



# RUN. HIDE. FIGHT. SURVIVING AN ACTIVE SHOOTER EVENT

In 2015, the Houston Mayor's Office of Public Safety and Homeland Security produced a short video/film that dramatizes an active shooter incident in the workplace. Its purpose is to educate the public on how to respond during such an incident.

Concern and worry about these events has increased considerably with the recent shootings in Europe and the US. The video and HS info can help reduce concern and worry by providing practical information about what one can do in such a situation.

WARNING: The initial sequence in the video/film shows people being shot.

[Link to Houston.gov page where you can download or play the video. A click on link for the Run. Hide. Fight. video is shown on the lower part of that page.](#)

Basically, the message is RUN, RUN, RUN, and if you can't, then HIDE, and then FIGHT.

If an attacker is using an assault rifle and you are in the immediate area, your chance of being shot is probable as "long guns" are easier to aim than pistols. So RUN, RUN, RUN makes sense.

And, if a shooter is using a pistol, movement on your part can increase your survival chance, as pistols are more difficult to aim and shoot accurately, and particularly so, beyond close range.

Also, movement off of the line of fire of an attacker, may keep you from being shot. Studies by the Force Science Institute have found that there is a split second time lapse between the decision to shoot and shooting. So if you move, you may avoid being shot.

Distance is your friend.

In a July, 2016 article on PoliceOne.com, Mike Wood addressed the active shooter issue with an emphasis on movement first, and then escape (run/hide), or attack.

Here's what he said about movement:

The worst thing a potential victim can do in an active shooter situation is to freeze in position in a state of confusion or shock. Unfortunately, this is also the most likely response to sudden violence (even if just temporarily), so it's vital to prepare people for this possibility, and get them thinking

in advance about ways to recognize and fix this problem if it occurs. Forewarned is forearmed.

By commanding a person to "Move!" as the first step in the model, we are hoping to "break the freeze" and prompt them into action. The goal is to get the potential victim "off the X" and complicate the targeting solution for the shooter, while simultaneously jump-starting the mind into problem solving mode. Even a person who is not in the immediate vicinity of the threat will benefit from the freeze-breaking nature of the "move" command.

[Here is a link to the PoliceOne.com article.](#)

End.