

SUGGESTIONS FOR SELF PROTECTION

The Free Huey/Stop The Draft Week demonstrations are intended to be completely non-violent and the police have been so informed; however, in virtually every demonstration, the amount and degree of violence is determined by the police. The only factor over which we have any control is our vulnerability to pain and injury. It is in the hope of reducing the number of police inflicted injuries that this leaflet is being written. It is in no way meant to encourage violence. We hope that all Free Huey/Stop The Draft Week demonstrators, including strict pacifists will follow these suggestions. It should be mentioned that a demonstrator who avoids being seriously injured by the police is usually also spared a false charge of "felonious assault upon an officer".

Clothing

It is extremely important that all participants wear hard hats or other head protection. Motorcycle crash helmets with plastic face shields are excellent. Army surplus type steel helmets are also very good but must be worn with a liner, either the standard liner made for this type of helmet or home-made. Without a liner, wearing a steel helmet is almost as bad as no helmet at all, since concussion is transmitted directly to the skull. Liners (and helmets) may be purchased at most Army/Navy surplus stores. Home-made liners may be fabricated from foam rubber or soft rags. If you can't or won't get a helmet, at least wear a hat with crumpled newspapers inside. While some people feel that wearing visible head protection is provocative, we do not agree. Experience has shown that police are generally happier attacking unprotected people.

If your helmet doesn't have a face shield, you will need additional protection for your face from MACE. Full face surplus gas masks are best and also provide protection from tear gas. They are often available from surplus stores. Light plastic or rubber face masks are also available or can easily be made. If you can't get or make a full face mask, use goggles to protect your eyes and Vaseline to protect the rest of your face. Neither gas masks nor full face masks should be put on unless there is immediate danger of an attack. However, if in doubt, put it on. In the event of an attack, do not leave your eyes unprotected. MACE has been shown capable of causing permanent corneal scars. If you do get MACE, irrigate the affected area with a solution of baking soda in water (or at least water), find some fresh air, and breathe deeply. (Breathing deeply helps clear the MACE poisons, which enter through the skin, from your system.) If you get MACE in your eyes, DO NOT RUB THEM!!! Wash them out with a baking soda solution or plain water; and, if you can find a breeze of fresh air, face into it with your eyes open. If anyone swallows MACE, make him (or her) vomit and try to find a physician. This is important, if you think we're kidding, try opening your mouth during a MACE attack and see what happens.

Everyone should wear gloves of leather, heavy cloth, rubber, or plastic. With gloves, your hands will be protected from MACE. If your gloves are leather or heavy cloth, you will also be able to pick up a burning tear gas bomb long enough to throw it away from the demonstrators.

Sandals, open-toe shoes, and tennis shoes should not be worn. Heavy leather shoes or boots, worn over heavy socks, are recommended. With heavy shoes or boots, should your foot be stamped upon, it is less likely to be seriously injured. Conversely, should someone attack you and it appears that stamping upon his toes or kicking him (shin, knee, or gonad kicks are probably the most effective) will enable you to escape, heavy shoes or boots will be a great help.