

Gardena 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 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

Minimum standards of performance will 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. . If the student is incapable of meeting the standard after multiple attempts at remediation, a “one on one” training will occur until the trainee grasps the concepts presented.

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

EXPANDED COURSE OUTLINE(CONTINUED)

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, officer's ability to stay on his/her feet
- 4. Red = fight or flight

V. PHYSICAL CONDITIONING III(a)

- A. Three Biggest Disablers
 - 1. Heart Attacks
 - 2. Lower Back and Knee Injuries
 - Peptic Ulcers
- B. How to Reduce Individual Risk to Above Disablers
 - 1. Nutrition
 - 2. Life threatening physical altercations, 90 seconds of explosive endurance

EXPANDED COURSE OUTLINE(CONTINUED)

VI. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW
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. Access to equipment on duty belt while in a fighting stance and on the ground

EXPANDED COURSE OUTLINE(CONTINUED)

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, and de-escalating with suspect and movement to more appropriate weapon (impact wpn., 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/REMEDICATION

Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediate. 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, SIDEHANDLE BATON, FLASHLIGHT, ETC. IDENTIFY TARGET AND NON-TARGET AREAS ON THE BODY III(d)
- 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
 4. 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.

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EXPANDED COURSE OUTLINE(CONTINUED)
Weapon Retention and Take-Aways

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

EXPANDED COURSE OUTLINE(CONTINUED)
Weapon Retention and Take-Aways (Continued)

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

III(b) *Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated.. If the student is incapable of meeting the standard after multiple attempts at remediation, a “one on one” training will occur until the trainee grasps the concepts presented.*

