

San Diego County Sheriff's Department
Continuing Professional Training
2019-2020
Perishable Skills Program
Arrest and Control (Category III)

COURSE GOAL:

The course will provide the student with the minimum Arrest and Control content and exercises required in the POST Continuing Professional Training (CPT) perishable skills program. The student will demonstrate 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 Content and Exercises Shall Include:

- 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)
- f. Verbal commands - In Exercise(s)
- g. Use of Force Considerations
- h. Body Physics & Dynamics (suspect's 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 student 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. Tactical communication, Verbal Commands
- G. Effectiveness under Stress Conditions
- H. Use of Force considerations

Minimum standards of performance shall be evaluated by an instructor observing the student during their performance of each technique and exercise. If the student 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
 - i. Introductions
 - ii. Facilities orientation
- B. Course Objectives/Overview, Exercises, Evaluation/Testing
 - i. Overview of course exercises

II. SAFETY ORIENTATION AND WARM-UP III (a) (LECTURE, PRAC APP, DEMO)

- A. Review of Safety Policies and injury precautions
 - i. Review safety policy
 - ii. Ensure all students full duty status
- B. Students will participate in warm-up/stretching exercises
 - i. Warm-up/stretch to prevent injury

III. PERSONAL BODY WEAPONS III (c,d,e,f,g,h,i,j,k) (LECTURE, PRAC APP, DEMO)

- A. Options
 - i. Field Interview Body Positioning
 - ii. Striking and Targeting
 - a. Must articulate each use of force to demonstrate reasonable
 - iii. Body physics and dynamics (suspect's response to force)
 - iv. Pressure points
 - v. Verbal Commands
 - a. Feasible vs. Not Feasible
 - vi. The WRAP
 - a. Recovery, First Aid and Transport
 - vii. Cord Cuff/Maximum Restraint
 - a. Recovery, First Aid and Transport
 - viii. Using Restraint Devices
 - ix. Escorting handcuffed/un-handcuffed subjects.

**IV. FORCE OPTIONS AND MOVEMENT
(LECTURE, PRAC APP, SIMULATOR, SCENARIOS)**

III (b,f,g,h,i,j,k)

- A. Draws, transitions and movement including team tactics related to:
- i. Chemical Agents (O.C.)
 - a. Related policy
 - ii. T.A.S.E.R.
 - a. Related policy
 - iii. Impact Weapons
 - a. Related policy
 - b. Mobile Field Force applications/techniques
 - c. Retention
 - iv. Handguns
 - a. Related policy
 - v. Verbal commands
 - vi. De-escalation techniques
 - vii. First aid

**V. CONTROL HOLDS/ TAKEDOWNS
(LECTURE, PRAC APP, DEMO)**

III (b,d,f,g,h,i,j,k)

- A. Control Holds
- i. Head control
 - ii. Rear bent wrist lock
 - iii. Verbal Commands
- B. Carotid Restraint
- i. Policy related to Carotid Restraint
 - ii. Seated and prone position
 - iii. Standard application/variation
 - iv. First aid and recovery

**VI. SCENARIO BASED TRAINING
(LECTURE, PRAC APP, SIMULATOR, SCENARIOS)**

III (b,c,e,f,g,h,i,j)

- A. Includes the following:
- i. Body balance/stance/movement patterns
 - ii. Department P&P and Legal Issues
 - iii. Use of Force options
 - iv. Verbal commands and warning if feasible
 - v. Awareness of surroundings/environment
 - vi. Contact, cover, additional units
 - vii. Cover vs concealment

- viii. Foot Pursuit Considerations
- ix. Suicidal Subjects
 - x. Psychiatric Emergency Response Team (PERT)
- xi. Tactical Communication
- xii. First Aid if applicable
- xiii. Tactics and the option of taking your time if possible
- xiv. Armed and unarmed
- xv. De-escalation techniques
- xvi. Civil Unrest/Protesters

**VII. REVIEW OF POLICIES AND LEGAL ISSUES
(LECTURE, SIMULATOR, PRAC APP)**

III (b,g,j,k)

- A. Case Law Review and Updates
 - i. Graham v Connor
 - ii. PC 841, PC 835a, PC 834a
- B. Department specific policy and procedures
 - i. Use of Force policy "Addendum F"
- C. Department directives

VIII. TESTING/REMEDICATION

III (b)

- A. Testing
 - i. Any student performing below minimum standard on any exercise, as established by the presenter, will be remediated, and re-evaluated until standard is achieved.