

## **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) w/verbal commands
- e. Equipment/Restraint Device(s) Use - in exercise(s)
- f. De-escalation/Verbal Commands - in exercise(s)
- g. Use of Force Considerations
- h. Subject's Actions and Officer's Response to Force
- i. Body Balance/Stance/Movement Patterns - in exercise(s)
- j. Policies, Legal Issues, and Report Writing
- k. Recovery/First Aid (as applicable)

#### **COURSE OBJECTIVES:**

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control Policy and current case law.
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. INTRODUCTION, REGISTRATION AND ORIENTATION

- A. Introduction, Registration and Orientation
  - 1. Instructor and student introductions
  - 2. Course roster
  - 3. Facility overview
- B. Course Objectives/Overview, Exercises, Evaluation/Testing
  - 1. Course Objectives
  - 2. Judgment and Decision Making
  - 3. Officer Safety
  - 4. Body Balance, Stance, and Movement
  - 5. Searching/Handcuffing Techniques
  - 6. Control Holds/Takedowns
  - 7. De-escalation/Verbal Commands
  - 8. Effectiveness Under Stress Conditions
  - 9. Safety Policy/Orientation

#### II. USE OF FORCE POLICIES AND LEGAL ISSUES

III(a, b)

- A. Case Law Update, Report Documentation and Policy
  - 1. Tennessee v Garner
  - 2. Graham v Connor
  - 3. Forrester v San Diego
- B. Overview of Penal and Government Code Updates
  - 1. AB 392
    - a. 835a PC
    - b. 196 PC
  - 2. AB 490
    - a. 7286.5(a) Government Code
    - b. 7286.5(b) Government Code
- C. Local Policies
  - 1. SB 230 Guidelines
  - 2. Use of Force policy updates

- D. Report Writing
  - 1. Proper documentation of use of force incidents
  - 2. Articulation of events
  - 3. Documentation of injuries/aid rendered to suspects, officers, bystanders

III. SAFETY ORIENTATION AND WARM-UP

**III(c)**

- A. Review of Safety Policies and Injury Precautions
  - 1. Review safety policy
  - 2. Emergency exits
  - 3. AED
  - 4. Avoiding injury
- B. Warm-up
  - 1. Stretching exercises
  - 2. Mental preparation
- C. Physical Conditioning
  - 1. Four Biggest Disablers
    - a. Heart attacks
    - b. Lower back injuries
    - c. Knee injuries
    - d. Peptic ulcers
  - 2. How to Reduce Individual Risk to Disablers
    - a. Nutrition
    - b. Lifetime fitness

IV. SUBJECT'S ACTIONS AND OFFICER'S RESPONSE

**III(h, j)**

- A. Suspect's Actions
  - 1. Compliant
  - 2. Passive non-compliant
  - 3. Actively resistant
  - 4. Assaultive
  - 5. Life threatening
- B. Officer's Response to Resistance
  - 1. Non-deadly
  - 2. Intermediate force
  - 3. Deadly force
- C. Scenario Based Exercise to Demonstrate:
  - 1. Safety
  - 2. Awareness
  - 3. Balance
  - 4. Control

5. Controlling Force
6. Proper Techniques
7. Verbal Commands/Instructions

V. OFFICER'S AWARENESS/TACTICAL CONSIDERATIONS

**III(e)**

- A. Initial Approach with Suspect
  1. Hands
  2. Cover
  3. Weapons/bulges
  4. Footing/balance, officer's ability to stay on his/her feet
- B. Tactical Considerations
  1. Associates, suspects, officers (resources available)
  2. Escape routes, suspects, tactical retreat

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

**III(e)**

- A. Footwork Review
  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
- B. Body Balance and Movement
  1. How to fall to the ground safely and assume a position of advantage
  2. Access to equipment on duty belt while in a fighting stance and on the ground.

VII. SEARCH TECHNIQUES/HANDCUFFING

**III(f,g,k)**

- A. Search
  1. Visual search (plain view)
  2. Pat down
  3. Incident to arrest/complete search
- B. Handcuffing Techniques From:
  1. Standing
  2. Kneeling
  3. Prone
    - a. Minimize actions that could lead to positional asphyxia
    - b. Alternative placement
    - c. Positions of recovery

- C. Assess for Potential Officer and Suspect Injuries
  - 1. Render first aid or request additional medical as needed
  - 2. Document

## VIII. CONTROL HOLD/ TAKE DOWNS

**III(i, k)**

- A. Control Hold
  - 1. Joint manipulation
  - 2. Pain compliance
- B. Take Down
  - 1. Various positions
    - a. Handcuffed
    - b. Non-cuffed
  - 2. Single Officer
  - 3. Multiple Officer
- C. Assess for Potential Officer and Suspect Injuries
  - 1. Render First Aid or request additional medical as needed
  - 2. Document

## IX. DE-ESCALATION OF FORCE

**III(d)**

- A. Verbal Commands
  - 1. Tone of voice
  - 2. Gain voluntary compliance
  - 3. Single communicator
- B. Assessment
  - 1. Ability
  - 2. Opportunity
  - 3. Intent
  - 4. Recognize when to escalate vs. de-escalate
    - a. When verbal commands fail – time to take action
    - b. Use of force warning when feasible
- C. Tactics
  - 1. Distance plus cover equals time
  - 2. Resources
  - 3. Contiguously Plan

## X. STUDENT RECOVERY

**III(k)**

- A. Cool Down
  - 1. Stretching
  - 2. Hydration
- B. Injuries

1. Treat
2. Document

## XI. TESTING/REMEDICATION

**III(j)**

Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, and tested until competency is demonstrated to the satisfaction of the presenter.