

HIA D.C. Protest Safety Plan

What to bring during a protest:

1. A backpack.
2. Cash for public transit.
3. Your ID.
4. Baby wipes, and feminine products.
5. Medical masks, hand sanitizer, rubber gloves.
6. A first-aid kit.
7. A safety whistle.
8. Bandana soaked in apple cider vinegar, inside of a ziplock bag. This will help you breathe during a tear gas attack.
9. Ear plugs or noise blocking headphones.
10. Your inhalers or other medications you may need for the entire day, and possibly the next day.
11. A permanent marker to write numbers down on your body.
12. Plenty of water and snacks. (Some people bring a camelback.)
13. An extra water bottle or two. (For hand, wound, or eye rinsing.)
14. An extra outer layer of clothing. (Stored in your backpack.)
15. Sun protection. (Hats and sunscreen.)
16. Safety glasses or goggles for eye protection. (Goggles can help during a pepper spray or tear gas attack.)
17. A few small travel towels.
18. A recording device.
19. A power bank to charge the designated buddy's phone and/or recording device.
20. A folder with your Buddy System Sheet.

What not to bring during a protest:

1. Your phone (if you aren't a designated phone buddy).
2. Anything that could be perceived as a weapon (including a nail file).
3. Pepper spray, knives, or guns of any kind.
4. Expensive or special jewelry, watches, or wedding rings.
5. Expensive, or nicer than average clothing.
6. Apple or smart watches.
7. Technology like iPads or tablets.

How to prepare:

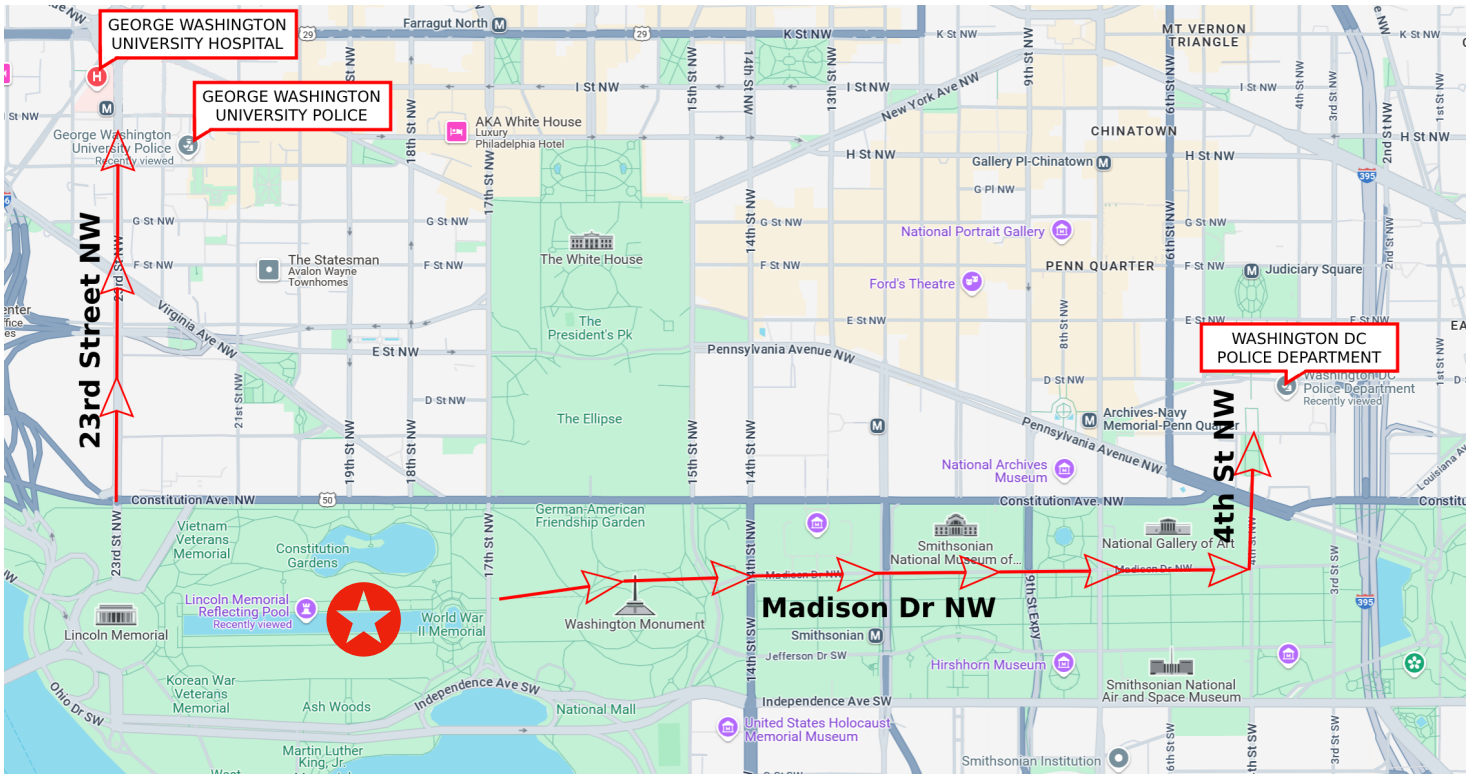
1. Be aware of the local laws and regulations regarding protests and demonstrations. Know your rights.
2. Create your buddy system. Talk to your buddies, write down their name (first name only), phone number, and emergency contacts on your Buddy System Sheet. Make sure to share your home base and emergency contacts (first name only) with your buddies as well.
3. Designate a home base for yourself. Find one or two people you know and trust to be by the phone in case of an emergency. Give this trusted home base all of your protest buddy's contact information, including their emergency contacts as well. This home base should also know where the nearest hospitals and police stations are located in the area you are protesting.
4. Always protest in groups. A buddy can alert others if you are harmed and record any violations of your First Amendment rights.
5. Plan your route. Familiarize yourself with the protest route and any potential hazards, meeting points, and safety areas.
6. Inform your protest buddies of physical limitations, medical conditions, triggers, or medications you may be taking.
7. Designate one or two buddies to carry a phone and/or recording device.
8. Contact your buddies the day before the event to go over your plan one more time.
9. Get plenty of rest the day before, and plenty of sleep the night before.
10. Eat a healthy, protein-rich breakfast the morning of the protest.
11. Wear comfortable, weather appropriate clothing, with supportive shoes.
12. Make sure you stick to a proper time schedule, and let your buddies and home base know when and where you're going to be at various points throughout the day.

The day of the protest:

- **We recommend leaving phones at home**, but if you feel it is necessary for you to bring one, make sure that it is either turned off, or in airplane mode while you are protesting. Our government can, and will use your phone to track you, and against you if you are arrested. If your phone is not set to unlock using a numerical passcode, police can and will use your face or fingerprints to unlock your phone and view sensitive information.
- **Lock your phone using a 7 digit numerical password.** Make sure your buddies know and memorize that password in case they may need to access your phone.
- **Be aware of your surroundings**, always. Make sure you are always in close proximity to your buddies, and you do not go anywhere alone. Keep a constant survey of the crowd, and those close to you. You need to have each others backs.
- **If you are heckled, it is important that you DO NOT respond.** People may be more on edge in this area, and there is no real way to predict what someone, or a group of people might do.

- **If you see violence from other protestors, do your best to avoid it and walk the other direction.** If you cannot avoid it, have your designated buddy with a phone/recording device record what is happening. Only if it is safe to do so, separate the people fighting. Look them in the eye, use a calm voice, and only approach with your hands low and palms open. Make sure someone in the crowd calls the proper services needed if it cannot be deescalated or if someone is hurt.
- **If someone in your HIA buddy system is hurt, stay calm and follow these instructions:** If it is a minor injury such as a scrape or cut, make sure you use your first aid kit and clean the wound properly. They may want to follow up with their doctor, especially if they haven't gotten a tetanus shot recently. If the injury is more severe, call for help or emergency medical services immediately, and let other protestors around you know that someone is injured. (Do not call the police.) Use the information from the Buddy System Sheet that your injured buddy provided you, and call their emergency contacts and home base to let them know which hospital your injured buddy will be at, and how their home base can contact them.
- **If you see police forming in groups or with ballistic gear, prepare to use your safety items.** (The bandana, goggles, and ear plugs.)
- **If you are struck with tear gas,** use the apple cider vinegar-soaked bandana to hold over your mouth and nose in order to better breathe through the attack. You may cough profusely, and it may burn. Hold hands with your buddies to form a chain, and safely walk away from the gas. It can take 30 minutes to an hour to recover from a tear gas attack, but you should not be injured or need medical assistance.
- **If you are struck with pepper spray,** do not rub your eyes. Find your buddies, and create a chain to get away from the area calmly and safely. It may blur your vision and sting. Use your extra water bottle to rinse out your eyes and the effected areas, and a clean towel from your backpack to dry your eyes. Baby soap diluted with water also works well in this case. The blurry vision and heat may last from 30 minutes to an hour, but you should not be injured or need medical assistance.
- **If you are approached by police, stay calm.** Know and remember your rights. The designated buddies with phones/recording devices should be recording at this time. You have the right to remain silent, and **YOU SHOULD**. If they ask for your ID, calmly let them know that you need to retrieve it from where you are storing it, and retrieve your ID calmly and slowly. If your buddy is placed under arrest, record the entire event, and find out where they are being taken. Call your buddy's emergency contact and home base immediately to let them know where the arrested buddy has been taken.

Map of area & routes to safety



Directions:

★To GWU Hospital:

- From Lincoln Memorial:
 - North on 23rd Street NW
 - 900 23rd St NW, Washington, DC 20037
- From Washington Monument
 - West on Constitution Ave. NW
 - North on 23rd Street NW
 - 900 23rd St NW, Washington, DC 20037

★To George Washington University Police:

- From Lincoln Memorial:
 - North on 23rd Street NW
 - East on H St NW
 - 801 22nd St NW #101, Washington, DC 20052

- Located in Charles and Laura E Phillips Hall
- From Washington Monument
 - West on Constitution Ave. NW
 - North on 23rd Street NW
 - East on H St NW
 - 801 22nd St NW #101, Washington, DC 20052
- Located in Charles and Laura E Phillips Hall

★To Washington DC Police Department

- East from reflecting pool
- Find Madison Dr NW and head east
- North on 4th St NW
- 300 Indiana Ave NW, Washington, DC 20001
- Located in Henry J. Daly Building

Buddy System Sheet

My Home Base:

Name: _____

Phone: _____

Name: _____

Phone: _____

My Buddy's Home Base:

Buddy Name: _____

Buddy Phone: _____

Contact Name: _____

Contact Phone: _____

Contact Name: _____

Contact Phone: _____

Buddy Name: _____

Buddy Phone: _____

Contact Name: _____

Contact Phone: _____

Contact Name: _____

Contact Phone: _____

Buddy Name: _____

Buddy Phone: _____

Contact Name: _____

Contact Phone: _____

Contact Name: _____

Contact Phone: _____

My Emergency Contact(s):

Name: _____

Phone: _____

Name: _____

Phone: _____

My Buddy's Emergency Contact(s):

Buddy Name: _____

Buddy Phone: _____

Contact Name: _____

Contact Phone: _____

Contact Name: _____

Contact Phone: _____

Buddy Name: _____

Buddy Phone: _____

Contact Name: _____

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