time Begin (24 Hour) | Time End (24 Hour) | Subject or Topic  | Instructional Methodology                                      |
| 1              | 0800                 | 1000               | Intro and orientation; components of overcoming adversity; awareness orientation                  | Lecture<br>Group<br>Discussion<br>Group Exercise               |
| 1              | 1000                 | 1200               | Handling unknown risks; mental conditioning color coding; Col. Coopers Color codes                | Lecture<br>Group<br>Discussion<br>Group Exercise               |
| 1              | 1200                 | 1300               | lunch   |  |
| 1              | 1300                 | 1500               | Transitions; current trends; sound decisions under stress; survival awareness; gang contact       | Lecture<br>Group<br>Discussion<br>Group Exercise               |
| 1              | 1500                 | 1700               | Surviving contacts with emotionally disturbed, off duty survival; emotional survival, evaluations | Lecture<br>Group<br>Discussion<br>Group Exercise<br>Evaluation |