

LAKE COUNTY SHERIFF'S OFFICE

P.O.S.T. PERISHABLE SKILLS PROGRAM (PSP)

ARREST AND CONTROL TACTICS UPDATE

COURSE GOAL:

The course will provide the trainee with the minimum topics of Arrest and Control required in the POST Perishable Skills Training 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 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 - in exercise(s)
- d. Control/Takedown/ - in exercise(s)
- e. Equipment/Restraint device(s) use - in exercise(s)
- f. Verbal commands - in exercise(s)
- g. Use of Force considerations
- h. Body Physics & Dynamics (suspect ' s response to force)
- i. Body balance/stance/movement patterns - in exercise(s)
- j. Policies and legal issues
- k. Recovery/First Aid (as applicable)

COURSE OBJECTIVES:

The trainee will:

1. Demonstrate knowledge of the Department's Use of Force and Handcuffing Policies.
2. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques.
3. Demonstrate a minimum standard of arrest and control skills with every technique and exercise, to include:
 - A. Judgment and Decision Making
 - B. Officer Safety
 - C. Body Balance, Stance and Movement
 - D. Searching/Handcuffing Techniques
 - E. Control Holds/Takedowns
 - F. De-escalation, Verbal Commands
 - G. Effectiveness under Stress Conditions

Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique and exercise. If the trainee does not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met.

EXPANDED COURSE OUTLINE

- I. REGISTRATION AND ORIENTATION (CLASSROOM)
(Davis/Walsh/Herdt/Monreal 0800-0815)
 - A. Introduction, Registration and Orientation
 - B. Course Objectives/Overview, Exercises, Evaluation/Testing **III(b)**

- II. USE OF FORCE POLICIES AND LEGAL ISSUES
III(g,j)
(Davis/Walsh/Herdt/Monreal 0815-0900)
 - A. Case Law Update, report documentation and policy
 - 1. Tennessee v Garner
 - 2. Graham v Connor
 - 3. Forrester v San Diego
 - 4. Long Beach v Long Beach POA
 - 5. Status of Pepper Spray Cases (Humboldt Co., etc.)

- III. SAFETY ORIENTATION AND WARM-UP **III(a)**
(Davis/Walsh/Herdt/Monreal 0900-0915)
 - A. Review of Safety Policies and injury precautions
 - B. Students will participate in warm-up/stretching exercises

IV. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW
AND FIGHTING STANCE **III(i)**

(Davis/Walsh/Herdt/Monreal 0915-0945)

Footwork Review:

- 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. How to fall to the ground safely and assume a fighting position
- I. Access to equipment on duty belt while in a fighting stance and on the ground

V. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING
DE-ESCALATION, VERBAL COMMANDS **III(c,d,e,f,k)**

(Davis/Walsh/Herdt/Monreal 0945-1030)

- 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)
 - c. Complaint of pain should be documented
 - d. Failing to double lock handcuffs can result in injury to suspect and liability to an agency
- 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 wrist lock and handcuffing
 3. Takedown from standing modified, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact wpn., chem. agent, etc.) on duty belt.
- 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

- D. Takedowns
 - a. Universal Head Takedown
 - b. Shoulder Grab Leg Sweep Takedown
 - c. Twistlock Takedown
 - d. Reverse Wrist Takedown
 - e. Bar-arm Takedown

VI. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE **III(h)**
 (Davis/Walsh/Herdt/Monreal 1030-1045)

- A. Suspect attacks officer
- B. Locking resistance
- B. Going limp. (Should not use term passive resistance)
- C. Resisting with apparatus (Chaining to objects, using large pipes with arms locked inside).
- D. Use of pain compliance/pressure point/distraction techniques

VII. PERSONAL BODY WEAPONS
 (Davis/Walsh/Herdt/Monreal 1045-1100)

- A. Personal body weapons minimally include:
 - 1. Footing (Position of interview)
 - a. Maintain balance
 - 2. Palm heel strikes
 - 3. Knee strikes
 - 4. Leg strikes
 - 5. Elbow strikes
 - 6. Verbalize your actions/orders with suspect
 - a. Develop possible witnesses

Weapon Retention and Take-Aways

VIII. WEAPON RETENTION AND TAKE-AWAYS: FRONT HANDGUN **III(m)**
 RETENTION, RIGHT/LEFT HANDED
 (Davis/Walsh/Herdt/Monreal 1100-1130)

- A. Safety orientation

- B. Mental preparation/verbal distractions
- C. Rear handgun retention, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
- D. Front handgun retention, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
- E. Front handgun takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
- F. Rear handgun takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control

Carotid Restraint

- IX. CAROTID RESTRAINT TO HANDCUFFING (A-C in classroom) **III(n)**
(Davis/Walsh/Herdt/Monreal 1130-1200)
 - A. Safety orientation
 - 1. Student to Instructor ratio will not exceed 2:1.
 - B. Discuss history and body mechanics of technique
 - 1. In custody deaths
 - 2. Specific dangers
 - a. Pressure to front of trachea
 - b. Vagus nerve dangers
 - c. Airway obstruction
 - d. Multiple applications
 - e. Age of subject
 - C. Discuss importance of following departmental policy
 - 1. Place in escalation of force
 - 1. Documentation
 - D. 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
- F. Documentation per department policy

X. PHYSICAL DEMONSTRATION/ TESTING

III(b)

(Davis/Walsh/Herdt/Monreal 1200-

1300)

A. Six areas to be aware of on initial approach.

1. Hands
2. Cover
3. Weapons
4. Associates
5. Escape routes
6. Footing/ Balance

B. Body position/ Stance and movement

1. Forward Shuffle
2. Rear Shuffle
3. Normal Pivot
4. Pivot right/ left
5. Progressive pivot
6. Shuffle pivot
7. Fall to ground and assume fighting position

C. SEARCH TECHNIQUES

1. Handcuff and double lock
2. Standing
3. Kneeling
4. Prone
5. Takedowns
 - a. Twist-lock to prone
 - b. Universal Head Takedown
 - c. Shoulder Grab Leg Sweep Takedown
 - d. Reverse Wrist Takedown
 - e. Bar-Arm Takedown

E. PERSONAL BODY WEAPONS

1. Footing
2. Palm Heel Strike
3. Knee Strikes
4. Leg Strike
5. Elbow Strike
6. Verbalize

F. WEAPON RETENTION/ TAKEAWAYS

1. Handgun retention front and back/left and right
2. Handgun takeaway front and back/left and right
3. Long Gun takeaway front and back/left and right

G. CAROTID

1. Identify danger considerations
 - a. Vagus Nerve
 - b. Frontal Pressure
 - c. Known Medical Conditions
 - d. Age considerations
 - e. Multiple Applications
2. Takedown demonstration and application with no pressure

III(b) *Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, tested until standard is achieved.*