



NORTHERN VIRGINIA HIGH THREAT RESPONSE PROGRAM

Until Help Arrives Training

Objective: The NoVA High Threat Response Program offers *Until Help Arrives* training for community members interested in learning life-saving skills in response to an active violence event.

When: Thursday, July 23

- Part One (Curriculum): 9:00 a.m. to 11:00 a.m. (virtual)
- Part Two (Hands-On): *In-person, to be rescheduled in August 2020*

*Due to COVID-19, the training is capped at 18 people. The curriculum will be held **virtually**, and the hands-on portion will be held **in-person** in 3 separate sessions, limiting each group to a maximum of 6 people. You will be assigned a timeslot for the hands-on portion closer to the training date.*

For any incident, like the Las Vegas massacre to the Boston Marathon bombings, citizens play a key role in saving lives in the minutes following an attack. It is imperative that we provide the knowledge and skills necessary to help our community save lives until our professional responders can arrive. Attend this class to learn how to recognize violent activities, respond safely, provide immediate rescue tactics to the injured, and report them to 9-1-1 efficiently. The skills you will learn are transferable to countless situations involving traumatic injury, which include car accidents, household injuries, or an active shooter. Come and learn how you can be the help, Until Help Arrives.

Topics include:

- Current environment
- Potentially preventable
- The Survival Arc
- Recognize (knowledge is power)
- Respond (emergency plans, run and/or hide and/or fight)
- Rescue (drags/carries, tourniquets, wound packing, airway management, psychological support)
- Report (what to say, medical first responder interaction)

Attendees should be able to lift 25 lbs. and be able to get up and move around during the training. Dress casually, as you will be outdoors and practicing hands-on skills.

Attendees are asked to complete a 45-minute training as a prerequisite:

<https://emergency.arlingtonva.us/until-help-arrives/>

If you are interested in attending, please contact [Daneen Matheson](#).