



Escaping Violent Encounters Course Outline – Day 1

| Topic | Description | Time |
|---|---|-----------------|
| Introduction to DT4EMS (Preparatory) | <ul style="list-style-type: none"> • An overview /Outline/Plan for the day (Building the need) • Stats/Studies and multiple state surveys re:Violence against EMS (WIFM- Buy in) • Legal Definitions- Duty to Act/Abandonment/Assault etc • Dangers of not training/improper training • Assessment L- Tactic used on all scenes during initial patient assessment • Principles of Self Defense • Skills application | 240 min. |
| The Six Steps of Self Defense | <ul style="list-style-type: none"> • A detailed approach to a scene • Skills application | 60 min. |
| Race-2-React | <ul style="list-style-type: none"> • The responders mental and physical approach to violent encounters • Discuss how decisions are made in every activity including driving an ambulance • Verbal de-escalation model of EVE • Skills application | 60 min. |
| Potentially Violent Calls | <ul style="list-style-type: none"> • The most common types of calls 1st responders encounter with highest potential for violence • Reporting violent encounters/documentation training • Questions the 1st responder must answer to determine potential violence • Skills application | 60 min. |

Escaping Violent Encounters Skills Outline – Day 1

| Introduction | Six Steps of Self Defense | RACE to REACT | Potentially Violent Encounters |
|---|---------------------------|-------------------------|--------------------------------|
| Side Step | 2-Hand Shirt grab | Elbow control take-down | Elbow Flow with Target Seeking |
| Parry | Baseball Bat Grip | Target Seeking Drill | Outward Wrist Twist |
| Knee to Elbow Block | DTP – Drill | Bent Arm Check | DTP – Drill |
| Double Tap | | Front Thrusts | |
| Elbow Flow | | Knee Thrusts | |
| Assessment “L” | | Palm Heel | |
| Step 2 of the DTP – Light Elbow Control | | | |

Escaping Violent Encounters Course Outline – Day 2

| Topic | Description | Time |
|---------------------------|--|-----------------|
| Pre-Arrival | <ul style="list-style-type: none"> Sizing up a scene to determine potential for violence and resource need Situational awareness and approach How “Good Customer Service” is actually a scene safety tactic Assessing the attitude the patient/provider/bystanders Safety tactics employed by the 1st responder on all calls Skills application | 120 min. |
| Mental Preparation | <ul style="list-style-type: none"> Preparing for the “4” Battles The Mind-Mental Prep, Survival Mindset, Patient vs attacker, Culture change thought process The Street –Difference between fighting, controlling, escaping. The Media- How to always appear non-aggressive (Good Customer Service) The Courtroom- Demeanor, testimony, documentation Assault response levels (Force Continuum) of the 1st responder- Teaching “REASONABLE”. Skills application | 120 min. |
| Physical Fitness | <ul style="list-style-type: none"> The value of fitness for the 1st responder Diet/Sleep/Rest/Recovery Injury Prevention Exercise tips Skills application | 90 min. |
| Ground Defense | <ul style="list-style-type: none"> The principles of Ground Defense The application of Ground Defense Skills Stressing the difference of “fighting vs escaping” | 60 min. |

DT4EMS, LLC Presents *Escaping Violent Encounters for EMS/Fire*

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|----------------------|---|----------------|
| | <ul style="list-style-type: none"> • Skills application | |
| Course Review | <ul style="list-style-type: none"> • Review course material | 30 min. |
| Written Exam | <ul style="list-style-type: none"> • Exam and Review | 30 min. |
| | <ul style="list-style-type: none"> • | |

Escaping Violent Encounters Skills Outline – Day 2

| Pre-Arrival | Mental Preparation | Physical Fitness |
|------------------------------|--------------------------------|-------------------------------------|
| Triangle – DTP to Push Off | Stances (Survey/Defensive) | Muggers Choke Escape |
| Knee to Elbow with a Partner | One Hand Choke Escape | DTP to Elbow Control Take Down |
| One Hand Wrist Release | Two Hand Choke Escape | Elbow Control Flow Drill for Escape |
| | Dragging Choke Defense | |
| | 2-Hand shirt grab Escape | |
| | DTP – Drill | |
| | DTP to Elbow Control Take Down | |
| | DTP to Push Off | |
| | DTP to Bent arm Check | |
| Ground Defense | Review | |
| Basic Ground Defense | Target Seeking Drill | |
| Escape the Mount | DTP to 3 Strikes | |
| | DTP to Elbow Control | |
| | DTP to Push Off | |