

Arrest and Control Tactics Training Outline

Tulare County Sheriff's Office

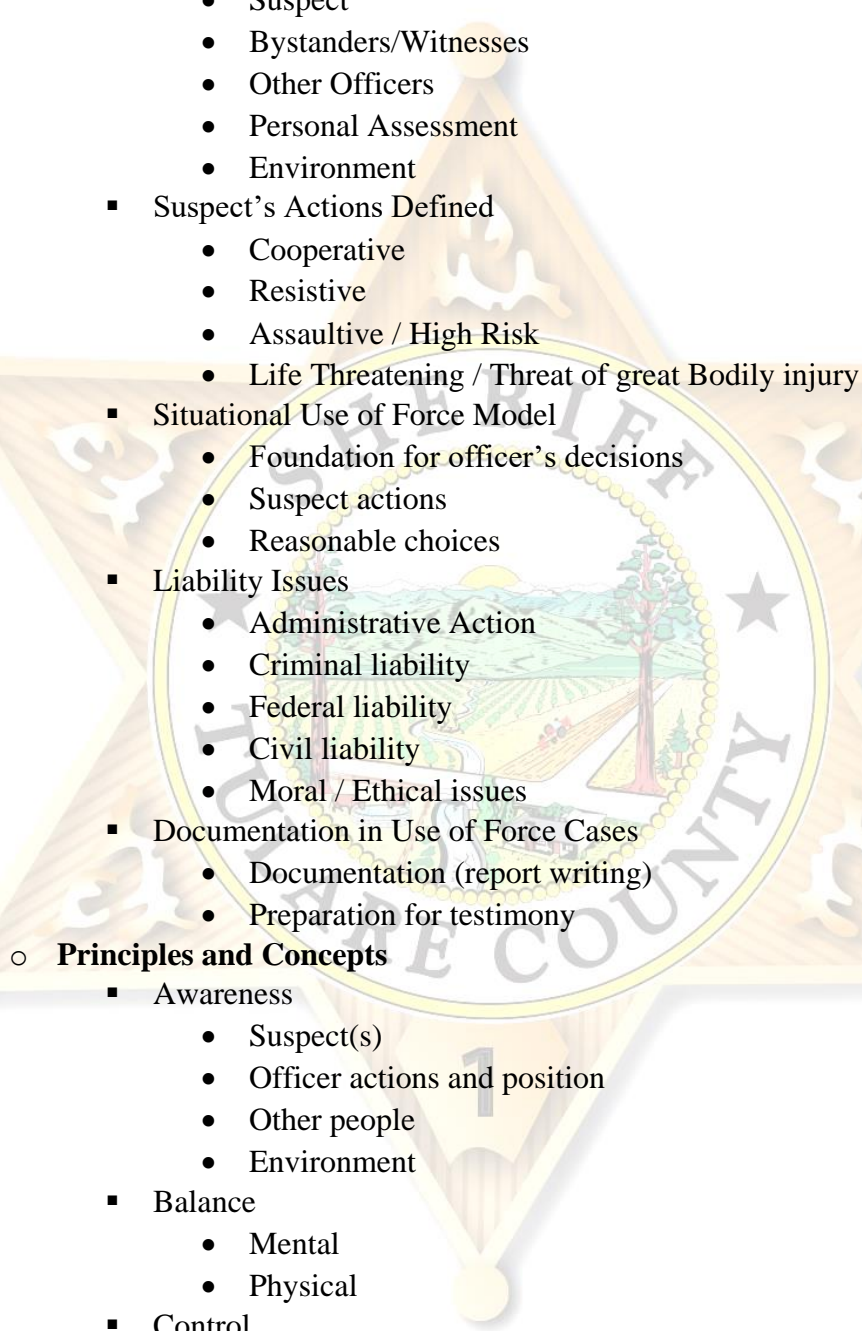
- **Lecture**

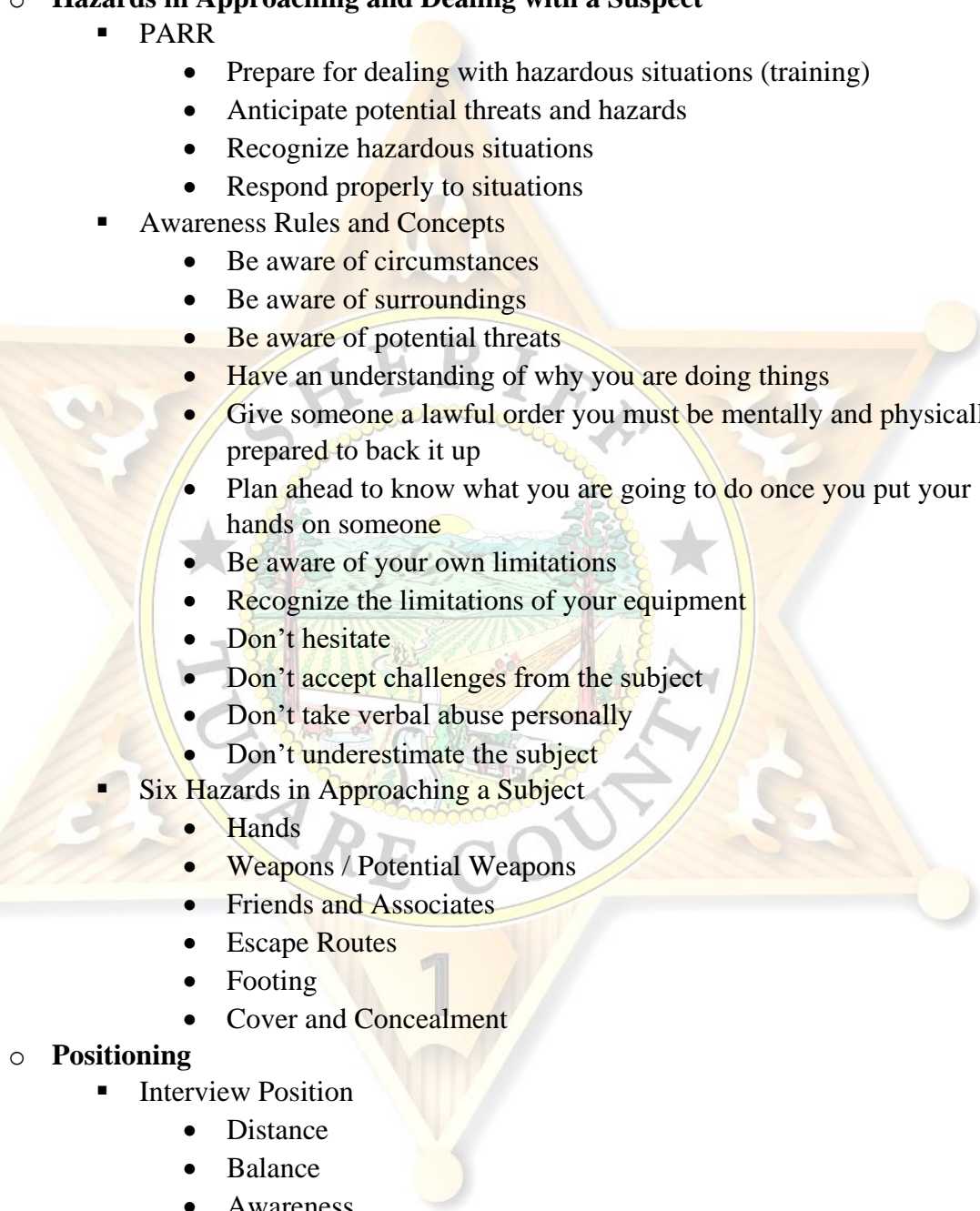
- **Course Introduction**

- Instructor Introduction
 - Course Introduction
 - Course Content
 - Student Evaluation
 - Facility Layout

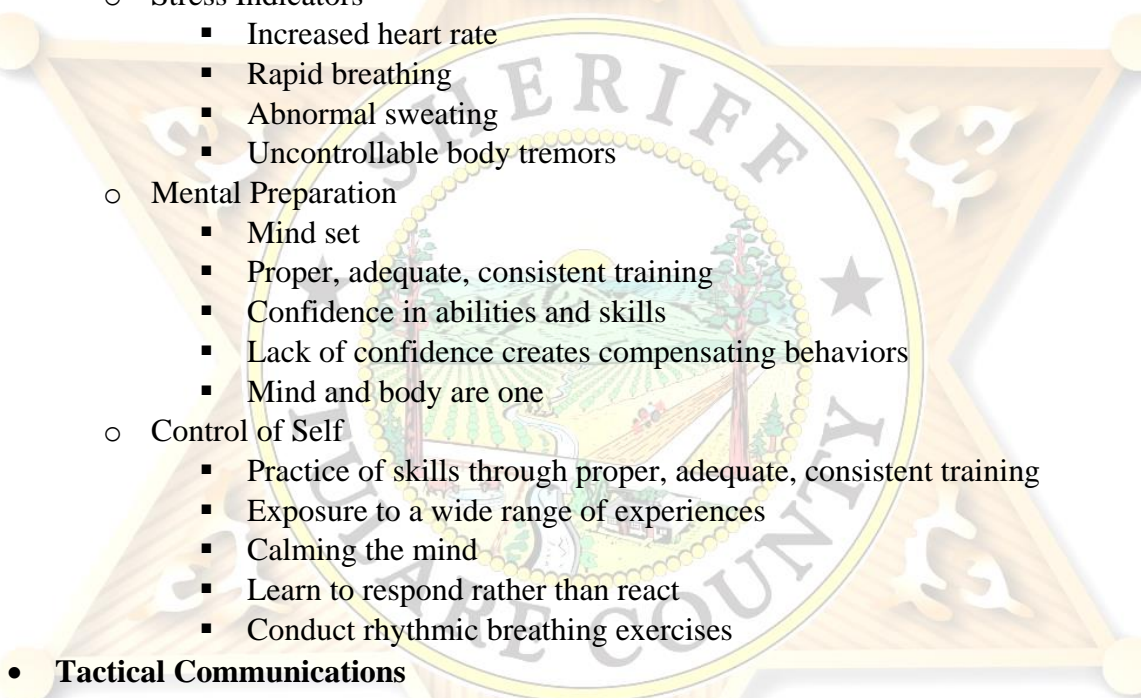
- **Course Safety Procedures**

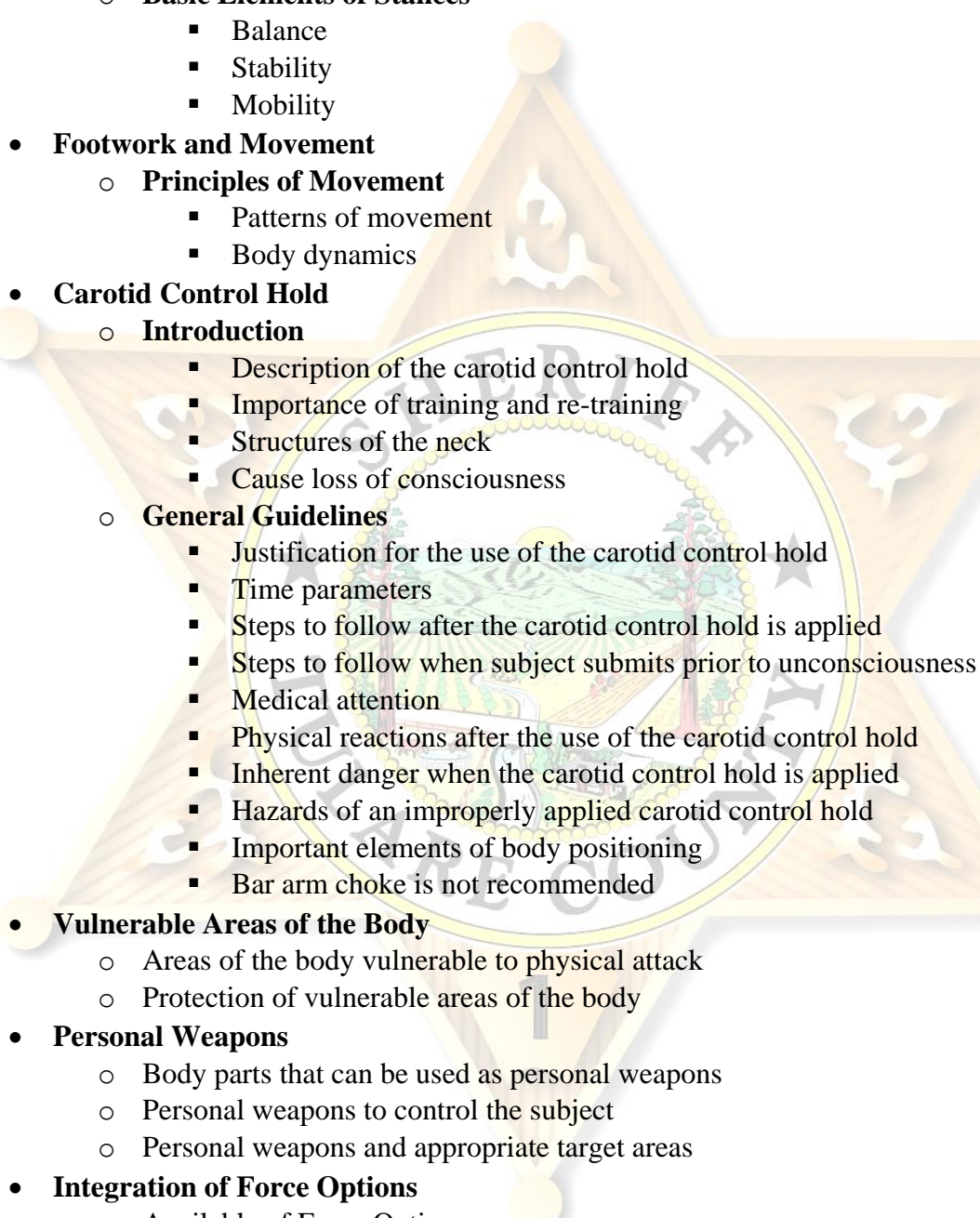
- Students given a copy of safety guidelines
 - Safety Procedures
 - Report any medical imitations by students
 - Report any injuries during class
 - Limit activities to techniques being shown by the instructor
 - Begin with application of techniques
 - Do not resist your partner
 - Use “slap release”
 - Briefing on Hazards of Training Site
 - Any hazards on site will be brought to students attention
 - Equipment Guidelines
 - No firearms allowed in training environment
 - No chemical agents allowed in training environment
 - No live ammunition in training environment
 - Students to wear appropriate safety equipment and clothing
 - Pre-Instructions
 - Students will know safety and performance expectations
 - Students must follow safety guidelines
 - Students must stay within performance guidelines
- **Use of Force**
 - Psychological and Physiological in Use of Force
 - Police role is defensive
 - Physical arrest is an emotional problem as well as a physical one
 - Mind and body are one
 - Intervention
 - Situations requiring intervention
 - Intervention techniques (communication)
 - Legal basis for intervention
 - Policies and Legal Aspects of Use of Force
 - Objective reasonableness standard (Graham V. Conner)
 - PC 835a (California Penal Code, Reasonable Force Used)

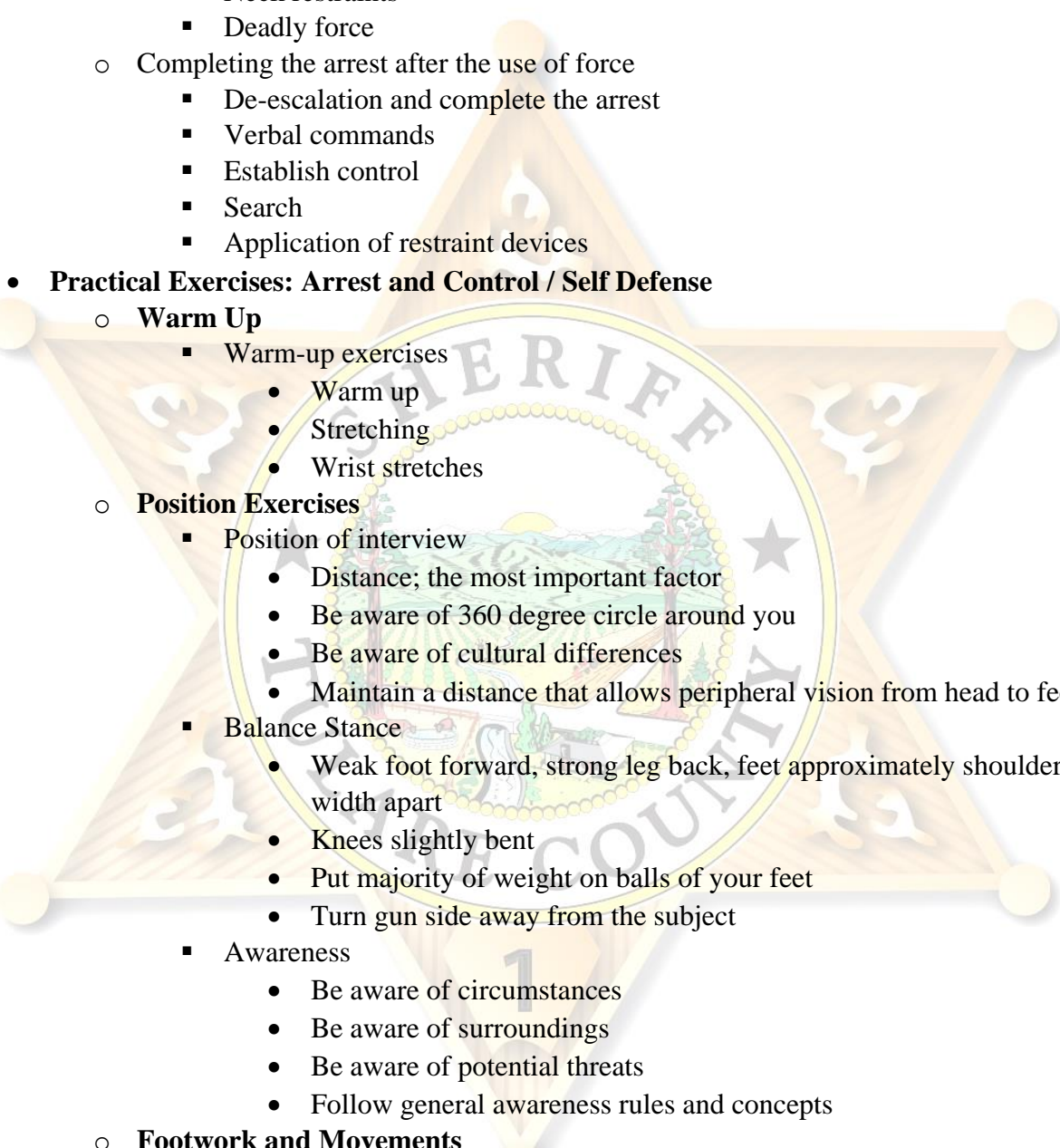
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- Appropriateness of force
 - Federal court decisions
 - Policies and procedures
 - Force Assessment
 - Suspect
 - Bystanders/Witnesses
 - Other Officers
 - Personal Assessment
 - Environment
 - Suspect's Actions Defined
 - Cooperative
 - Resistive
 - Assaultive / High Risk
 - Life Threatening / Threat of great Bodily injury
 - Situational Use of Force Model
 - Foundation for officer's decisions
 - Suspect actions
 - Reasonable choices
 - Liability Issues
 - Administrative Action
 - Criminal liability
 - Federal liability
 - Civil liability
 - Moral / Ethical issues
 - Documentation in Use of Force Cases
 - Documentation (report writing)
 - Preparation for testimony
 - **Principles and Concepts**
 - Awareness
 - Suspect(s)
 - Officer actions and position
 - Other people
 - Environment
 - Balance
 - Mental
 - Physical
 - Control
 - Objective of Law Enforcement
 - Definition of control
 - General Control
 - Physical control

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- The Three Premises
 - Peace Officers role in an arrest is defensive
 - Physical arrest is an emotional problem as well as physical one
 - Mind and body are one
 - **Hazards in Approaching and Dealing with a Suspect**
 - PARR
 - Prepare for dealing with hazardous situations (training)
 - Anticipate potential threats and hazards
 - Recognize hazardous situations
 - Respond properly to situations
 - Awareness Rules and Concepts
 - Be aware of circumstances
 - Be aware of surroundings
 - Be aware of potential threats
 - Have an understanding of why you are doing things
 - Give someone a lawful order you must be mentally and physically prepared to back it up
 - Plan ahead to know what you are going to do once you put your hands on someone
 - Be aware of your own limitations
 - Recognize the limitations of your equipment
 - Don't hesitate
 - Don't accept challenges from the subject
 - Don't take verbal abuse personally
 - Don't underestimate the subject
 - Six Hazards in Approaching a Subject
 - Hands
 - Weapons / Potential Weapons
 - Friends and Associates
 - Escape Routes
 - Footing
 - Cover and Concealment
 - **Positioning**
 - Interview Position
 - Distance
 - Balance
 - Awareness
 - Gun side away
 - Position of Advantage
 - Plan ahead. Know what you are going to do once you put your hands on someone

- Expect a reaction
- **Principles of Persons Searches**
 - **Prior to the Search**
 - Types of person searches
 - Selecting a searching technique
 - **During the Search**
 - Elements of an effective search
 - Finding a weapon during the search
 - Threat of hypodermic needs during the search
 - Places where weapons / contraband are located
 - Searching members of the opposite sex
 - **Contact and Cover During Search**
 - Positioning
 - Communication
 - Finding a weapon
 - Dealing with resistance
- **Principles of Restraint Devices**
 - Handcuffs
 - Purpose of handcuffs
 - Limitations of handcuffs
 - Maintenance of handcuffs
 - Other Restraint Devices
 - Flex/Plastic restraints
 - Transportation chains
 - Use of hobbles
- **Prisoner Transportation**
 - Positioning of Prisoner
 - Control while placing into vehicle and applying seatbelt
 - Control while removing from vehicle and removal of seatbelt
 - Other Considerations
 - Medical emergencies
 - Combative prisoners
 - Positional asphyxia
- **Primary and Cover Officers**
 - Primary Officer
 - Decide when to use contact and cover techniques
 - Contact officer's responsibilities
 - Release of cover officer
 - Cover Officer
 - Response
 - Teamwork
 - Protect primary officer
 - Provide physical assistance

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- Provide a physical and psychological advantage
 - Communicate
 - Common Mistakes of Cover Officer
 - Interferes or escalates the problem
 - Engages in something else
 - Searches the same time as primary officer
 - Assumes a position where can't be of assistance
 - Separates from primary officer during a chase
 - Places himself and primary officer in cross fire
 - Fails to intervene when officer is out of line
 - Covers up for in-appropriate actions
 - **Physiological and Psychological Aspects**
 - Stress Indicators
 - Increased heart rate
 - Rapid breathing
 - Abnormal sweating
 - Uncontrollable body tremors
 - Mental Preparation
 - Mind set
 - Proper, adequate, consistent training
 - Confidence in abilities and skills
 - Lack of confidence creates compensating behaviors
 - Mind and body are one
 - Control of Self
 - Practice of skills through proper, adequate, consistent training
 - Exposure to a wide range of experiences
 - Calming the mind
 - Learn to respond rather than react
 - Conduct rhythmic breathing exercises
 - **Tactical Communications**
 - Officer's Attitude and Behavior
 - Remember the objective (control)
 - Professional v. personal
 - Don't take verbal abuse personally
 - Don't be-little or disrespect the person
 - Effective Communication
 - Verbal communication: officer to officer, officer to subject, officer to citizen
 - Intra-verbal communication: tone, and the pace
 - Non-verbal communication: observation, body language
 - Communication Technique Five Step Style
 - Ask
 - Context

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- Options
 - Confirm
 - ACT
 - **Stances**
 - **Basic Elements of Stances**
 - Balance
 - Stability
 - Mobility
 - **Footwork and Movement**
 - **Principles of Movement**
 - Patterns of movement
 - Body dynamics
 - **Carotid Control Hold**
 - **Introduction**
 - Description of the carotid control hold
 - Importance of training and re-training
 - Structures of the neck
 - Cause loss of consciousness
 - **General Guidelines**
 - Justification for the use of the carotid control hold
 - Time parameters
 - Steps to follow after the carotid control hold is applied
 - Steps to follow when subject submits prior to unconsciousness
 - Medical attention
 - Physical reactions after the use of the carotid control hold
 - Inherent danger when the carotid control hold is applied
 - Hazards of an improperly applied carotid control hold
 - Important elements of body positioning
 - Bar arm choke is not recommended
 - **Vulnerable Areas of the Body**
 - Areas of the body vulnerable to physical attack
 - Protection of vulnerable areas of the body
 - **Personal Weapons**
 - Body parts that can be used as personal weapons
 - Personal weapons to control the subject
 - Personal weapons and appropriate target areas
 - **Integration of Force Options**
 - Available of Force Options
 - Verbal skills
 - Professional presence
 - Firm grip
 - Pain compliance control holds
 - Mace, pepper spray, other chemical agents

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- Electrical devices
 - Personal weapons (Body parts)
 - Impact weapons
 - Use of canine
 - Neck restraints
 - Deadly force
 - Completing the arrest after the use of force
 - De-escalation and complete the arrest
 - Verbal commands
 - Establish control
 - Search
 - Application of restraint devices
 - **Practical Exercises: Arrest and Control / Self Defense**
 - **Warm Up**
 - Warm-up exercises
 - Warm up
 - Stretching
 - Wrist stretches
 - **Position Exercises**
 - Position of interview
 - Distance; the most important factor
 - Be aware of 360 degree circle around you
 - Be aware of cultural differences
 - Maintain a distance that allows peripheral vision from head to feet
 - Balance Stance
 - Weak foot forward, strong leg back, feet approximately shoulder width apart
 - Knees slightly bent
 - Put majority of weight on balls of your feet
 - Turn gun side away from the subject
 - Awareness
 - Be aware of circumstances
 - Be aware of surroundings
 - Be aware of potential threats
 - Follow general awareness rules and concepts
 - **Footwork and Movements**
 - Forward and backward movement
 - Shuffle step forward and backward
 - **Pivots**
 - Normal
 - Shuffle
 - Progressive

- **Rolls and Falls**

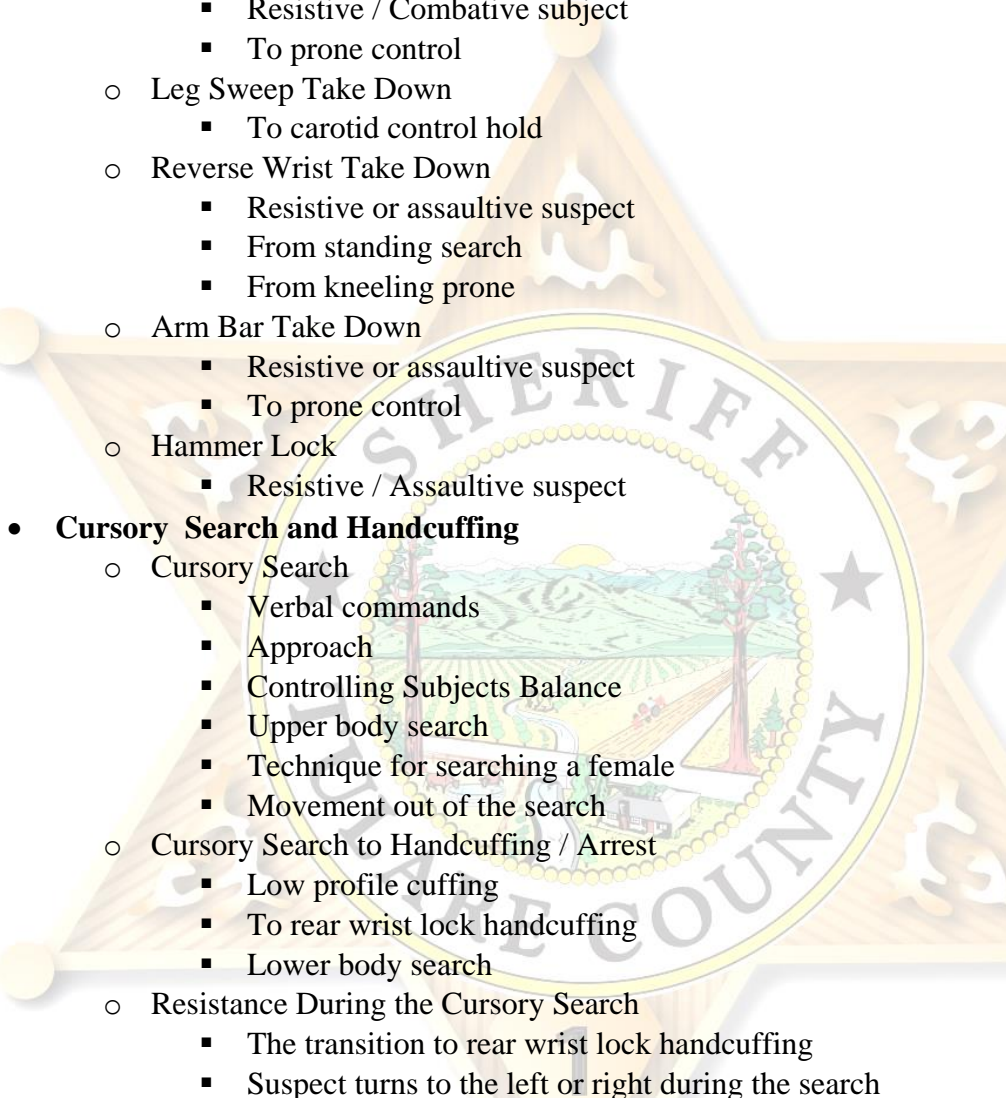
- Rolls
 - Forward
 - Backwards
- Falls
 - Forward break fall
 - Rear break fall
 - Sitting standing exercise
- From the Ground
 - Defense from the ground
 - Recovery to standing

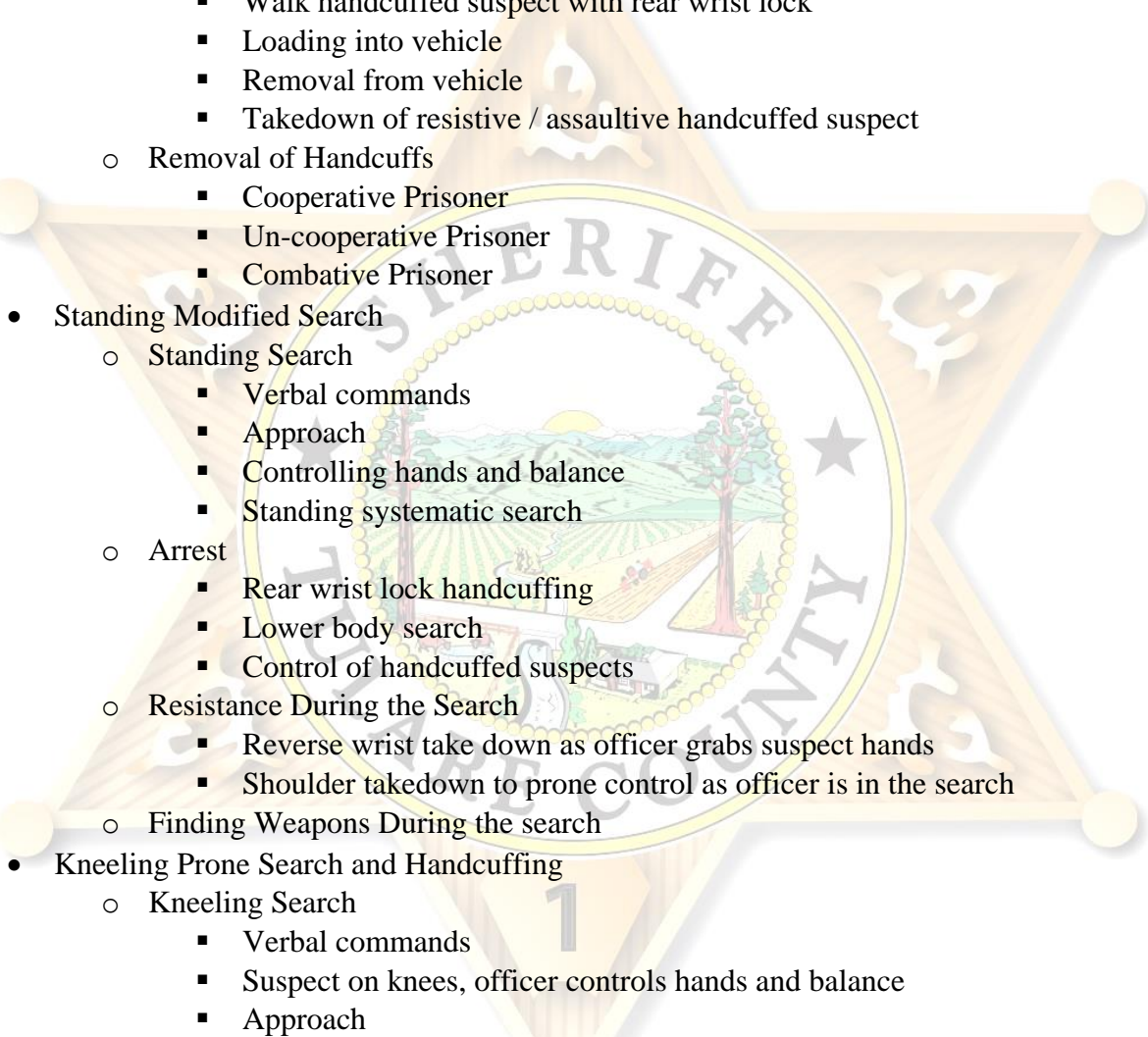
- **Control Hold Techniques**

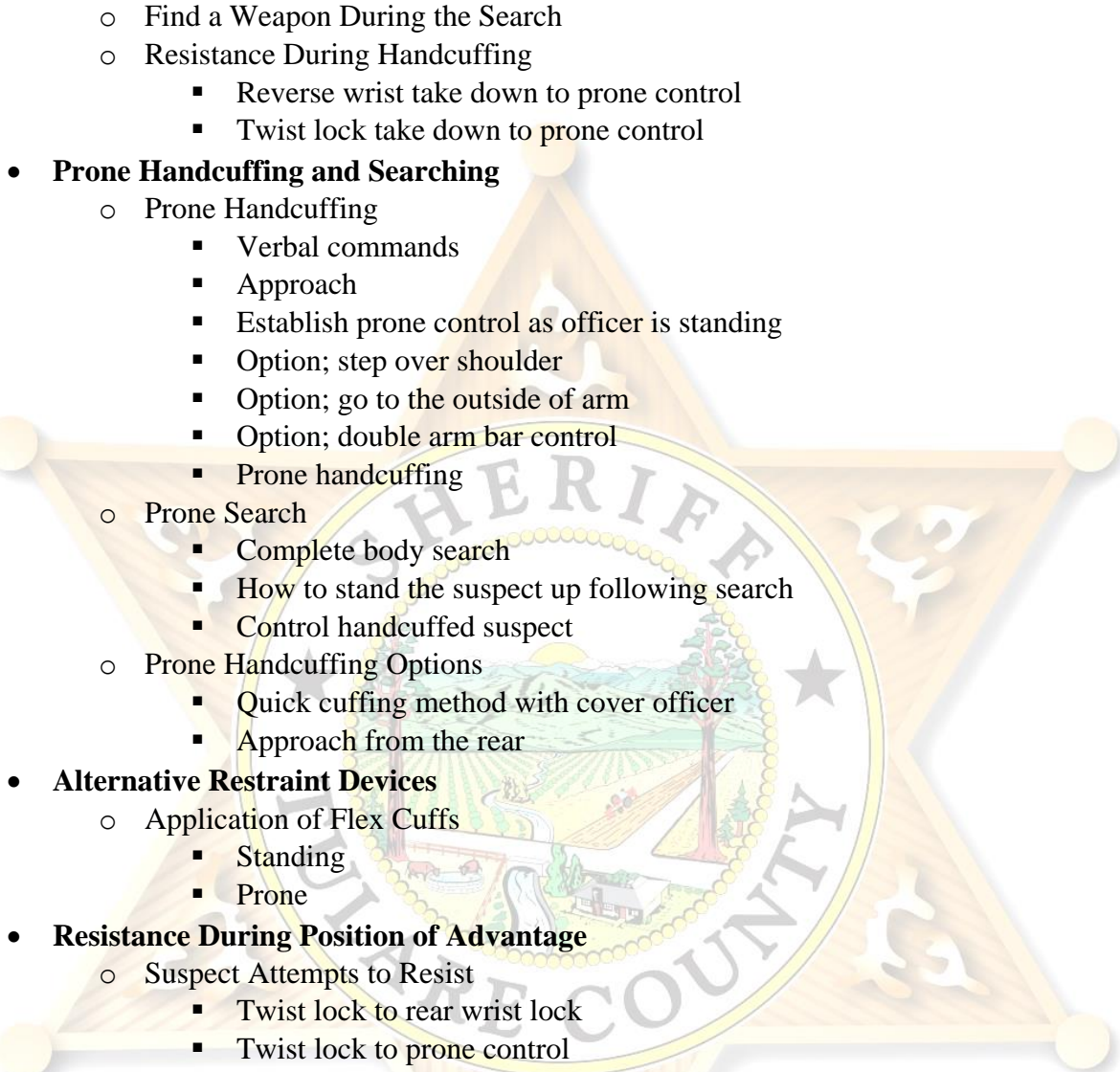
- Twist Lock
 - Applied from position of advantage
 - Applied to suspect for escort
 - Applied from a seated position
 - Applied to suspect in a vehicle for removal
 - Applied to a prone suspect
 - Applied to a supine suspect
 - Applied to suspect walking towards you
 - Applied to suspect walking away from you
 - Applied to suspect with back against the wall
 - Applied to suspect in defense of a straight punch
 - Applied to suspect from an arm bar position
 - Twist lock to rear wrist lock
- Rear Wrist Lock
 - For handcuffing
 - As an escort
 - Chin cup to rear wrist lock
- Bent Wrist Lock
 - As an escort
 - Resistance during handcuffing
- Prone Control
 - Kneeling prone
 - Prone control
- Hammer Lock
 - Applied to standing suspect
 - Applied to prone suspect
 - Applied to suspect back against the wall
 - Transition to handcuffing

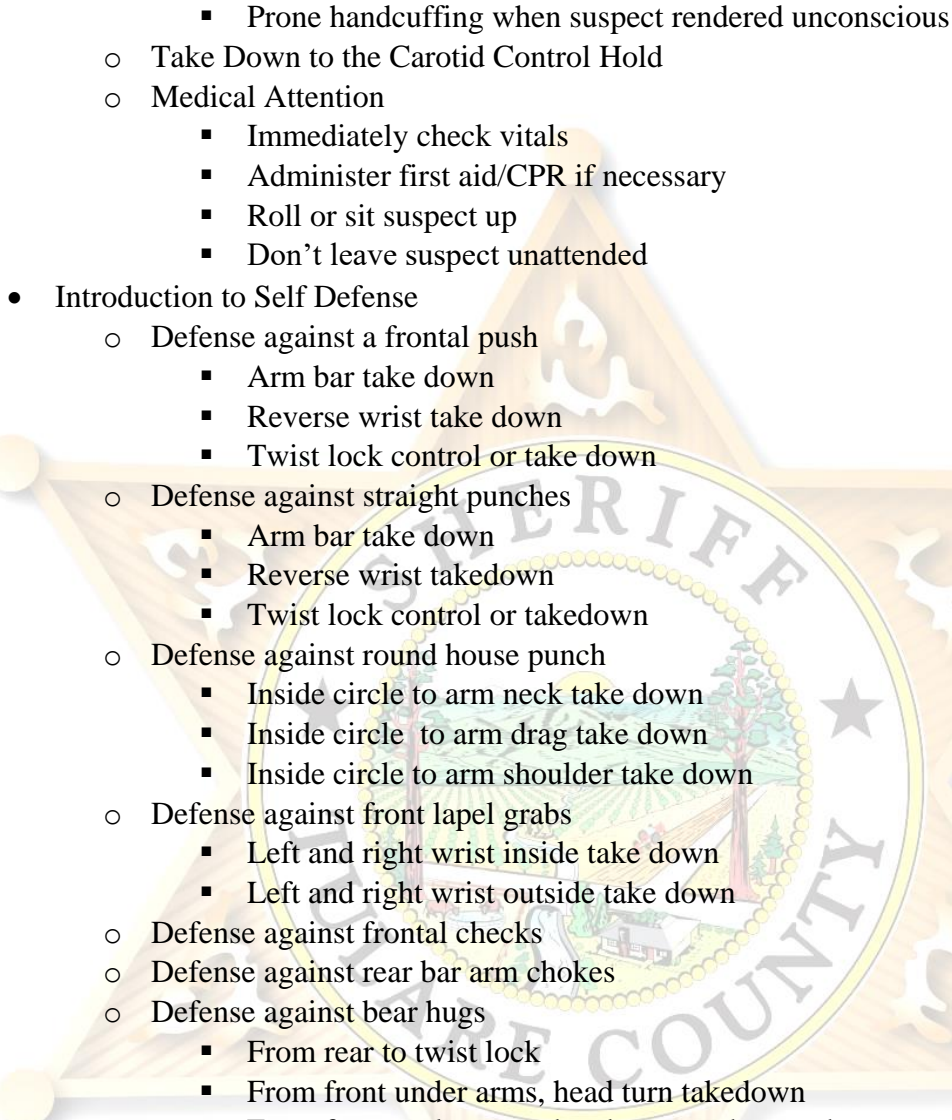
- **Take Down Techniques**

- Twist Lock Take Downs
 - To the front (prone)

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- The seal of the San Diego County Sheriff's Office is a large, faint watermark in the background. It features a five-pointed star with a circular center. Inside the circle is a landscape with a tree, a path, and a sun. The words "SHERIFF" and "COUNTY" are written around the circle, and "SAN DIEGO" is at the bottom.
- To the rear (supine)
 - To the side (to prone)
 - Cross Face Take Down
 - From cursory search
 - Hair / Neck Take Down
 - Resistive / Combative subject
 - To prone control
 - Leg Sweep Take Down
 - To carotid control hold
 - Reverse Wrist Take Down
 - Resistive or assaultive suspect
 - From standing search
 - From kneeling prone
 - Arm Bar Take Down
 - Resistive or assaultive suspect
 - To prone control
 - Hammer Lock
 - Resistive / Assaultive suspect
 - **Cursory Search and Handcuffing**
 - Cursory Search
 - Verbal commands
 - Approach
 - Controlling Subjects Balance
 - Upper body search
 - Technique for searching a female
 - Movement out of the search
 - Cursory Search to Handcuffing / Arrest
 - Low profile cuffing
 - To rear wrist lock handcuffing
 - Lower body search
 - Resistance During the Cursory Search
 - The transition to rear wrist lock handcuffing
 - Suspect turns to the left or right during the search
 - Cross face, neck / hair take down to prone control
 - Optional Cursory Search
 - Cursory Search from twist lock from position of advantage
 - Lower body search from twist lock
 - Twist lock to rear wrist lock handcuffing
 - **Controlling Handcuffed Suspects**
 - Proper Application of Handcuffs
 - Establish a degree of control (search first if possible)
 - Carry handcuffs where they can be reached by either hand
 - Clear wrist of any clothing

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- Align the handcuffs properly (Oblong wrist)
 - Do not slap or strike
 - Apply the cuffs snugly but not too tight
 - Handcuff behind the back
 - Double lock the handcuffs
 - Do not worry about key hole positioning
 - Control of Handcuffed Suspects
 - Walk handcuffed suspect with bent wrist
 - Walk handcuffed suspect with rear wrist lock
 - Loading into vehicle
 - Removal from vehicle
 - Takedown of resistive / assaultive handcuffed suspect
 - Removal of Handcuffs
 - Cooperative Prisoner
 - Un-cooperative Prisoner
 - Combative Prisoner
 - Standing Modified Search
 - Standing Search
 - Verbal commands
 - Approach
 - Controlling hands and balance
 - Standing systematic search
 - Arrest
 - Rear wrist lock handcuffing
 - Lower body search
 - Control of handcuffed suspects
 - Resistance During the Search
 - Reverse wrist take down as officer grabs suspect hands
 - Shoulder takedown to prone control as officer is in the search
 - Finding Weapons During the search
 - Kneeling Prone Search and Handcuffing
 - Kneeling Search
 - Verbal commands
 - Suspect on knees, officer controls hands and balance
 - Approach
 - Kneeling search
 - Arrest
 - To low profile or twist lock handcuffing
 - Lower body search while in the kneeling position
 - Control and standing up of handcuffed suspect, and continue lower body search
 - Resistance Suspect During the Search
 - Push suspect to prone position and back off

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- Reverse wrist take down at initial grab of suspect hands
 - Suspect resists during the search; shoulder take down to prone control
 - Find a Weapon During the Search
 - Resistance During Handcuffing
 - Reverse wrist take down to prone control
 - Twist lock take down to prone control
 - **Prone Handcuffing and Searching**
 - Prone Handcuffing
 - Verbal commands
 - Approach
 - Establish prone control as officer is standing
 - Option; step over shoulder
 - Option; go to the outside of arm
 - Option; double arm bar control
 - Prone handcuffing
 - Prone Search
 - Complete body search
 - How to stand the suspect up following search
 - Control handcuffed suspect
 - Prone Handcuffing Options
 - Quick cuffing method with cover officer
 - Approach from the rear
 - **Alternative Restraint Devices**
 - Application of Flex Cuffs
 - Standing
 - Prone
 - **Resistance During Position of Advantage**
 - Suspect Attempts to Resist
 - Twist lock to rear wrist lock
 - Twist lock to prone control
 - Arm bar take down to prone control
 - Cross face takedown to prone control
 - Chin cup to rear wrist lock
 - Attempted Assault on Officer
 - Defense against a punch to arm bar, to prone control
 - **Carotid Control Hold**
 - Application of the Carotid Control Hold
 - Basic application of the carotid control hold
 - Application of the chancery hold
 - Use on violently resisting suspect, when lower levels of force either do not fit or you are unable to use lower measures due to suspect's superior strength or skills
 - Affords the opportunity to de-escalate

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- Handcuffing Following the Carotid Control
 - Rear wrist lock handcuffing when suspect surrenders
 - Prone handcuffing when suspect rendered unconscious
 - Take Down to the Carotid Control Hold
 - Medical Attention
 - Immediately check vitals
 - Administer first aid/CPR if necessary
 - Roll or sit suspect up
 - Don't leave suspect unattended
 - Introduction to Self Defense
 - Defense against a frontal push
 - Arm bar take down
 - Reverse wrist take down
 - Twist lock control or take down
 - Defense against straight punches
 - Arm bar take down
 - Reverse wrist takedown
 - Twist lock control or takedown
 - Defense against round house punch
 - Inside circle to arm neck take down
 - Inside circle to arm drag take down
 - Inside circle to arm shoulder take down
 - Defense against front lapel grabs
 - Left and right wrist inside take down
 - Left and right wrist outside take down
 - Defense against frontal checks
 - Defense against rear bar arm chokes
 - Defense against bear hugs
 - From rear to twist lock
 - From front under arms, head turn takedown
 - From front under arms, head turn trachea push
 - Defense against school boy headlocks
 - Defense against wrist grabs
 - Same side grab Left wrist to reverse wrist takedown
 - Same side grab Right wrist to reverse wrist takedown
 - Opposite side grab left wrist to arm bar takedown
 - Opposite side grab right wrist to arm bar takedown
 - Both wrist grab from front to reverse wrist takedown
 - Both wrist grab from the rear to twist lock take down
 - Introduction to Expandable Baton
 - Safety Rules
 - Pay attention to instructors
 - Limit activities during class to only those being taught

- Practice correct form and techniques
- **Department Policy on Use of Baton**
 - Review Use of Force Policy
 - 835a; Reasonable force to effect an arrest, overcome resistance and prevent escape
 - Graham v. Connor; force used by a peace officer must be objectively reasonable
 - Baton; types that are authorized for carry and use
 - Procedures
 - Report use of baton
 - Documentation of injuries
 - Preparation of detailed report
- **Justification in use of the Baton**
 - Officer faces multiple suspects
 - Due to a suspects size, strength, skill or ability it would be unreasonable to attempt to control the suspect through use of unarmed tactics
- **Strike Areas**
 - Arms
 - Legs
 - Mid-section
 - Sides and ribcage
- **Non-Target Areas**
 - Neck
 - Throat
 - Spine
 - Kidney
 - Groin
- **Baton Techniques**
 - Two Hand Low Defense
 - Defense against a kick
 - Defense against a punch
 - Defense against an overhead attack
 - Upper Cradle
 - Defense against a kick
 - Defense against a punch
 - Defense against an overhead attack
 - Lower Cradle
 - Defense against a kick
 - Defense against a punch
 - Defense against an overhead attack
 - Baton Retention
 - Tip grab
 - Center grab

- From rear while on belt
 - From front while on belt
- **Student Evaluations and Testing**
 - Written Exam
 - Use of Force
 - Principles and Premises
 - Principles of searches and handcuffing
 - Carotid control hold
 - Tactical communications
 - Physical Exam
 - Footwork and pivots
 - Searching and handcuffing
 - Carotid control hold
 - Control holds to takedowns
 - Self-defense against punches, grabs and chokes

