

SITUATIONAL AWARENESS CHECKLIST

General Rules

- □ Put down the phone and pay attention to your surroundings.
- □ Notice who notices you.
- □ Always have an exit plan.

Cooper's Colors

White - Tuned out. Unaware.

Yellow - Relaxed, but aware. Scanning and paying attention to your surroundings.

Orange - Potential threat identified. Be ready to escalate or de-escalate as required.

Red - Potential threat turns into potential target. Engage or take evasive action.

Black - In shock, frozen, unable to move, react, or process information.

Make sure you remain in the yellow to red range: never completely tuned out and unaware, and not caught off guard and thrown into the black zone.

Baseline

Monitor the baseline everywhere you go. Every environment, city, neighborhood, building, road, etc. has its own baseline. Pay attention to changes that may indicate threats or events that will require your attention or engagement.

KIM's Game

Keep In Mind games. Always work on your situational awareness by checking yourself.

- What are the makes, models, and colors of the cars around you on the road?
- Where are the entrances, exits, and chokepoints of the building you're in?
- How many people are surrounding you? Men? Women? Threats?

War Gaming

Develop the habit of always asking "what-if" and working through possible scenarios.

- What if the driver in front of you slams on the brakes? Do you have enough space in front of and behind you? Do you have an exit to the left or right?
- What can you grab right now to use as a weapon?
- What can you grab right now to use to stop bleeding or save a life?
- What if an active shooter walks through the front door and starts shooting or somebody tries to mug you on the street?
- Where is the nearest fire extinguisher? First Aid kit? AED?