



Situational Awareness for Everyone (SAFE) Course

Safety and Security Training for the American Citizen
Program of Instruction



Course Details

Course Length: 4 hours and frequently combined with (UST1) Urban Survival Tactics 1

Delivery Location: At a location designated by client/host.

Delivery Method: Classroom presentation, group discussion, small group activities, and moderated tabletop exercise

Price: \$99.00 per student with a minimum of 20 students per class. Home study course \$47.99

Cost: \$850.00/class (Instructor cost and consumables)

Educational Credits (CEU): N/A

Certificate: Certificate of completion available upon completion.

Prerequisites: To be eligible to attend participants must:

- 18 years and older unless accompanied with an adult.

Target Audience: This course is designed for all persons regardless of socioeconomic background over the age of 18 and can be modified for younger audiences. This is an awareness course and it focuses on the skills and knowledge of the participant. It is recommended for everyone.

- College students, professionals, retirees, stay at home moms.
- Course available for ages 12-17.

Class Minimum/Maximum: 20/40

Number of Instructors: 1

Course Background

The Personal Defensive Tactics Consortium of professionals have developed this curriculum to improve the safety and security of the American people. This course was developed to provide an easy and practical learning experience. Given the skills and knowledge necessary to recognize, react and respond to a situation (natural or manmade) where their personal safety is at risk. This knowledge and skills will help to better prepare the student for the unique challenges found in today's environment and society. It is currently the only course of its kind offered exclusively by after-theblast.com.

Course Description

SAFE focuses on the extraordinary challenges faced by our citizens who at any moment may find themselves in a life and death situation, natural or manmade anywhere. A seemingly routine day is suddenly shattered as you find yourself in the mall witnessing a shooting with extreme violence and horror, or an accident or natural disaster where your safety will be dictated by the immediate actions you take? This course gives the individuals an introduction to what they may expect to encounter in an unfolding, unpredictable environment or situation. The examples given in the course come from actual global events of the last decade and include skills and techniques to give the individual confidence to make critical decisions under extreme circumstances. This extremely informative course is based on the imagery training technique, where scenarios are rehearsed in the mind, the only place where the student can win every time. The imagery scenario based delivery is the most innovative and cutting edge training of its kind. The course video and discussions will expose the participants to situations and stressors that can help inoculate them to the extreme shock and emotional duress that can occur should they suddenly find themselves in an unfolding unpredictable dangerous event. This learning is geared toward the average citizen who has no formal training, however it is beneficial for everyone to take this course as it reinforces good techniques and tactics an individual may already possess. Upon completion, participants will be able to better respond and react to a given situation.

Course Overview

The course includes seven distinct modules incorporating lecture, videos, discussion, group exercises and practical skills, on how situational awareness is crucial to personal safety and security. Participants will learn how to use existing skills to avoid situations whether natural or manmade, which may put them in an environment where their safety or security is jeopardized. Included in each module are activities and exercises that are designed to allow participants to apply the information covered during the module.

At the completion of this course, participants will be able to:

- Discuss what situational awareness is and how it can keep someone safe and more secure.
- Discuss when sub-conscious behavior and situational awareness may help keep someone safe.
- Discuss what imagery training is and how it helps prepare for unforeseen events or circumstances.
- Describe techniques to recognize threats and what threat perception means to each individual.
- Discuss psychological strengths/weaknesses, and physiological effects of violence and life and death.
- Describe and practice "Winning in the mind" and how vital it is to survival and safety.
- Describe and practice situational awareness exercises and imagery training.

