



WOODLAND POLICE DEPARTMENT

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 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.

- I. Orientation
 - A. Course Objectives/Overview, Exercises, Evaluation/Testing III (b)

- II. Safety Orientation and Warm-up(s) III (a)
 - A. Review of Safety Policies and injury precautions
 - B. Students will participate in warm-up/stretching exercises
 - 1. Jumping Jacks (30)
 - 2. Neck Stretch
 - 3. Shoulder Stretch
 - 4. Lats Stretch
 - 5. Upper Body Rotation
 - 6. Hamstring Stretch
 - 7. Quad Stretch
 - 8. Groin Stretch
 - 9. Calf Stretch
 - 10. Lower Back Stretch
 - 11. Jumping Jacks (15)*
 - 12. Push-ups (15)*
 - 13. Abdominal Crunches (15)*

- III. Use of Force Policies and Legal Issues III (g,j)
 - A. Case Law Update and Policy
 - 1. Tennessee v Garner
 - 2. Graham v Connor
 - 3. Forrester v San Diego

* Three times through

- 4. Long Beach v Long Beach POA
 - 5. Status of Pepper Spray Cases (Humboldt Co., etc.)
 - B. Department Policies

 - IV. Body Physics and Dynamics/Suspect Reaction to Force III (h)
 - A. Suspect attacks officer
 - B. Locking Resistance
 - C. Going limp. (Should not use term passive resistance)
 - D. Resisting with apparatus (Chaining to objects, using large pipes with arms locked inside.)
 - E. Use of pain compliance/pressure point/distraction techniques
 - F. Mental conditioning for arrest control-Color-coding:
 - 1. White = relaxed frame of mind
 - 2. Yellow = general awareness, minimum level of awareness, uniform
 - 3. Orange = specific awareness, 75%-25% theory, checklist of six (75% on the individual or situation, 25% still on general surroundings)
 - A. Check-list of six used on initial approach with subject
 - 1. Hands
 - 2. Cover
 - 3. Weapons/bulges
 - 4. Associates, subjects and officers (resources available)
 - 5. Escape routes, subjects – tactical retreat, officers
 - 6. Footing/balance, officers (resources available)
 - 4. Red = fight or flight
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- 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
 - 2. Life threatening physical altercations, 90 seconds of explosive endurance
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- VI Body Balance/Stance & Movement from Position of Interviewing and Fighting Stance III (i)
 - 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. Assess to equipment on duty belt while in a fighting stance and on the ground
- VII Search Techniques/Control Hold/Takedown/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)
 - 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 weapon, chemical 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

VIII. 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 EIGHT HOURS:

Weapon Retention and Take-Aways

- X. WEAPON RETENTION AND TAKE-AWAYS:
III (m)
FRONT HANDGUN RETENTION, RIGHT/LEFT-HANDED
- 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 takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
 - E. Rear handgun takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
 - F. Front long gun takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
 - G. Rear long gun takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control

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ADDITIONAL OPTIONAL TOPICS/EXERCISES (2-4 Hours)
(In lieu of either the six or eight hour expansions)

Carotid Restraint

XI. 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. Vegas nerve dangers
 - c. Airway obstruction
 - d. Multiple applications
- C. Discuss importance of following departmental policy
 - 1. Place in escalation of force
 - 2. 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
- G. Documentation per departmental policy

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