

Church Safety Team
Protecting the Sheep

7: Introduction to Reality Based Training Part 1
Safety Team Member's Response
Prepared by Bob Soule



WARNING: This training series examines the topic of church attacks and preparedness. Graphic Violence from actual incidents is depicted and discussed for informational and educational purposes in some of these presentations. Children should not view this presentation except when allowed by their parent and/or guardian.

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7: Introduction to Reality Based Training Part 1

In this presentation, you will learn about:

- What is Reality Based Training.
- Why Reality Based Training.
- Boyd's Loop Revisited.
- Reality Based Training Safety Rules.
- Safety Inspection Levels.
- Peer Inspections.
- Primary Safety Inspections.

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What is Reality-Based Training?

Reality-based training is a collective of concepts, skills and techniques based on modern conflict situations that the practitioner is likely to encounter in their environment. During the past few decades, the military and law enforcement community have gradually come to the conclusion that the best way to train their forces was to approximate the particular "problem situation" as close to real-life as possible.

This methodology has recently migrated into mainstream civilian self-defense training through innovative ex-military/LE instructors.

Reality-based training is easy to learn and can be deployed within a relatively short period of time. The training is based on instinctive responses, gross motor movements and conflict scenarios. The goal is to prevail and escape.

In this presentation we will look at the reality-based training model. Provide safety models for using it.

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What is Reality Based Training Continued?

Reality-based scenarios are founded on previous incidents that have occurred at churches around this country. By studying trends, we can provide a realistic training scenario to help Team members rehearse responses and practice techniques that will you solve situations and help to lower your sympathetic nervous system response through experience.

For scenarios which would require the use of deadly force; air soft pistols are employed which fire a 6mm plastic BB. These pistols can simulate a pistol operation and are available in most the most popular brands. The projectiles can provide feedback and simple protective equipment and heavy clothing is all is required. A more in-depth discussion of the airsoft pistols and types will be addressed later in this presentation.

We will cover in this presentation on Reality-based Training:

1. The Safety Rituals of Reality-Based Training.
2. Safety Inspections to Insure that this Training is in a sterile environment.
3. Projectile Based Training Considerations.
4. The Necessity for Identical Equipment Manipulation.

It is my hope that as we undertake this mission to provide protection for the church members, that this training is a great benefit in providing a foundational strengthening of your skills.

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Why Reality-Based Training?

- **Reality-Based Training** is an excellent approach to gaining experience and exposure to various types of missions.
 - Repeated training can help dampen arousal and strengthen emotional control. Asken and Grossman (2010, p. 92)
 - When it comes to inoculating warriors against stress, training such as reality-based scenarios (and experience) are unsurpassed. Asken and Grossman (2010, p. 93)
- **Experience is the key to decisive action in a lethal force encounter.** The big question becomes, where are you going to acquire the requisite number of decisive combat engagements necessary to tip the scales in their favor? In the absence of combat experience, the answer is Reality Based Training (Murray (2004, p. 54)).

It is the goal, to provide you with the tools to be decisive and effective in a critical incident.

You must be able to control your stress arousal so that you can act.

Reality-Based Training is one of those important building blocks to assist you in accomplishing this.

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Boyd's Loop Re-Visited

Observe
What is the current situation? What is the reason you want to change? How bad do you want to change?

Orient
Where are you currently at relative to where you want to go? How far is it to your destination?

Decide
What is the exact path you are going to take? How are you going to handle challenges, and set back?

Act
What's the approach and method you will take to implement the decision? What is your action plan?

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The Safety Rituals of Reality-Based Training - K. Murray (2004, p. 132)

The primary rule: "First, do no harm." Safety is the rule of any Reality-Based Training that we as a team undertake. This is NOT the time for horse-play or joking around.

In a 2005 article by R. Ken Murray he observed that: "Over the past six or seven years, two to three officers (on average) have been killed or seriously injured each year during simulation training exercises in North America. All of these incidents could have been avoided through the use of a simple yet stringent safety protocol." -- R. Murray (2005, para. 6)

The National Tactical Officers Association (NTOA) has studied training accidents that have occurred during tactical simulations and has determined these events share several common causes:

- The safety was lax;
- There was a misunderstanding of the design purpose of a training device;
- There were misunderstandings about what constitutes a safe weapon or safe area; and/or
- The participants received no instruction in how to ensure safe and effective RBT. -- R. Murray (2005, para. 7)

SAFETY IS THE FIRST PRIORITY AND EVERYONE IS A SAFETY OFFICER DURING THE TRAINING. IF YOU SEE SOMETHING UNSAFE, SAY SOMETHING!

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The Safety Guidelines of Reality-Based Training

Four Rules of Safe Gun Handling

1. All guns are loaded.
2. Keep your trigger finger outside (above) the trigger guard, on the frame, until you are on target and have decided to fire.
3. Point the muzzle in a safe direction at all times.
4. Be sure of your target and what is beyond it.

Observing these four rules has drastically reduced unintentional harm caused by mishandling firearms.

The Cause of Firearms Accidents:

1. **Ignorance**, where the person does not know the rules for properly handling a firearm or does not know how to operate the firearm properly.
2. **Carelessness**, where the person knows the rules and knows how to operate the firearm properly, but chooses not to apply them while handling the firearm.



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The Safety Guidelines of Reality-Based Training Continued

Ten Additional Safety Guidelines

1. No real weapons or live ammunition are allowed in the secured area during *RBT exercises.
2. If at anytime someone perceives a situation to be hazardous, he is to shout "cease-fire" until everyone complies.
 - a. All participants will immediately stop all action and keep their weapons pointed in a safe direction until receiving further instructions.
3. If a piece of mandatory safety equipment becomes dislodged, immediately protect the area with the hand and go to the ground calling "cease fire."
 - a. Replace the equipment when the action has stopped and the Exercise Controller indicates it is safe to do so.
4. If there is an activity in the course that you feel uncomfortable participating in for any reason, it is your responsibility to bring it to the attention of the instructor prior to participating.
5. Unsafe or frivolous behavior will not be tolerated. **ABSOLUTELY NO HORSEPLAY.**
6. If in doubt about something, ask. The only stupid question is the one that was not asked, resulting in an injury.
7. Report any and all injuries immediately to the instructor staff.
8. If is the responsibility of participants to disclose any existing injuries or health conditions to the instructor prior to the beginning of class.

*Reality-Based Training

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The Safety Guidelines of Reality-Based Training

Ten Additional Safety Guidelines Continued

9. Activities that may aggravate an injury or health problem are to be avoided.
10. Both participants and spectators must wear protective equipment during the use of *NLTA.
 - a. Mandatory safety equipment for active participants is eye, face, and throat protection.
 - b. Optional safety equipment includes hand and groin protection.
 - c. Protective gear for non-participants will be dependent upon the level of participation and proximity to the action.

*Non-Lethal Training Ammunition

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The Safety Inspections of Reality-Based Training - K. Murray (2004, p. 164)

Safety Inspection Levels

1. Peer Inspections.
2. Primary Safety Inspections.
3. Secondary Safety Inspections.
4. Vehicle Inspections.

Safety Inspections insure that an area set up for *RBT will remain sterile of live weapons. These inspections will include all of us.

The discussion of each level's procedure follows.

*Reality-Based Training

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Peer Inspections

1. Participants check themselves for any live weapons or devices prohibited in the sterile training area.
2. Another participant checks them for any live weapons or devices prohibited in the sterile training area.

Prior to beginning any of the safety checks, there is a set of questions that is helpful in focusing attention of the participants on the items that should not be present in the sterile training area and to provide them an opportunity to bring any prohibited items forward.

- Has everyone brought everything with them that they are going to need to access throughout the duration of the training?
 - Do you have your belt, holster, protective gear, food, water or anything else you are going to need to go and get later?
 - If not, get it now.
- Has everyone checked your gear and any bags you have brought to make sure they don't have any guns, ammunition, knives, OC spray, impact weapons, TASERS, or other dangerous weapons?
 - If you have not, take the time now to do so.
 - Return any prohibited items to your vehicles or bring them to the Safety Officer who will secure them for you.

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Primary Safety Inspection

The Safety Officer conducts physical search of each participant, their gear, and any other carried items.

- The gear of each participant is placed in front of them ready for inspection.
- Gear bags, other carried items (e.g. – lunch containers, jackets, protective equipment should be in front of each participant.
- Each participant empties their pockets placing contents in the plastic tray provided.
- The Safety Officer then asks each participant the following questions.
 - Have you removed everything from your pockets?
 - Do you have any weapons or ammunition with you?
 - Do you have everything with you that you will need to access during the training?
- The Safety Officer begins the search.
 - Examining the pocket contents in the tray.
 - Examine the gear, checking all carriers – magazine, knife, OC, etc.
- The Safety Officer examines the carried items, gear bags, etc. and asks the following questions.
 - Are these items yours?
 - Do you normally carry additional weapons or ammunition in any of these items?
 - If yes, where do you normally carry those weapons?
 - If no, are you carrying any of them today?
- Once the physical search is completed, the following question will be asked.
 - Is there anything that you might be aware of that I have missed?

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Primary Safety Inspection Continued

Non-participating observers who will be inside the sterile training area must be searched like everyone else.

- To prevent confusion for the participants, they should be uniquely marked to designate to the participants that they are **not** part of the training scenario.
- Once Everyone who will be inside the sterile training area has been searched and cleared, these final question will be asked.
 - Is there anything we might have overlooked that anyone is now aware of?
- The final declaration is made in front of the group.
 - If anyone discovers any items later on that we might have missed, please alert the trainer immediately.

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Questions?

Should you have any questions, you may contact me at:

Email: laptop1@rsoule.us

Bob Soule

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The next training series presentation is:

7: Introduction to Reality-Based Training Part 2

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- ³ Branca, A. (2017). *The Law of Self Defense: The Indispensable Guide of the Armed Citizen* (3rd ed.).
- ⁴ Grossman, D. (2004). *On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace* (1st ed.). PPCT Research Publications.
- ⁵ *Mitigating Attacks on Houses of Worship Security Guide*. (2021). Department of Homeland Security. <https://www.cisa.gov/resources-tools/resources/mitigating-attacks-houses-worship-security-guide>
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- ⁹ *New American Standard Bible* (The Lockman Foundation, Trans.). (1995). <http://www.lockman.org>
- ¹⁰ Ohio Attorney General. (2022). *Ohio Concealed-Carry Laws and License Application*. Office of the Attorney General. <https://www.ohioattorneygeneral.gov/Files/Publications-Files/Publications-for-Law-Enforcement/Concealed-Carry-Publications/Concealed-Carry-Laws-Manual-PDF.aspx>
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Sources and Further Reading Continued:

¹⁴ Rensberg, C. (2009, April 22). Is The 21-Foot Rule Still Valid When Dealing With An Edged Weapon? (Part 1). Force Science. <https://www.force-science.com/2005/04/is-the-21-foot-rule-still-valid-when-dealing-with-an-edged-weapon-part-1/>

¹⁵ Rensberg, C. (2005, April 29). Is the 21-Foot Rule Still Valid When Dealing with an Edged Weapon? (Part 2). <https://www.force-science.com/2005/04/is-the-21-foot-rule-still-valid-when-dealing-with-an-edged-weapon-part-2/>

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Four Rules of Safe Gun Handling

- 1. All guns are loaded.**
- 2. Keep your trigger finger outside (above) the trigger guard, on the frame, until you are on target and have decided to fire.**
- 3. Point the muzzle in a safe direction at all times.**
- 4. Be sure of your target and what is beyond it.**

Observing these four rules has drastically reduced unintentional harm caused by mishandling firearms.

The Cause of Firearms Accidents:

- 1. Ignorance, where the person does not know the rules for properly handling a firearm or does not know how to operate the firearm properly.**
- 2. Carelessness, where the person knows the rules and knows how to operate the firearm properly, but chooses not to apply them while handling the firearm.**

Ten Additional Safety Guidelines Related to Reality-Based Training

- 1. No real weapons or live ammunition are allowed in the secured area during *RBT exercises.**
- 2. If at anytime someone perceives a situation to be hazardous, he is to shout "cease-fire" until everyone complies.**
 - a. All participants will immediately stop all action and keep their weapons pointed in a safe direction until receiving further instructions.**
- 3. If a piece of mandatory safety equipment becomes dislodged, immediately protect the area with the hand and go to the ground calling "cease fire."**
 - a. Replace the equipment when the action has stopped and the Exercise Controller indicates it is safe to do so.**
- 4. If there is an activity in the course that you feel uncomfortable participating in for any reason, it is your responsibility to bring it to the attention of the instructor prior to participating.**
- 5. Unsafe or frivolous behavior will not be tolerated. Absolutely No Horseplay.**
- 6. If in doubt about something, ask. The only stupid question is the one that was not asked, resulting in an injury.**
- 7. Report any and all injuries immediately to the instructor staff.**
- 8. It is the responsibility of participants to disclose any existing injuries or health conditions to the instructor prior to the beginning of class.**

Peer Safety Inspection

Instructions:

The participants first check themselves for any real weapons or devices prohibited in the sterile training area.

Then another participant checks them for any real weapons or devices prohibited in the sterile training area.

Prior to beginning any of the safety checks, there is a set of questions that is helpful in focusing attention of the participants on the items that should not be present in the sterile training area and to provide them an opportunity to bring any prohibited items forward.

Ask each other these questions:

1. Has everyone brought everything with them that they are going to need to access throughout the duration of the training?
2. Do you have your belt, holster, protective gear, food, water or anything else you are going to need to go and get later?
3. If not, get it now.
4. Has everyone checked your gear and any bags you have brought to make sure they don't have any guns, ammunition, knives, OC spray, impact weapons, TASERS, or other dangerous weapons?
5. If you have not, take the time now to do so.
6. Return any prohibited items to your vehicles or bring them to the Safety Officer who will secure them for you.

Primary Safety Inspection

Instructions:

1. The Safety Officer conducts physical search of each participant, their gear, and any other carried items.

The gear of each participant is placed in front of them ready for inspection.

1. Gear bags, other carried items (e.g. – lunch containers, jackets, protective equipment should be in front of each participant.
2. Each participant empties their pockets placing contents in the plastic tray provided.

Questions to ask:

The Safety Officer then asks each participant the following questions.

- a. Have you removed everything from your pockets?
- b. Do you have any weapons or ammunition with you?
- c. Do you have everything with you that you will need to access during the training?
- d. The Safety Officer begins the search.
- e. Examining the pocket contents in the tray.
- f. Examine the gear, checking all carriers – magazine, knife, OC, etc.
- g. The Safety Officer examines the carried items, gear bags, etc. and asks the following questions.
- h. Are these items yours?
- i. Do you normally carry additional weapons or ammunition in any of these items?
- j. If yes, where do you normally carry those weapons?
- k. If no, are you carrying any of them today?
- l. Once the physical search is completed, the following question will be asked.
- m. Is there anything that you might be aware of that I have missed?

Non-participating observers who will be inside the sterile training area must be searched like everyone else.

To prevent confusion for the participants, they should be uniquely marked to designate to the participants that they are not part of the training scenario such as wearing a fluorescent vest.

- I. Once Everyone who will be inside the sterile training area has been searched and cleared, this final question should be asked.
- II. Is there anything we might have overlooked that anyone is now aware of?

This final declaration is made in front of the group.

If anyone discovers any items later on that we might have missed, please alert the trainer immediately.