STRIKE FIRST GUARDIAN

AWARENESS · FREE GUIDE

Everyday Situational Awareness Guide

Situational awareness simply means noticing what's going on around you early enough to choose what to do. It's a skill, and like any skill it improves with practice.

BE READY. STAY AWARE. From the instructors at Strike First Fitness

The color code

- ☐ WHITE — Unaware. Scrolling, earbuds in, lost in thought. Avoid this in public.
- ☐ YELLOW — Relaxed alert. Head up, aware of who's around you and where the exits are. This is your everyday baseline.
- ☐ ORANGE — Specific alert. Something has your attention: someone has followed you for two blocks. Make a plan.
- ☐ RED — Act now. The threat is real. Get away, get loud, get help.

Living in Yellow

- ☐ Keep your head up when you walk; check your phone standing still with your back to a wall.
- ☐ When you enter a room, find two exits.
- ☐ Notice the "baseline": what normal looks like for this place and time.
- ☐ Look for what doesn't fit — the person not doing what everyone else is doing.

Moving to Orange

- ☐ Ask: what is it, and what will I do if it gets worse?
- ☐ Create distance. Cross the street, change direction, step into a store.
- ☐ Get your phone in hand and know who you'll call.
- ☐ Move toward people, light and help — away from isolation.

When it's Red

- ☐ Escape is the goal. Your goal is to get away, not to win.
- ☐ Make noise. Yell "Back off!" or "Call 911!" to draw attention.
- ☐ Call 911 as soon as you're able.
- ☐ Defend yourself only as needed to create an opening to escape.

Practice drills

In a restaurant: without looking, name the exits and describe the people near you.

On a walk: spot three places you could go for help.

In a parking lot: notice who is sitting in parked cars.

At home: plan two ways out of each room.

PUT IT IN YOUR POCKET

Strike First Guardian

Awareness tab — The full color-code system with real examples.
Scenario drills — Practice reading real situations — parking garages, rideshares, strangers.
Daily drill — One quick question a day to keep your awareness sharp.

strikefirstguardian.com — coming soon to iPhone and Android

General safety information, not a guarantee of safety or a substitute for professional training. Strike First Guardian is not an emergency service. **In an emergency, call 911.**

© 2026 Strike First Fitness, Inc.
strikefirstguardian.com