

POST-PERISHABLE SKILLS PROGRAM (PSP) ARREST AND CONTROL (4 Hours)

COURSE GOAL:

This course will provide the trainee with the minimum topics of Arrest and Control as specified within the POST Perishable Skills Program (PSP). The trainee will develop the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

The course consists of a hands-on/practical skills arrest and control training update, intended for in-service officers.

ARREST AND CONTROL:

Minimum Topics/Exercises:

- a. Safety Orientation and Warm-up(s)
- b. Class Exercises/Student Evaluation/Testing
- c. Search – Exercises
- d. Control/Takedown – Exercises
- e. Equipment/Restraint Devices – Exercises
- f. Verbal Commands – Exercises
- g. Use of Force Considerations
- h. Physical Dynamics – Suspect's response to force
- i. Balance/Stance/Movement
- j. Policies and Legal Issues
- k. Recovery
- l. Weapons Retention / Takeaway

Optional Exercise:

- m. Carotid Control Review

COURSE OBJECTIVES:

The Trainee will demonstrate;

1. Knowledge of their individual Department's arrest and control policy.
2. Knowledge of physical conditioning and mental preparedness as they relate to effective use of the arrest and control techniques.
3. Demonstrate a minimum standard of arrest and control techniques in the categories of:
 - a. Judgment and Decision Making
 - b. Officer Safety

- c. Balance, Stance and Movement
- d. Searching/Handcuffing Techniques
- e. Control Holds/Takedowns
- f. Carotid Control Review
- g. De-escalation, Verbal Commands
- h. Effective use of techniques under stressful conditions

An instructor shall test minimum standards of performance by observing the trainee perform each technique. If the trainee does not meet minimum standards remediation will be provided until the standard is met.

EXPANDED COURSE OUTLINE

- I. REGISTRATION AND ORIENTATION**
 - A. Introduction, Registration and Orientation
 - B. Course Objectives/Overview, Exercises, Evaluation/Testing **III(a)**

- II. SAFETY ORIENTATION AND WARM-UP** **III(b)**
 - A. Review of Safety Policies and injury precautions
 - B. Warm-up/Stretching Exercises

- III. USE OF FORCE POLICY / LEGAL ISSUES** **III(g,j)**
 - A. Case Law Update,
 - 1. Tennessee v. Garner
 - 2. Graham v. Connor
 - 3. Forrester v. San Diego
 - 4. Samaan v. Robbins
 - B. Crime Report Documentation, Policy

- IV. BODY PHYSICS AND DYNAMICS (Suspects response to force)** **III(h)**
 - A. Suspect attacks officer
 - B. Locking hands
 - C. Going limp
 - D. Use of pain compliance/pressure points/distraction techniques
 - E. Mental Conditioning/Color coding:
 - 1. White – Relaxed frame of mind
 - 2. Yellow – General level of awareness
 - 3. Orange – Specific Awareness
 - a. Hands
 - b. Cover
 - c. Weapons/Bulges
 - d. Information - Associates, Officers knowledge

- e. Escape Routes – Subjects, Officers
- f. Balance/Footing – Officers ability to stay on feet

V. PHYSICAL CONDITIONING III(a)

- A. Three Biggest Disablers
 - 1. Heart Attacks
 - 2. Lower Back and Knee Injuries
 - 3. Ulcers
- B. How to Reduce Individual Risk to the Disablers
 - 1. Nutrition
 - 2. Physical Conditioning, 90 seconds of explosive endurance

VI. BODY BALANCE/STANCE/MOVEMENT PATTERNS III(i)

- A. Forward Shuffle
- B. Rear Shuffle
- C. Normal Pivot
- D. Shuffle Right and Left
- E. Pivot right and left
- F. Progressive pivot
- G. Shuffle pivot
- H. Fighting from ground position
- I. Accessing equipment from duty belt while on the ground

VII. SEARCH TECHNIQUES/CONTROL HOLDS /TAKEDOWNS/ HANDCUFFING/ DE-ESCALATION, VERBAL COMMANDS III(c,d,e,f,k)

- A. Overview on restraint devices and need to double lock and check for tightness
 - 1. Suspect cannot be handcuffed due to injuries
 - a. First Aid – Suspect injured – wounds, fractures
 - b. Special circumstances (i.e. pregnant females, obese)
 - 2. Documentation of complaint of pain/injury
 - 3. Need to double lock handcuffs – injuries/liability
- B. Unknown Risk Handcuffing Techniques
 - 1. Low Profile twist-lock
 - a. Verbal Commands
 - b. Twist lock control
 - c. Handcuffing
 - 2. Standing Modified Search, to a rear wristlock and handcuffing
 - 3. Takedown from Standing Modified Search, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon on duty belt (impact, chemical agents, etc).

C. High risk prone or kneeling, to a prone control and handcuffing.

1. High risk kneeling
 - a. Verbal commands
 - b. Low profile twist lock
 - c. Search
 - d. Handcuffing
2. High risk prone
 - a. Verbal Commands
 - b. Prone Control
 - c. Search
 - d. Handcuffing

VIII. WEAPONS RETENTION/TAKEAWAY

III(m)

A. Retention

1. Baton
2. Gun

B. Takeaway

1. Gun
2. Other

IX. CAROTID RESTRAINT TO HANDCUFFING

III(m)

- A. Safety orientation
- B. Discuss history and body mechanics of technique
 1. In custody deaths
 2. Specific dangers
 - a. Pressure to front of trachea
 - b. Vegas nerve dangers
 - c. Airway obstruction
 - d. Multiple applications
- B. Discuss importance of following departmental policy
 1. Place in escalation of force
 1. Documentation
- C. Practice technique
 1. Hair-pull and cross-face takedown
 2. Leg sweep takedown
- E. Application of technique by students
 1. No pressure
- F. Medical clearance
 1. First aid
 2. Ambulance or hospital

G. Documentation per department policy

X. TESTING/REMEDICATION

III(b)

Testing: Any student scoring below the standard on any exercise, as established by the instructor, will be remediated and tested again, until the trainee attains the standard.