

## **POST PERISHABLE SKILLS PROGRAM (PSP)**

### **III - ARREST AND CONTROL**

#### **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 (suspects 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 their individual Department Arrest and Control Policy.
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

**EXPANDED COURSE OUTLINE**

I. REGISTRATION AND ORIENTATION

- A. Introduction, Registration and Orientation
- B. Course Objectives/Overview, Exercises, Evaluation/Testing **III(b)**

II. SAFETY ORIENTATION AND WARM-UP **III(a)**

- A. Review of Safety Policies and injury precautions
- B. Students will participate in warm-up/stretching exercises

III. USE OF FORCE POLICIES AND LEGAL ISSUES **III(g,j)**

- A. Case Law Update, report documentation and policy
  1. Tennessee v Garner
  2. Graham v Connor
  3. Forrester v San Diego
  4. Smith v City of Hemet
  5. Status of Pepper Spray Cases (Humboldt Co., etc.)
  6. Personal Body Weapons Samaan v Robbins
  7. Bryan v MacPherson
  8. Handcuff double lock case law (Levine v City of New York/ Lalonde V County of Riverside/ Kostrzewa v City of Troy)
  9. Whiteley v Warden
- B. Local Policies
  1. Madera PD Policy Manual section 300

IV. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE **III(h)**

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

V. PHYSICAL CONDITIONING

III(a)

- A. Three Biggest Disablers
  - 1. Heart Attacks
  - 2. Lower Back and Knee Injuries
  - 3. Peptic Ulcers
- B. How to Reduce Individual Risk to Above Disablers
  - 1. Nutrition
    - a. healthy lifestyle choices
    - b. effects of poor nutrition on fitness
  - 2. Life threatening physical altercations, 90 seconds of explosive endurance
    - a. lifetime fitness
    - b. ongoing personal health considerations

VI. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE

III(i)

Footwork Review:

- A. Movements from interview stance
  - 1. Forward shuffle
  - 2. Rear shuffle
  - 3. Normal pivot
  - 4. Shuffle right and left
  - 5. Pivot right and left
  - 6. Progressive pivot
  - 7. Shuffle pivot
  - 8. How to fall to the ground safely and assume a fighting position
  - 9. Access to equipment on duty belt while in a fighting stance and on the ground

VII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/STRIKES/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
    - c. First Aid - Suspect injured, wounds, fractures
    - d. Special circumstances (i.e. pregnant females)
    - e. Complaint of pain should be documented
    - f. Failing to double lock handcuffs can result in injury to suspect and liability to an agency
    - g. Verbal commands

## B. Holds

### 1. Rear wrist lock

- a. Front entry, arm hook
- b. Rear wrist lock
- c. Transition to elongated rear wrist lock for escort

### 2. Bar arm

- a. Front entry
- b. Identify radial nerve/ come along postures

## C. Take Downs

### 1. Reverse wrist take down

- a. recognize the need for force
- b. use reverse wrist take down
- c. pull over to prone handcuffing position

### 2. Bar arm take down

- a. front entry
- b. circle down take down
- c. turn around prone handcuffing position

### 3. Circle Arm lock to a gun nerve take down

- a. same side arm locks suspect's arm
- b. free hand pushes into gun nerve forcing suspect to the ground
- c. free hand grips suspect's same side wrist
- d. push over prone

## D. Unknown Risk handcuffing techniques

### 1. Quick cuffing

- a. Verbal commands
- b. Thumb/finger grip
- c. Handcuffing

### 2. Standing Modified Search, to a rear wrist lock and handcuffing

### 3. Takedown from standing modified, disengaging, escalating, and de-escalating with suspect and movement to more appropriate weapon (impact wpn., chem. agent, etc.) on duty belt.

## E. 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. PERSONAL BODY WEAPONS

1. Strikes with the upper body
  - a. straight punch
  - b. palm heel strike
  - c. ax hand/forearm
  - d. bottom fist (forehand and backhand)
  - e. elbow strikes (front/ rear/ straight/ horizontal/vertical)
  - f. under punch
2. Strikes with lower body
  - a. side knee lift
  - b. straight knee lift
  - c. Round kick (extended knee lift)
  - d. straight front kick (snap/push)
  - e. rear cross kick
  - f. rear (mule) kick

#### TESTING/REMEDIATION

***Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, tested until standard is achieved. If the student is incapable of meeting the standard after multiple attempts at remediation, "one on one" training will occur until the trainee grasps the concepts presented.***

**III(b)**

**EXPANDED COURSE OUTLINE CONTINUED:**

**Impact Weapons**

IX. IMPACT WEAPONS REVIEW: INCLUDING STRAIGHT BATON, FLASHLIGHT, ETC. IDENTIFY TARGET AND NON-TARGET AREAS ON THE BODY **III(I)**

- A. Overview of course and explain which techniques will be tested
  - 1. Safety orientation
  - 2. Footwork review
  - 3. Review strikes, jabs and blocks
    - a. Forward and reverse strike
    - b. Vertical strikes
    - c. Power strike front, rear and yawara jab
    - d. Upper, middle, lower blocks
    - e. Techniques practiced on bags and axe handles
    - f. Stick fighting techniques
    - g. Baton retention techniques
      - a. Circle techniques
      - b. Push-pull techniques
      - c. Figure 8 techniques

Impact weapon testing will include: balance, proper technique and power. This will be tested in a variety of methods, such as use of the FIST/Redman suit, axe handles and impact bags.

**EXPANDED COURSE OUTLINE CONTINUED:**

**Weapon Retention and Take-Aways**

X. WEAPON RETENTION AND TAKE-AWAYS: FRONT HANDGUN RETENTION, RIGHT/LEFT HANDED **III(m)**

- A. Mental preparation/verbal distractions
- B. Rear handgun retention, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control

- C. Front handgun takeaway, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control
- D. Rear handgun takeaway, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control
- E. Front long gun takeaway, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control

- F. Rear long gun takeaway, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control

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**III(b)**