

## **CIVILIAN SAFETY AWARENESS PROGRAM**

### Overview

The Homeland Security Management Institute of Monroe Community College, introduces a proactive course entitled "Civilian Safety Awareness Program (CSAP)". CSAP will teach ways of how to avoid dangerous encounters. Students will be exposed to three (3) hours of Safety Awareness information, tips, skills, and techniques.

### Topics covered

- Safety awareness tips
- How to carry, and properly deploy pepper spray
- Verbal commands and presence
- Training drills with inert training sprays
- Post deployment advice
- Simple self defense techniques



This course will teach you how to avoid an attack or how to defend yourself. Each student will receive a SABRE training kit. Students will learn survival skills which may save your life and teach you how to become proficient and accurate with use of the kit.

### Who should attend · Be Smart –Be Ready—Be Safe!

Everyone should take this course: Men, women, business travelers, college students, nurses, retirees, commuters, real estate agents, walkers, anyone that would like to feel more secure and less vulnerable.

### **For more information contact:**

Sheila Manns  
585-753-3921  
585-753-3851 Fax  
smanns@monroecc.edu

[www.monroecc.edu/go/hsmi](http://www.monroecc.edu/go/hsmi)

### **Seminar Information**

**Date:** Tuesday, June 28, 2011  
**Time:** 6:00 p.m. to 9:00 p.m.  
**Location:** Public Safety Training Facility  
1190 Scottsville Road, Room 117  
Rochester, NY 14624

**Registration Fee:**  
**\$65.00 per person**