

Lockdown Drills



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In this [self-paced training](#), Jaclyn Schildkraut, PhD, discusses how schools can use lockdown drills as part of their comprehensive school safety and emergency preparedness efforts. The training describes how best to conduct lockdown drills, how to perform drills in a trauma-informed manner, and how drills can be assessed to ensure that all participants are effectively practicing the plan.

Learning Outcomes

- » Define lockdown drills.
- » Determine when lockdown drills should be used.
- » Describe key considerations for conducting a lockdown drill.
- » Recognize how to conduct lockdown drills in a trauma-informed manner.
- » Explain the criteria for assessing lockdown procedures.

Key Takeaways

- ✓ A lockdown drill is defined as a set of procedures used by building occupants for any threat that is inside of the building.
- ✓ Lockdowns are intended to create a physical barrier between students and the active threat to impede or deter direct harm.
- ✓ The broad goals of a lockdown drill are to prepare students and staff to respond to emergencies, encourage proactivity to minimize potential harm, familiarize everyone on the steps of the procedure, and develop and maintain muscle memory.
- ✓ Lockdowns are only one piece of a school's safety plan. Other components include lockouts, shelter-in-place, evacuations, and hold-in-place procedures, each of which has a specific purpose.
- ✓ Lockdown drills can be conducted using a trauma-informed approach. It's important to ensure that any emergency preparedness efforts are done in a way that minimizes the potential harm caused to participants.
- ✓ Evaluate lockdown drills for multiple impacts. Checking for procedural integrity and skill mastery is important, but school safety teams should also assess the impacts these practices can have on participants.

Additional Resources

[Guide for Developing High-Quality School Emergency Operations Plans](#) - A resource covering the four main components of developing an emergency management plan.

[Best Practice Considerations for Schools in Active Shooter and Other Armed Assailant Drills](#) - Guidance on factors schools must take into account when conducting armed assailant drills.

[Multi-Hazard Emergency Planning for Schools](#) - Information about developing, implementing, and maintaining a school emergency operations plan.

Questions for Discussion

- » Does your school have a clear lockdown procedure? Is it clearly communicated to all school staff and students? How often is it practiced?
- » Is there a debrief protocol following lockdown drills? Who is involved in sharing feedback? How is success measured?
- » What steps can be taken to decrease the traumatic components or outcomes of a lockdown drill for those students and staff who may be impacted?

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