

RUN HIDE DEFEND

Surviving an Active Attacker

Today may feel like any other, ordinary day. But a terrifying situation may happen at any time, in any place—and it could happen to you.

*York Regional Police is committed to the safety and security of our citizens. But if you encounter an active attacker, the actions you take before help arrives could save your life. Your first thought should always be, what's important now? **RUN. HIDE. DEFEND.***

RUN



If you have the opportunity, run away from the attacker. Don't let indecision slow you down. If the attacker stands between you and an exit, move quickly to safety and find a place to hide.

HIDE



If you cannot run to safety, make it difficult for the attacker to see, hear or find you. Move quickly but remain calm. If you are in a group, scatter so that you don't make an easy target.

DEFEND



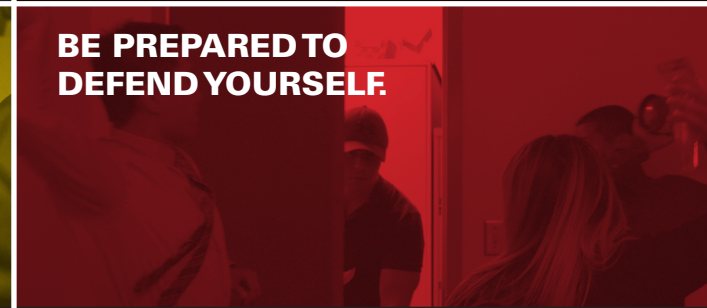
Despite your attempts to run and hide, you may find yourself face to face with the attacker. Defending yourself is your last resort, but it may also afford you the chance to run or hide.



IF YOU HAVE THE CHANCE, RUN TO SAFETY.



LOCK DOORS AND BARRICADE YOURSELF.



BE PREPARED TO DEFEND YOURSELF.



LEAVE YOUR BELONGINGS BEHIND.



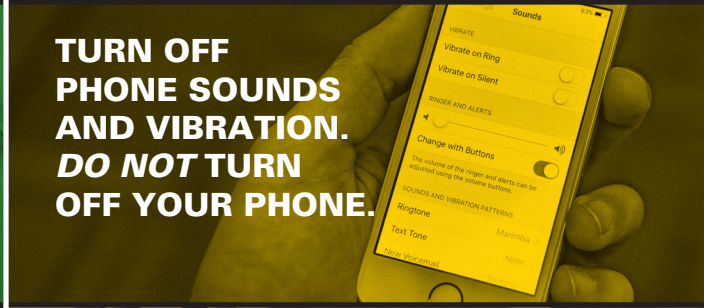
TURN OFF ANY LIGHTS.



TEAM UP WITH OTHERS.



HELP OTHERS STAY OUT OF HARM'S WAY.



TURN OFF PHONE SOUNDS AND VIBRATION. DO NOT TURN OFF YOUR PHONE.



IDENTIFY DEFENSIVE SKILLS AND TOOLS.



CALL 9-1-1 FROM A SAFE LOCATION.



BE PREPARED TO RUN OR FIGHT IF YOU ARE FOUND.



REMEMBER: YOUR ACTIONS BEFORE POLICE ARRIVE MAY SAVE YOUR LIFE.

In an emergency, dial 9-1-1.

For non-emergencies, contact York Regional Police toll free at 1-866-8-POLICE (1-866-876-5423).

yrp.ca/RunHideDefend

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