



HSI AVIRT is designed to prepare you to better **recognize** active violence by sound and sight, and to train you to **respond** with quick action to **protect** yourself and others.

On the day of training:

- ✔ Wear comfortable clothing and shoes.
- ✔ Be ready to be active and participate.
- ✔ Keep yourself safe from injury. Modify the activity if necessary.
- ✔ Alert anyone nearby that training is taking place.

Please Note



Activities only use weapon replicas or training tools.



Some images and sounds may be distressing but are intended to prepare you to recognize active violence.



If you have concerns, talk to your training organizer before attending.



Real weapons are prohibited in the training environment.