

## GENERAL SECURITY AWARENESS

- A. **General:** Security awareness starts with basic common sense and the appreciation of the dangers that may occur. Potentially dangerous situations can present themselves with little or no warning, so it is imperative that you be mentally alert and be prepared to deal with these situations at any time.

B. **Cooper's Level of Awareness**

Situational awareness gives us the ability to recognize a situation before it becomes dangerous to us. There are levels of awareness that range from “**completely oblivious**” to one’s surroundings, to being “**prepared and ready**” to execute a plan.

These levels have been broken down into Colors as follows:

**CONDITION WHITE** – “White” is the **lowest level of awareness**. In Condition White, one is “**unaware**” of their surroundings. They are not alert of what is happening around them. This state can be characterized as “**daydreaming**” or “**pre-occupied**.”

“I never saw him coming”

“He came out of nowhere”

“I had no idea he was there”

These are common comments from people “**living in White**” who ended up in a bad situation.

**CONDITION YELLOW** – Represents a state of “**relaxed alert**” of general awareness. One has no specific focal point but is generally “**aware**” of one’s surroundings. You are aware of people, vehicles, you’re looking around, and when necessary, can avoid “walking into” problematic situation. This is where people should live, mentally.

“I saw those two men talking across the street”

“I saw the man standing between the two cars in the parking lot”

Generally aware of one’s surroundings, but nothing that raises the hair on the back of your neck.

**CONDITION ORANGE** – This is a heightened state of alertness with a “**specific focal point**”. You notice a situation is or may occur, whether it be specifically to you, or near you. You begin to formulate possible responses to deal with the potential danger. An example of this is when you realize that a person is indeed following you or advancing toward you.

“I saw the man following me in the store”

“I saw the man leering at me in the parking lot”

The difference between Yellow and Orange, in Yellow, you are generally aware of your environment, while in Orange, you are focused on a specific person, situation, or event. When someone see a potential situation that can escalate, you should depart the area, get around a group of people, summon for help, draw attention to it, go to a safe location to avoid a situation from escalating.

**CONDITION RED** – In Red, you are ready to fight! You may or may not be actually fight. The point is that you are mentally prepared for a conflict, and thus could physically respond if the

## GENERAL SECURITY AWARENESS

situation demands. It is physically and mentally exhausting to be in Condition Red, as it demands that you be 100% dedicated to the danger at hand.

The man that was leering at me in the parking lot is now following me to my car!

Based on the situation, obviously it is best to get out of the situation as quick as possible (condition yellow and orange will mostly benefit you). But one must be ready to defend oneself. The goal is not to get into a fight, but in the case where one cannot get out of the situation, one must strike quickly and get away. A strike, stun, run, yell approach. Strike the assailant to stun him (eyes, throat, knee, groin), while he is stunned, “run” to the safest place possible calling for help to draw attention to the situation.

The goal is to maintain a Condition Yellow in your daily life. Being in Yellow allows you to be aware of your surroundings and better protect yourself from threats. For some, this could take some conscious effort in the beginning, but will shortly become second nature.

The method used to help with this can be learned from playing life games. What color was the car you parked next to? How many people were sitting at the table across from you? What was that person wearing? Or carrying?

### C. Personal Security:

- Be aware of your surroundings.
- Travel and work in pairs when feasible.
- Plan ahead. Think about possible situations and how you would react.
- Increased levels of awareness. Follow your instincts. If you feel uncomfortable in a location, leave immediately.
- Do not work after dark if possible.
- Do not leave work or home at the same time everyday and use different driving routes to and from locations.
- Limit consumption of alcohol.
- Keep your family advised of your travels.

### D. Areas of Tension: In the event of a dangerous situation or where hostilities appear to be imminent, the following guidelines should be considered:

- Maintain communications with “friendlies” in the area.
- Maintain a gap between parked vehicles.
- Leave the area immediately.
- Have more than one approach/escape route.
- If the situation permits, seek protection, peacekeepers/police, fire department, military base, hospital.

### E. Operating Vehicles:

- Drive Defensively at a Safe Speed.
- Always check your mirrors.
- Avoid Driving at Night.
- When traveling in a convoy, stay in sight of the car in front and behind you.
- If suspected of being followed, make four (4) consecutive right turns (around a city block). After the first right turn and the car is still behind you, it may be a coincidence. After the second right turn, it becomes suspicious, after the third right turn and the car is

## GENERAL SECURITY AWARENESS

still behind you, it is considered “confirmed”, after the fourth right turn and the vehicle is still behind you, you are being surveilled, immediately drive to a police station or safe location. Call 911. DO NOT GO HOME. You do not want to show where you live.

- Be alert for an ambush or car jacking.
- Keep at least 50 meters spacing in front of the vehicle so as to be able to react.
- Travel in pairs when transiting outside of your city.
- Keep vehicles doors locked when traveling and windows up.

### F. Parking Rules:

- Park under a streetlight
- Do not leave sensitive items/information inside your vehicle.
- Park tail-in. It is faster to drive out than it is to back out. Also, as you turn to get in your car you can see if anyone is following you.
- Lock your doors and close all windows.

**G. Security Alert Status:** During periods of increasing tension, extra security requirements should be recognized and implemented. The Assembly can identify the overall security status of Virginia. County Leader can recognize and communicate the status; either from the Coordinator or recognition of the threat in the County, and individuals should be able to recognize the rising threat in your immediate area and respond accordingly. Below are the **four levels of Alert Status:**

**Zero: Normal environment** -- Basic personal security measures.

**One: Potentially deteriorating environment** -- Precautionary measures implemented.

**Two: Deteriorating environment, no direct threat** -- Restriction of movement.

**Three: Deteriorating environment, direct threat** -- Relocation w/ bug out bag.

**\*Four: Civil disorder / Armed conflict in your area** -- Evacuation w/ bug out bag.

\*Based on the location, the vicinity of the threat, and the ability to move from your area, you may need to **make the decision** whether it's safer to **stay at your present location or evacuate the area**.

Members need to communicate with other members in your City to communicate any threats in the area, check if anyone needs assistance, plan to link-up (security in numbers), and protect each other when possible.

We need to get back to “**help thy neighbor**” mentality instead of being selfish and only think of oneself. We are not in a Corporate environment; we are all Americans, and we must think that way.