3 Basic Principles for Safety & Protection (AMIS)

**Anticipate**
1. Anticipate and study opponent’s actions
2. Set up early warning systems
3. Gather opponent’s information (SALUTE+F)

**Information Security**
1. Safeguard your information
2. Don’t reveal your actions to opponent
3. Surprise the opponent

**Maneuver**
1. Be flexible
2. Be unpredictable in your actions
3. Blend into the environment
4. Escape & Evasion (E&E)

**Conduct CAP**
1. Cooperation & Coordination
2. Analysis - SWOT
3. Preparation
SALUTE+F Report

Size or number of adversaries
Activities or actions of adversary
Locations and directions of movements
Uniform or unit identifications
Time and date adversary was observed
Equipment and weapons observed

+ Family members of the adversaries
3 Basic Principles for Successful Escape & Evasion (E&E)

**Attitude**

- a) Maintain a survivor mind-set
- b) Must be willing and prepared to incapacitate the threat if you can’t escape

**Preparation**

- a) Keep concealable tool on person at all times
- b) Always be aware of your surroundings
- c) Study your opponent and plan your evasion before any attempted escape

**Conditioning**

- a) Condition yourself mentally and physically
- b) Always stay alert
- c) Where ever you are, identify at least 2 separate ways of getting out

*If you are captured, most opportunities for successful escape exist during the first few hours.*

Strength in Numbers
“the Whole is greater than the sum of its parts”

1. Improved security
   a) Watch schedule that actually allows you to sleep while your neighbor watches your back
   b) information security

2. Reduced duplication of tasks/resources
   a) Providing security for a crew of 20 is just about as easy as providing it for only your family

3. Specialization
   a) utilize everyone’s skills and strengths – not everyone has to do the same thing

4. Mass
   a) Lots of defenders can ward off lots of attackers

Conduct CAP
1. Cooperation & Coordination
2. Analysis - SWOT
3. Preparation

https://www.skilledsurvival.com/urban-escape-and-evasion/
Mental Coping Skills

Social support network
- Family, friends, and/or peers
- A structured meeting run by a lay leader or health professional
- No need to be in a formalized setting. Can be informal.

Meditation
- Regular meditation sessions: 5min×3 a day
- Can do it while running, walking, sitting, lying
- Can do it individually or in a group
- Quiet, still, and focus the mind

Music, art, and craft therapy
- Listen to music that makes you happy
- Play music and focus your mind on that task
- Any arts or craft that will focus your mind: painting, coloring, beading, etc.

Avoid use of alcohol & drugs
- Do not use any substances that will cloud your mind
- These are short-term relief and have negative side effects

Physical Exercise & Sleep