



*San Diego County*

**SHERIFF**

William D. Gore  
Sheriff

## TRAINING DRILL INSTRUCTIONS

### Max Restraint with Cord Cuff

#### Course Summary:

The purpose of this training is to provide deputies a refresher on the policies and procedures in the use of cord cuff restraints and the application of cord cuffs to effectively maximally restrain a subject.

#### Course Objectives:

At the conclusion of this course, each trainee will be able to:

- Identify applicable policy and procedure sections related to the use of restraint equipment. Properly demonstrate the application of cord cuffs restraints.
- Demonstrate the proper aftercare of a subject that is maximally restrained by cord cuffs.

#### Training Tips:

[Department wide cord cuff video](#)

Policy sections to be covered:

- [I.89 Use of Force](#)
- [I.93 Use of Restraint Equipment](#)
- [Addendum F](#)

Detentions Policy and Procedures should be discussed regarding the use of restraint equipment. Instruction and demonstration should be given on proper application of the cord cuff when maximally restraining a subject. Proper aftercare of a subject who has been maximally restrained using cord cuffs should be explained. The entire team should participate in this training. The team sergeant must ensure that all participants have signed a training attendance roster. If you need any assistance or have any questions, please contact [REDACTED]