


Church Safety Team
Protecting the Sheep

7: Introduction to Reality Based Training Part 2
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.

Protecting the Sheep, Presentation

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In this presentation, you will learn about:

- Secondary Safety Inspections.
- Vehicle Safety Inspections.
- Projectile Based Training Considerations.
- The Necessity for Identical Equipment Manipulation.
- Individual Practice – What Can You Do on Your Own?

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Secondary Safety Inspection
The Secondary Safety Inspection is conducted if a participant who had previously cleared through a Primary Safety Inspection has left the sterile training area briefly (e.g. – bathroom, retrieving an item from a vehicle).

The purpose of the Secondary Safety Inspection is to insure that participants who have had to temporarily leave the sterile training area, does not re-enter with any items of concern.

Before the participant that left the sterile training area, the following questions will be asked.

- Did you re-arm yourself for any reason, or have any contact with weapons or other items that would be considered prohibited inside the sterile training area?
- Have you accessed an unsecured vehicle since you left the sterile training area?
- Are you bringing any items that have not been inspected into the sterile training area?
- Do you have any questions or concerns prior to beginning the training?

Upon asking the questions, a physical and visual inspection of the pockets, hand carried items, gear, protective equipment will be conducted.

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Vehicle Safety Inspection

This inspection is for vehicles that are part of the training scenario. Any vehicles NOT part of the scenario should be outside of the perimeter of the sterile training area.

The Safety Officer should inspect the following areas of the vehicle visually and physically.

- The Driver and passenger compartments.
- Consoles and glove boxes.
- Storage pockets on doors and seats.
- Underneath floor mats and on top of visors.
- Between and beneath seats.
- Weapon racks, if equipped.
- Underneath the dashboards.
- Any other area the vehicle owner suggests that they are in the habit of placing weapons.
- Contents of the vehicle including bags, clothing, boxes.
- Vehicle trunks.


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Vehicle Safety Inspection Continued


Any weapons and ammunition located in the vehicle are to be removed or rendered inaccessible to the participants during the training scenario.

Locking weapons and ammunition in compartments that are inaccessible to participants during the training is permissible as long as:

- The compartment is lockable.
- The compartment is not located in the front passenger compartment or the rear passenger compartment if this is to be occupied during the training scenario.
- The compartment is marked in an obvious way so that it is obvious to all persons that the compartment contains dangerous items.
- That all participants are informed that there are live weapons and ammunition contained inside that locked compartment.
- The compartment shall not be accessed for any reason during the training scenario except under direct supervision of the Safety Officer or their designee.

The Safety Officer will inform all participants that although the vehicles have been thoroughly searched, no "hidden weapons" have been placed inside the vehicles by the training staff for use by the participants.

If a weapon is discovered inside of a vehicle, it is **NOT TO BE USED** and it is to be brought to the attention of training staff immediately.


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Safety Inspection Levels Quick Reference

Use a Primary Safety Inspection for these scenarios:

1. Participants arrive for training from home.
2. Participants have to leave the sterile training area for a period of time for reasons that are unrelated to the current training.
3. Participants break from training and leave the sterile training area for an extended time period.
4. Participants are part of a large-scale Complex Scenario where different levels of participation are possible.

Use a Secondary Safety Inspection

5. Participants have been searched, but have to "run back" to their car, classroom, office, etc. because they forgot something.
6. Participants have to leave the sterile training area to tend to a short term personal business (e.g. – restroom, phone call, etc.).
7. Meals breaks facilitated through catered or onsite meals.


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Conclusion of a Training Session

Prior to conclusion of the training session; the entire group will re-assemble so that any questions can be answered. The following questions will be asked to stimulate feedback.

- Does anyone have questions before the conclusion?
- Are there any injuries that have occurred?
- Are there any safety hazards that anyone noticed so that they can be addressed prior to the next training session?

Final List Concluding the Session

- Training is complete.
- No additional training is going to be initiated.
- Safety Clearance Indicators have been collected.
- All participants have been accounted for and any injuries that might have occurred are documented.

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Projectile Based Training Considerations - K. Murray (2004, pp. 203-208)


Whenever *NLTA is used during Reality-Based Training, there are opportunities for things to go wrong. The unintentional introduction of a live pistol and ammunition has led to injuries and death.

Participants in training sessions utilizing *NLTA have received permanent scars from projectile strikes with or without use of protective gear. Surprisingly, psychological damage can also be inflicted. With these potential problems, there are plenty of good things that can come from using *NLTA. From my 38+ years as a police officer who underwent training every year; I found the Reality-Based Training was one of the most effective methods preparing me to face the many incidents I was exposed to with the ability to resolve them properly.

There three major considerations for using projectiles in a force-on-force training program.

1. The dangers of projectile-based Live Target Engagement.
2. The usefulness of pain penalties.
3. The usefulness of "paint" marks during Live Target Engagements.

*Non-Lethal Training Ammunition


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Projectile Based Training Considerations Continued

1. The dangers of projectile-based Live Target Engagement.
 - a. Use of projectiles during your Reality-Based Training will result in some welts and bruises.
 - b. The value of Live Target Engagement is derived from the possibility of a "pain penalty" for a tactical error.
 - i. There is a fine line between using the technology for teaching lessons and using it for frivolous punishment.
 - ii. Frivolous punishment is not useful and is dangerous.
 - iii. One or two shots are usually sufficient.
 - iv. Emptying a whole magazine on someone is not.
2. The usefulness of Pain Penalties.
 - a. The anxiety generated by the anticipation of the pain is more useful for training purposes than the actual experience of the pain itself.
 - b. For behavior modification purposes a threatened pain event is often more effective than an actual pain event.
 - c. In real world events, there is one determining criterion of success in combat, and that is whether or not an adversary is capable of continuing their hostile action.
 - d. In the scenarios you will face, you should be focusing on the problem of putting the adversary down and keeping them down.
 - e. The scenario will not be ended until that is accomplished. Keep fighting.

*Non-Lethal Training Ammunition

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Projectile Based Training Considerations Continued

3. The Usefulness of Marks During Live Target Engagement

- a. **It is critical that you use the same model of pistol in training as that which is carried by you on a day-to-day basis.**
- b. There is value to the use of Live Target Engagement.

There are benefits and detriments of utilizing Live Target Engagement.

- The Benefits.
 - Permits after action review of a student's shooting performance on the suspect.
 - Demonstrates where "missed" projectiles have struck.
 - Allows for discrimination between multiple shooters.
 - High interest among users.
 - Realistic functioning of firearms.
- The Downside.
 - Cost factor.
 - Potential for physical injury, especially with role players.
 - Requirement for "projectile friendly" environment.
 - Necessity for protective equipment that restricts realistic facial expressions, casualty simulations, etc.
 - Often leads to "paintball mentality" during training.
 - ✓ Looking for the hits, or holes, no physical effect leading to psyching them out on effectiveness.

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The Necessity for Identical Equipment Manipulation. - K. Murray (2004, p. 208)

It is important that the training devices you use in Reality-Based Training be identical to the pistol and other weapons you carry every day because:

1. The replica pistols require the identical manipulation in their function.
2. This is especially effective in preparing you when under high stress areas such as:
 - a. Firing and bringing the pistol on target.
 - b. Reloading the training pistol.
 - c. Clearing any malfunctions of the training pistol that might occur.

If replica training pistols are different to the actual pistol carried by the participant outside of the training environment:

1. This can introduce a change in the way a participant performs under stress which can:
 - a. Condition improper techniques.
 - b. Which could result in failure by the participant in a crisis.
 - c. Remember Boyd's Loop. If a technique you have been training with a different training pistol is tried with the actual pistol you carry, which is not the same actions; you can get stuck in the observe. orient loop which will result in no ability to decide and act.

If you are using training devices where you have to do things differently when performing fine or complex motor skills, you are programming incorrect torque profiles, which under stress, could set in motion a chain of events from which it might be difficult for you, the participant, to recover.

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The Necessity for Identical Equipment Manipulation Continued.

I encourage you to obtain a CO₂ Airsoft Pistol which is a replica to the actual pistol that you rely on to defend you life.

Having this replica pistol provides you an opportunity to use it at your home practicing your draw, pistol presentation to the target; movement while shooting; which will help you build a solid foundation of skills.

I have integrated these airsoft pistol in my NRA Basic of Pistol Shooting courses with brand new shooters and they have been extremely beneficial when the student was at the range during live-fire.

During our training sessions, I will have the CO₂ cartridges as well as the Airsoft Pellets available.

We can discuss this along with protective equipment that you should have for the training sessions.

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Individual Practice – What Can You Do on Your Own?

Dry-Fire Practice


Dry-Fire Practice can prove beneficial to the development of gunfighting skills. Going through the sequence of drawing, moving, pistol presentation, communicating and firing helps to ingrain those actions into a single behavior just waiting for the brain to say "THREAT!"

The use of your actual pistol is an effective way in improving your performance. Prior to using your *EDC, it is essential to ensure there is no live ammunition present during the training.

You need four steps prior to beginning your training.

1. A designated training area.
2. A Safety Box.
3. An inert cartridge, or snap caps.
4. Written safety instructions.

*EVERY DAY CARRY



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Individual Practice – What Can You Do on Your Own?

Dry-Fire Practice Continued

1. A designated training area.
 - a. Designate an area or a room as your "dry-fire" practice area.
 - b. As a sterile training area, no ammunition is allowed in the area.
 - c. Conduct a search of the room to ensure there is no ammunition in the room.
2. A Safety Box.
 - a. The box will hold your live ammunition.
3. An inert cartridge, or snap caps.
 - a. There are numerous commercially available snap caps for practice.
4. Written safety instructions.
 - a. Refer to the "Dry-Fire" Practice Guidelines available in the download notes on the webpage.

The use of Airsoft pistols based on your actual self-defense gun can add to the reinforcement of your skills.

Dry-Fire Practice Guidelines

Notes: Safety Training from Defensive Tactics & Force Protection with an Unloaded Pistol. **WARNING:** NEVER RELOAD OR ATTEMPT TO RELOAD A WEAPON WHILE IT IS POINTED AT ANYONE. NEVER POINT A WEAPON AT ANYONE UNLESS YOU ARE TRAINING IN A DESIGNATED AREA OF PRACTICE.


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Available in Notes Package




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In this presentation, you learned about:

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- Individual Practice – What Can You Do on Your Own?



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Questions?

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

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Bob Soule





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What is Next?

Reality-Based Training – Live Target Engagement (LTE) Scenarios





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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>
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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/>

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Secondary Safety Inspection

Instructions:

The Secondary Safety Inspection is conducted if a participant who had previously been cleared through a Primary Safety Inspection has left the sterile training area briefly (e.g. – bathroom, retrieving an item from a vehicle).

The purpose of the Secondary Safety Inspection is to ensure that participants who have had to temporarily leave the sterile training area, does not re-enter with any items of concern.

Before a participant that left the sterile training area, is allowed back in, the following questions will be asked.

1. Did you re-arm yourself for any reason, or have any contact with weapons or other items that would be considered prohibited inside the sterile training area?
2. Have you accessed an unsecured vehicle since you left the sterile training area?
3. Are you bringing any items that have not been inspected into the sterile training area?
4. Do you have any questions or concerns prior to beginning the training?

After asking the questions, a physical and visual inspection of the pockets, hand carried items, gear, protective equipment will be conducted.

Vehicle Safety Inspection

Instructions:

This inspection is for vehicles that are part of the training scenario. Any vehicles that are not part of the scenario should be outside of the perimeter of the sterile training area.

The Safety Officer should inspect the following areas of the vehicle visually and physically.

- a. The driver and passenger compartments which include:
- b. The consoles and glove boxes.
- c. The storage pockets on doors and seats.
- d. Underneath floor mats and on top of visors.
- e. Between and beneath seats.
- f. The weapon racks, if equipped.
- g. Underneath the dashboards.
- h. Any other area the vehicle owner suggests that they are in the habit of placing weapons.
- i. The contents of the vehicle including bags, clothing, boxes.
- j. The vehicle trunks.

Any weapons and ammunition located in the vehicle are to be removed or need to be rendered inaccessible to the participants during the training scenario.

Locking weapons and ammunition in compartments that are inaccessible to participants during the training is permissible as long as:

- I. The compartment is lockable.
- II. The compartment is not located in the front passenger compartment or the rear passenger compartment if this is to be occupied during the training scenario.
- III. The compartment is marked in an obvious way so that it is obvious to all persons that the compartment contains dangerous items.
- IV. That all participants are informed that there are live weapons and ammunition contained inside that locked compartment.
- V. The compartment shall not be accessed for any reason during the training scenario except under direct supervision of the Safety Officer or their designee.

The Safety Officer will inform all participants that although the vehicles have been thoroughly searched, no "hidden weapons" have been placed inside the vehicles by the training staff for use by the participants.

All participants are to be told that if a weapon is discovered inside of a vehicle, it is not to be used and it is to be brought to the attention of training staff immediately.

DRY-FIRE PRACTICE GUIDELINES

GOAL: Safely Practicing Basic Marksmanship Techniques & Pistol Manipulation with an Unloaded Pistol.

INTRODUCTION: Pistol Marksmanship is a matter of manual dexterity and, as such, it depends upon programmed (reflexive) physical skills. The more deeply the skills are programmed at the start, the less frequently practice is necessary afterwards to maintain a satisfactory level of proficiency.

METHOD: Dry-Fire Practice should be conducted with your full concentration, without outside distractions. Short (ten to fifteen minute) sessions are better than longer ones which tend to fatigue you physically and mentally; which promotes sloppy technique and inattention to safety.

WARNING: Most Dry-Fire Practice accidents occur due to either:

1. Failure to ensure the gun is unloaded prior to practicing; or
2. Finishing or interrupting the practice session and reloading the pistol, then taking one more “dry” shot.

DRY-FIRE PRACTICE CHECKLIST

- ⇒ Locate a quiet place where you can practice undisturbed. The wall you “fire” at must meet the “safe direction” criteria and be able to stop and contain a bullet if an unintentional discharge occurs.
- ⇒ Use a practice target placed on your “safe wall” rather than dry firing at a mirror. With the mirror, you will have a tendency to look at your reflection instead of the front sight. Dry-Fire only at your target— not in random directions.
- ⇒ Unload your pistol and check it two times. Unload all magazines/speedloaders. Place all ammunition into a container. Put the container in a totally separate room from the one in which you will conduct your practice in.
- ⇒ Check the pistol one last time to ensure it is unloaded.
- ⇒ Dry-Fire practice basic techniques for ten to fifteen minutes. Make sure you perform the techniques correctly—don’t reinforce bad habits.
- ⇒ If you are interrupted, immediately stop your practice. Before you start to practice again, go through the checklist from the beginning.

Once you decide to stop your practice, **Do Not Continue**. First, **take down your practice target**, removing the temptation to try “just one more shot” after the end of the practice session. Then put the weapon in what ever condition (*loaded or unloaded*) you want to leave it in. If you are reloading your pistol, say to yourself out loud; “**Dry-Fire Practice is over. I am now loading with live ammunition. Dry-Fire Practice is over.**”