

Central Marin Police Authority



NOTE THIS MATERIAL HAS BEEN REDACTED
PER GOVERNMENT CODE SECTION 6254(f)

ARREST & CONTROL

Course Outline

Safety Policy

POST PERISHABLE SKILLS PROGRAM (PSP)

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. **The training may be presented in a 4, 6, or 8 hour format allowing for flexibility based upon specific agency or trainee group needs, and as long as the minimum topics are contained within each format independently.**

ARREST AND CONTROL

Minimum Topics/Exercises:

- a. Use of Force considerations
- b. Policies and Legal Issues
- c. Safety orientation and warm-up(s)
- d. Body balance/stance/movement patterns - in exercise(s)
- e. Verbal commands - in exercise(s)
- f. Contact, Cover and Searches - in exercise(s)
- g. Handcuff/Restraint device(s) use - in exercise(s)
- h. Control Holds/Body Weapons/Takedowns - in exercise(s)
- i. Class Exercises/Student Evaluation/Testing
- j. Recovery/First Aid (as applicable)

COURSE OBJECTIVES:

The trainee will:

1. Demonstrate knowledge of the Central Marin Police Authorities Use of Force / Control Device and all other applicable 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. De-escalation, Verbal Commands
 - D. Body Balance, Stance and Movement
 - E. Searching/Handcuffing Techniques
 - F. Control Holds/Takedowns/Body Weapons
 - 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** **III(b)**
 - A. Introduction, Registration and Orientation
 - B. Course Objectives/Overview, Exercises, Evaluation/Testing

- II. **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. Long Beach v Long Beach POA
 - 5. Status of Pepper Spray Cases (Humboldt Co., etc.)
 - B. Local Policies
 - 1. CMPA G.O. 300 Use of Force
 - 2. CMPA G.O. 306 Leg Restraint Device
 - 3. CMPA G.O. 308 Control Devices and Techniques

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

IV. BODY BALANCE / STANCE & MOVEMENT FROM POI / FIGHTING STANCE III(i)

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. How to fall to the ground safely and assume a fighting position
8. 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)**

A. Overview on restraint devices and need to check for tightness and double-lock

1. Suspect cannot be handcuffed to the rear due to special circumstance
 - a. Injured subjecthandcuffing considerations
 - b. Special circumstances (i.e. Pregnant females, missing limbs, etc)
 - c. Complaint of pain should be documented-UOF report
 - d. Failing to check for fit and double-lock handcuffs can result in injury to suspect andliability to an agency

B. Minimal Risk Searching & Handcuffing techniques

1. Finger Control
 - a. Verbal Commands-Control hands at all times, foot position
 - a. Finger Lock
 - b. Handcuffing
2. Twist-lock
 - a. Verbal commands
 - b. Twist lock control
 - c. Handcuffing
3. Standing Modified Search
 - a. Verbal commands-
 - b. Finger Lock

C. High risk prone or kneeling to 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. Leg Restraints / WRAP Restraint

1. RIPP Leg Restraint
2. WRAP Restraint

E. Control Holds

1. Bent Wrist Hold Options

F. Pressure Point Pain Compliance

1. Points on the Head
2. Points on the Torso
3. Points on the Hands

G. Personal Body Weapons

1. Head
2. Hands
3. Elbows
4. Knees
5. Feet
6. Blocks

H. Takedowns

1. Front
2. Rear
3. Sides

I. Ground Fighting Techniques

1. Blocks
2. Escapes

J. Outer Carrier Issues

1. Leverage Considerations
2. Leverage Assaults Considered Deadly Threat
3. Impact Weapon Deployment
4. Impact Weapon Tactical Retention Techniques

VI. TESTING/REMEDIATION

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

III(b)

EXTENDING EXPANDED COURSE OUTLINE TO 6 HOURS:

Impact Weapons

VII. IMPACT WEAPONS REVIEW:

STRAIGHT BATON / RIOT BATON / FLASHLIGHT, ETC.

IDENTIFY TARGET AND NON-TARGET AREAS ON THE BODY

- A. Overview of course and explain which techniques will be tested
1. Safety orientation
 2. Footwork review
 3. Deployment Techniques
 - a. Overhead Draw
 - b. Downward Draw
 - c. Concealed Draw / Deployment
 4. 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
5. Baton retention techniques
- a. Circle techniques
 - b. Push-pull & Hand Sweep 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.

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

EXTENDING EXPANDED COURSE OUTLINE TO 8 HOURS:

Weapon Retention and Take-Aways

VIII.WEAPON RETENTION AND TAKE-AWAYS: FRONT HANDGUN

III(m)

RETENTION, RIGHT/LEFT HANDED

- A. Safety orientation
- B. Mental preparation/verbal distractions
- C. Front/Rear handgun retention, right and left handed
 - 1. Prevent Loss of Firearm
 - 2. Footwork / [REDACTED]
 - 2. Secondary Defensive Options
- D. Front/Rear handgun takeaway, right and left handed
 - 1. [REDACTED]
 - 2. Committed Action
- E. Front/Rear long gun takeaway, right and left handed
 - 1. [REDACTED]
 - 2. Committed Action
- F. Weapon Diversion and Defenses
 - 1. Committed Action
 - 2. Realities

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

III(b)

ADDITIONAL OPTIONAL TOPICS/EXERCISES (2-4 Hours)

(In lieu of either the 6 hour or 8 hour expansions)

Carotid Restraint

IX. CAROTID RESTRAINT TO HANDCUFFING III(n)

- 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. Vagas nerve dangers
 - c. Airway obstruction
 - d. Multiple applications
- B. Discuss importance of following departmental policy
 - 1. Place in escalation of force
 - 2. Documentation
- C. Practice technique
 - 1. Hair-pull
 - 2. Leg Rake 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

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

III(b)

Chemical Agents Training (2 Hours)

X. CHEMICAL AGENT REVIEW: PEPPER SPRAY / CS, TEAR GAS WEAPONS III(p)

A. Safety orientation

B. Pepper Spray

1. Review law
 - a. 12401, 12402 P.C. – Definitions
 - b. 12403 P.C. - Mandated training
 - c. 12403.1 to 12403.8 – Exemptions
2. Mace, CN, CS, chemical irritants – Lecture Only
 - a. Physical reaction to chemical application

C. Drawing Exercises: (Inert training canisters)

1. Dual Force (baton, pepper spray)
 - a. Footwork
 - b. Inert training exercises
2. Retention techniques
 - a. Circle techniques
 - b. Personal weapons striking exercises

3. Accuracy training
 - a. Close quarters



D. First Aid/Decontamination

1. Irrigate/flushing eyes
 - a. Water sources
 - (1) Bottles of water in cooler
 - (2) Spray bottles, atomizers
 - b. Use of bioshield
2. Medical treatment - officer, hospital, EMT, etc.
 - a. Continued breathing problems
 - b. Other extreme reactions

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

III(b)

ARREST & CONTROL SAFETY POLICY

POLICY:

It shall be the policy of the Central Marin Police Authority to conduct all training in such a manner as to promote an attitude of safety among instructors and students alike. Concern for safety is contagious and can only result in a reduction of risk.

The efforts of all personnel involved in training shall be directed toward insuring a safe atmosphere within which maximum training benefit can be realized.

FACILITY GUIDELINES:

1. General safety rules as well as procedures unique to each training facility shall be developed, reduced to writing, and communicated to students prior to each training session.
2. Defensive tactics and arrest control techniques training shall occur in a suitable location. Risk of student injury increases dramatically when training occurs in inappropriate locations. An appropriate "mat room" or similar type of area, either permanent or temporary is recommended. It is important that all training mats are connected end-to-end and side-by-side to avoid injury.
3. The size of the facility shall be adequate for the number of students to be trained. Adequate space between students is fundamental to minimizing the chance of injury. Baton training, for example, shall occur in an area of sufficient size that allows for the full, unobstructed swing or strike radius of the particular impact weapon being utilized.
4. Environmental factors shall be considered when selecting a safe training location. Indoor training facilities used for defensive tactics and arrest control techniques instruction shall have adequate lighting and proper ventilation to accommodate strenuous physical activity. Adequate cooling capability and hydration stations, for example, are necessary to prevent heat related illness.

5. The training site shall be reasonably free from outside distractions

Equipment Guidelines:

6. Students training in defensive tactics and arrest control techniques shall be required to meet the clothing and footwear standards established by the presenter. Clothing worn for physical training shall allow for flexibility of movement. Students wearing glasses shall use shatter-resistant lenses and eyeglass retainers for sustained impact weapons training and gloves shall be available for the students.

7. The instructional staff shall conduct a pre-training inspection. A pre-training inspection ensures that students have brought the correct clothing and personal equipment. It provides the opportunity to check for the presence of watches, rings, necklaces, earrings, and other jewelry that may cause injury to the individual or other students.

8. Equipment used in defensive tactics training shall be cleaned prior to each training session. Mats and the surfaces of all equipment which students come in contact with shall be cleaned before and after training with any solution containing bleach and hot water (1 part bleach and 3 parts hot water). In the event of bodily fluid spills, training will cease and the infected area will be cleaned with a bleach solution (Instructor cleaning the infected area will be provided gloves and a mask). The students shall inspect and clean footwear each time they leave and return to the mats. Cleanliness and a well-ordered training environment play an important part in the health and safety of all involved.

9. The instructional staff shall conduct periodic equipment inspections to ensure their safety and suitability. Split bamboo batons, for example, require frequent replacement. Mat surfaces prone to tearing shall be repaired professionally. Mat attachment systems also require frequent examination. Impact weapons, handcuffs, and other training items shall be inspected prior to use to ensure mechanical integrity. For example, a loose hex screw on a side-handle baton may cause separation during training and result in injury.

10. Presenters shall provide or require specific safety equipment for any high intensity or full-contact training. Presenters shall supply or require additional equipment such as groin cups,

mouthpieces, head-gear, face protection, chest protectors, and related articles used in full contact training. Additionally, instructors using full-contact suits must be trained and familiar with its appropriate use. A protective mouthpiece shall be issued for individual use or provided by each student, and its use shall be directed by agency policy.

Instructor Qualifications:

11. Defensive tactics and arrest control techniques instructors in any certified training must successfully complete a POST certified Defensive Tactics Instructor Course, or its equivalent. The presenter and POST will jointly determine equivalency of training

12. Defensive tactics and arrest control techniques instructors shall instructor update courses every five years. Networking of instructors shall also be encouraged.

Instructional Staff-to-Student Ratios

15. Instructors shall maintain an appropriate level of discipline over students at all times. Instructors shall consistently maintain a professional atmosphere during training and ensure that students abide by all published rules of conduct. Instructors shall attempt to identify students who are overly aggressive in the application of joint manipulation techniques and other pain compliance holds and take the steps necessary to ensure student safety.

13. Each defensive tactics and arrest control techniques presenter shall establish the appropriate instructional staff-to-student ratio. A different instructional staff-to-student ratio may be appropriate for introductory training, as opposed to refresher or instructor-level training. Some training techniques entail an inherently greater element of risk and ratios shall be adjusted accordingly. The ratios shall be consistent with agency policy and objectively reasonable under the given training circumstance. The ratios shall allow the instructional staff to adequately observe takedowns, application of pain compliance holds, or other activities that present potential for student injury.

14. Presenters shall consider reducing the instructional staff-to-student ratio when high- risk techniques are involved. Some physical training techniques such as take-downs, application of the carotid restraint, etc., suggest the need for intense student supervision. "Combat"

scenarios, intended to induce cardiovascular and emotional stress, also suggest an intense supervision of students. The ratio shall be objectively reasonable under the given training circumstance.

- a. For the purposes of establishing an instructional staff-to-student ratio, the following personnel titles and descriptions are viewed by the sponsored training course as exerting functional supervision over students in training:
 - Lead Instructor
 - Assistant Instructors
- b. Specific ratios are determined by the course:
 - **Defensive Tactics Discussion / Policy Review:** 1 instructor to every 10 students.
 - **Searching & Handcuffing:** 1 instructor to 1 student.
 - **Personal Body Weapons & Ground Fighting:** 1 instructor to 1 student.
 - **Weapon Retentions & Take-Aways:** 1 instructor to 1 student.
 - **Carotid Restraint:** 1 instructor to 1 student.
 - **Impact Weapons:** 1 instructor to 1 student.
 - **Scenario / Physical Testing:** 1 instructor to 1 student.

16. Instructors shall be aware of physical fatigue factors that affect the ability of the student to perform safely. Defensive tactics and arrest control techniques training is inherently tiring. Instructors shall be aware that long periods of training, environmental conditions, or other factors could unduly fatigue students and increase injury potential. For example, a high smog level, heat wave, or other environmental factor could suggest a reduction in training intensity.

17. Strenuous exercise shall be avoided during periods of poor air quality in accordance with Air Quality Management Board guidelines. Local Air Quality Management Board phone numbers can be located in the telephone book.

Specific Safety Rules:

18. Minimum conditioning guidelines for in-service training shall be considered whenever defensive tactics and arrest control techniques training is included.

In-service students may be in poor physical condition at the time of training. Their potential for injury, particularly muscle strains and joint irritations, shall be considered.

Specific guidelines regarding in-service fitness levels will depend upon individual agency practices. Advance notice to agency heads and students of specific course expectations is appropriate and recommended.

19. Specific emergency contact procedures in the event of a medical emergency shall be identified and communicated.

- All instructors will be trained in CPR/First-Aid care.
- A first-aid kit and AED will always be present at the training site.

- The designated hospital for serious injuries will be:
Marin General Hospital
250 Bon Air Road
Greenbrae, CA 94904
Emergency Room (direct dial): 415-925-7203
- The training site has multiple landline phones. Instructors will have cell phones and radios for EMS notification.
- All injuries will be reported to the lead instructor. The lead instructor will document all injuries in an accident report and make notifications to the Watch Commander, Division Commander and POST Regional Manager.

20. Students attending instructor level courses shall be given a list of specific physical requirements, fitness expectations and testing standards well before initiation of the course. Instructor-level training in defensive tactics and arrest control techniques is more intensive and requires a higher degree of physical fitness. Inadequate preparation for this training may substantially increase an attendee's potential for injury.

21. A systematic physical warm-up procedure shall be initiated prior to commencement of any defensive tactics and arrest control techniques training. Injuries are less likely if students engage in appropriate warm-up and stretching activities before training begins. Specific attention shall be given to the particular muscle and joint groups involved. Instruction on the takedown to a carotid restraint, for example, suggests a concentrated warm-up of the neck and shoulder muscles.

22. A systematic procedure for cool-down shall be initiated at the conclusion of any defensive tactics and arrest control techniques training. An appropriate "cool-down" will also help to reduce muscle pain after exercising.

23. When utilizing the Arrest Control Simulator Mannequin (the Freddy Device), all instructors shall be certified in its use via the POST Arrest and Control Instructor Course, or its equivalent.

Instructional staff shall consider the use of heavy-duty gloves during use of the cable-control pulley system. The cables and pulley system shall be regularly inspected for wear or damage. The simulator's counter-weights shall be sufficient for the proper operation of the device and for the training techniques being utilized. The mat area around the device shall be of sufficient size, securely affixed, and properly positioned.