

The background of the page features a large, semi-transparent Tulare County Sheriff's Office badge. The badge is a five-pointed star with a central circular seal. The seal depicts a landscape with a sun, mountains, a river, and a house. The words "SHERIFF" and "TULARE COUNTY" are written around the seal. The number "1" is visible at the bottom point of the star.

**The Tulare County Sheriff's Office**  
**Arrest and Control Baton Update**  
**Expanded Course Outline**

**POST PERISHABLE SKILLS PROGRAM (PSP)  
III - ARREST AND CONTROL BATON UPDATE**

**COURSE GOAL:**

This course will provide the student with the minimum topics of arrest and control required in the POST Perishable Skills Program (PSP). The student will develop the necessary tactical knowledge and skills to safely and effectively arrest and control a subject. In addition, this course will also review the use of a baton on how it applies to law enforcement.

This course consists of a hands-on/practical skills arrest and control training for in-service officers. The course will provide the student with the knowledge and understanding on the use of force as it relates to departmental policies and procedures, state and federal laws. It will give the student tools for proper decision making when confronted by a compliant, resistive, or combative subject. In this course the student will be exposed to various principles such as awareness, balance, and control. Other topics include use of force legal concerns, de-escalation options, and baton deployment concepts.

This course provides updated legislative content of Penal Code Section 835a.

**The training will be presented in an 8 hour format allowing for flexibility based upon specific agency or the needs of the student, and as long as the minimum topics are contained within each format independently.**

**ARREST AND CONTROL MINIMUM TOPICS/ EXERCISES:**

- a. Policies, legal standards, and report writing
- b. Use of Force considerations
- c. Safety orientation and warm-up(s)
- d. De-escalation/ Verbal commands- in exercise(s)
- e. Body balance/stance/movement patterns - in exercise(s)
- f. Search - in exercise(s)
- g. Equipment/Restraint device(s) use - in exercise(s)
- h. Subject's Actions and Officer's response to force
- i. Control/Takedown - in exercise(s) Verbal command
- j. Class Exercises/Student Evaluation/Testing
- k. Recovery/First Aid (as applicable)

**COURSE OBJECTIVES:**

**Under the supervision of an instructor the student will:**

1. **Demonstrate knowledge of their individual Department Arrest and Control Policy and current case law.**
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
4. Demonstrate knowledge and the physical techniques of the baton from standing and ground positions.

Minimum standards of performance shall be tested 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 Instructor, remediation will be provided until the standard is met.

**Expanded Course Outline**

**I. Lecture**

**A. COURSE INTRODUCTION**

- 1. INSTRUCTOR INTRODUCTION
- 2. COURSE INTRODUCTION
- 3. COURSE CONTENT
- 4. STUDENT EVALUATION
- 5. FACILITY LAYOUT
  - a. Facility Amenities
  - b. Location of First Aid Supplies

**B. COURSE SAFETY PROCEDURES**

- 1. PARTICIPANTS HAVE ACCESS TO THE SAFETY GUIDELINES
- 2. SAFETY PROCEDURES
  - a. Report any medical limitations by students
  - b. Report any injuries during class
  - c. Do not resist your partner unless instructed
  - d. Use "Double Tap Release"
  - e. No force on force with baton use
- 3. BRIEFING ON HAZARDS OF TRAINING SITE
  - a. Any hazards on site will be brought to the student's attention
  - b. Any hazards on site will be brought to instructor's attention

**4. EQUIPMENT GUIDELINES**

- a. No firearms, live ammunition, edged weapons, or chemical agents allowed in training environment
- b. No electronic control devices allowed in training environment

- c. Students to wear appropriate safety equipment and attire

**5. PRE-INSTRUCTIONS**

- a. Students will know safety and performance expectations
- b. Students must follow safety guidelines
- c. Students must stay within performance guidelines

**C. USE OF FORCE**

**III(a)(b)(h)**

**1. COURSE OBJECTIVES**

- a. Demonstrate the understanding of arrest and control
- b. Demonstrate the physical application of control during the course
- c. Demonstrate the understanding of the legal standards of using force
- d. Teach safe and effective baton techniques
- e. Explain the importance of ongoing training

**2. FORCE ASSESSMENT**

- a. Observe
- b. Orient
- c. Decide
- d. Act

**3. INTERVENTION**

- a. Professional
- b. Direct
- c. Delayed

**4. POLICIES AND LEGAL ASPECTS OF USE OF FORCE**

- a. Objective reasonableness standard (Case Law Graham V. Conner)
- b. Penal Code 835(a) (Reasonable force)
- c. AB 392 discussion
- d. Federal court decisions
- e. Department Policies and Procedures
- f. SB 230 discussion

**5. LIABILITY ISSUES**

- a. Administrative Action
- b. Criminal liability
- c. Federal liability
- d. Civil liability

**6. DOCUMENTATION IN USE OF FORCE CASES**

- a. Justification for using Force Options
- b. Relevant factors and details
- c. De-escalation strategies and techniques utilized

**D. DE-ESCALATION**

**III(a)(b)(h)**

1. DEFINITION
  - a. Process of strategies and techniques
  - b. Recognize common misconceptions and benefits
2. Four core concepts
  - a. Self-Control
  - b. Strategic Communications
  - c. Scene assessment and management
  - d. Force options
3. Time, distance, cover and concealment assistance
  - a. Tactical repositioning
  - b. Discussion

**E. PRINCIPLES AND CONCEPTS**

**III(a)(b)(h)**

1. AWARENESS
  - a. Defined
  - b. Manage distance, manage damage
2. BALANCE
  - a. Reasonable force options
  - b. Limitations
  - c. Confidence in abilities and skills
  - d. Self knowledge
3. EXTERNAL CONTROL
  - a. General Control
  - b. Physical Control
  - c. Leverage Based- Joint Locks
  - d. Personal Body Weapons
  - e. Take Downs
4. INTERNAL CONTROL
  - a. Practice of skills through proper, adequate, consistent training
  - b. Exposure to a wide range of experiences
  - c. Calming the mind
  - d. Learn to respond rather than react
  - e. Conduct rhythmic breathing exercises

**F. PRINCIPLES OF SEARCHES**

**III(a)(b)(h)**

1. PRIOR TO THE SEARCH
  - a. Types of person searches
  - b. Selecting a searching technique
2. DURING THE SEARCH
  - a. Elements of an effective search

- b. Finding a weapon during the search
- c. Threat of hypodermic needles during the search
- d. Places where weapons/contraband are located
- e. Searching members of the opposite sex

<b>G.</b>	<b>PRINCIPLES OF RESTRAINT DEVICES</b>	<b>III(a)(b)(h)</b>
	<b>1. HANDCUFFS</b> <ul style="list-style-type: none"><li>a. Review purpose of handcuffs</li><li>b. Limitations of handcuffs</li><li>c. Position before submission</li></ul>	
<b>H.</b>	<b>PERSONAL WEAPONS</b>	<b>III(a)(b)(h)</b>
	<b>1. SELF DEFENSE</b>	
	<b>2. DEFENDING OTHERS</b>	
	<b>3. EFFECTING ARREST</b>	
	<b>4. PREVENT ESCAPE</b>	
	<b>5. OVERCOME RESISTANCE</b>	
<b>I.</b>	<b>INTEGRATION OF THE BATON</b>	<b>III(a)(b)(h)(k)</b>
	<b>1. USE OF BATON</b> <ul style="list-style-type: none"><li>a. Departmental policy on use of baton</li><li>b. Justification</li><li>c. Target areas to avoid</li><li>d. Target areas for compliance</li></ul>	
<b>II.</b>	<b>PRACTICAL EXERCISES: ARREST AND CONTROL</b>	
<b>A.</b>	<b>WARM- UP</b>	<b>III(c)(e)</b>
	<b>1. WARM-UP EXERCISES</b> <ul style="list-style-type: none"><li>a. Warm-up<ul style="list-style-type: none"><li>• Base get up</li><li>• Table top spins</li><li>• Knee slides</li></ul></li><li>b. Stretching<ul style="list-style-type: none"><li>• Neck</li><li>• Shoulders</li><li>• Hips</li></ul></li></ul>	
<b>B.</b>	<b>POSITION EXERCISES</b>	<b>II(e)</b>
	<b>1. BASIC ELEMENTS OF STANCES</b> <ul style="list-style-type: none"><li>a. Balance</li><li>b. Stability</li><li>c. Mobility</li></ul>	

**2. BALANCE STANCE**

- a. Weak foot forward, strong foot back, feet approximately shoulder width apart
- b. Knees slightly bent
- c. Put majority of weight on balls of your feet
- d. Turn gun side away from the subject

**C. FOOTWORK & MOVEMENTS**

**III(e)**

**1. PRINCIPLES OF MOVEMENT**

- a. Patterns of movement
- b. Body Dynamics
- c. "Off the X"

**2. FORWARD AND BACKWARD MOVEMENT**

- a. Progressive step forward and backward
- b. Shuffle step forward and backward

**3. SIDEWAY MOVEMENT**

- a. Slide-Step left and right

**4. ANGLES**

- a. Left 10-7 (Clock)
- b. Right 2-5 (Clock)

**5. FROM THE GROUND**

- a. Defense from the ground
- b. Base get up recovery

**D. CONTROL HOLD TECHNIQUES**

**III(b)(d)(e)(i)**

**1. POSITION OF ADVANTAGE**

- a. How to get there; Arm-drag
- b. Arm-drag opposite arm
- c. Other set up options can be discussed:
  - Applied when subject attempts to flee
  - Applied when subject attempts to assault officer
  - Applied to subject for escort
  - Applied from a seated position
  - Applied to subject in a vehicle for removal

**2. BENT WRIST LOCK**

- a. Applied to prone subject
- b. Other set up options can be discussed:
  - Applied to escort
  - Applied when there's physical resistance during handcuffing

3. **STANDING HAMMER LOCK**
  - a. **Resistive/assaultive subject**
  - b. **Jamming subject**
  - c. **Other set up options can be discussed:**
    - **Personal body weapons**
    - **Take down entry**
    - **Applied for vehicle removal**
    - **Applied to subject back against the wall**

**E. TAKE DOWN TECHNIQUES**

**III(b)(d)(e)(i)**

1. **REAR SIT TAKE DOWN**
  - a. **Subject attempts to pull away, flee, or fight**
  - b. **Subject falls to the rear**
  - c. **To handcuffing**
  - d. **Physical resistance options:**
    - **2 on 1 cross body**
    - **Figure four hammer lock**

2. **HAMMER LOCK TAKE DOWN**
  - a. **Resistive/assaultive subject**
  - b. **Jamming subject**
  - c. **To prone hold down**
  - d. **To handcuffing**
  - e. **Physical resistance options:**
    - **Leg sweep**
    - **Subject attempts take down**
    - **Knee ride**

**F. TWO OFFICER ONE SUBJECT**

**III(b)(d)(e)(h)(i)**

1. **PRIMARY OFFICER-LECTURE**
  - a. **Decide when to use contact and cover techniques**
  - b. **Contact officer's responsibilities**
  - c. **Release of cover officer**
2. **COVER OFFICER-LECTURE**
  - a. **Response**
  - b. **Teamwork**
  - c. **Protect primary contact officer**
  - d. **Provide physical assistance**
  - e. **Provide a physical and psychological advantage**
3. **COMMON MISTAKES OF COVER OFFICER-LECTURE**
  - a. **Interferes or escalates the problem**
  - b. **Engages in something else**
  - c. **Assumes a position where he/she can't be of assistance**
  - d. **Places him/ herself and primary contact officer in a cross fire**



**4. COMMUNICATION-LECTURE**

- a. Assign tasks
- b. Officer Safety risks
- c. Act

**5. TEAM TAKE DOWN-PHYSICAL APPLICATION**

- a. Resistive/assaultive subject
- b. To prone hold down
- c. To handcuffing

**G. GROUND CONTROL**

**III(b)(d)(e)(g)(i)**

**1. HAMMER LOCK CONTROL**

- a. Applied to prone subject
- b. Control subject's hips
- c. Lock subject's shoulder to minimize movement
- d. Stay balanced
- e. To handcuffing
- f. Option: Baton substitution

**2. FIGURE FOUR HAMMER LOCK CONTROL**

- a. Resistive/assaultive subject
- b. Control subject's arm
- c. Lock subject's shoulder to minimize movement
- d. Stay balanced
- e. To handcuffing

**3. ARM BAR CONTROL**

- a. Control subject's arm
- b. Utilize radio/ communication
- c. Stay balanced
- d. To handcuffing

**4. TOP MOUNT CONTROL**

- a. Control subject's hips with anchor points
- b. Post arms for stability
- c. Stay balanced
- d. Keep head control
- e. Maintain weapon retention
- f. To handcuffing
- g. Physical resistance options:
  - Figure Four Arm Lock

**5. BACK CONTROL**

- a. Control subject's hips
- b. Seat belt grip
- c. Strong side vs. weak side
- d. Weapon retention

- e. To handcuffing
- f. Physical resistance options:
  - Wrist control

**6. BASE BREAK DOWN**

- a. Applied to subject in defensive base
- b. Control far leg
- c. Push subject over
- d. Physical resistance options:
  - Near arm break down

**7. ARM RETRIEVAL**

- a. Applied to prone subject
- b. Control subject's hips
- c. Retrieve each hand independently
- d. Flare elbows
- e. Stay balanced
- f. To handcuffing

**8. HIDDEN ARM RETRIEVAL**

- a. Applied to prone subject
- b. Control subject's hips with a knee ride position
- c. Separate subject's elbow from ribs
- d. Stay balanced
- e. Use leverage
- f. To handcuffing

**9. BATON LEVERAGE**

- a. Applied to prone subject
- b. Retrieve baton with awareness
- c. Slide baton under armpit
- d. Use leverage
- e. Weapon retention
- f. To handcuffing

**10. FIGURE FOUR LEG CONTROL**

- a. Applied to prone subject
- b. Contact officer must be present on upper torso
- c. Shin must fit into subject's back of knee
- d. Stay balanced
- e. Communicate
- f. Reduce when possible

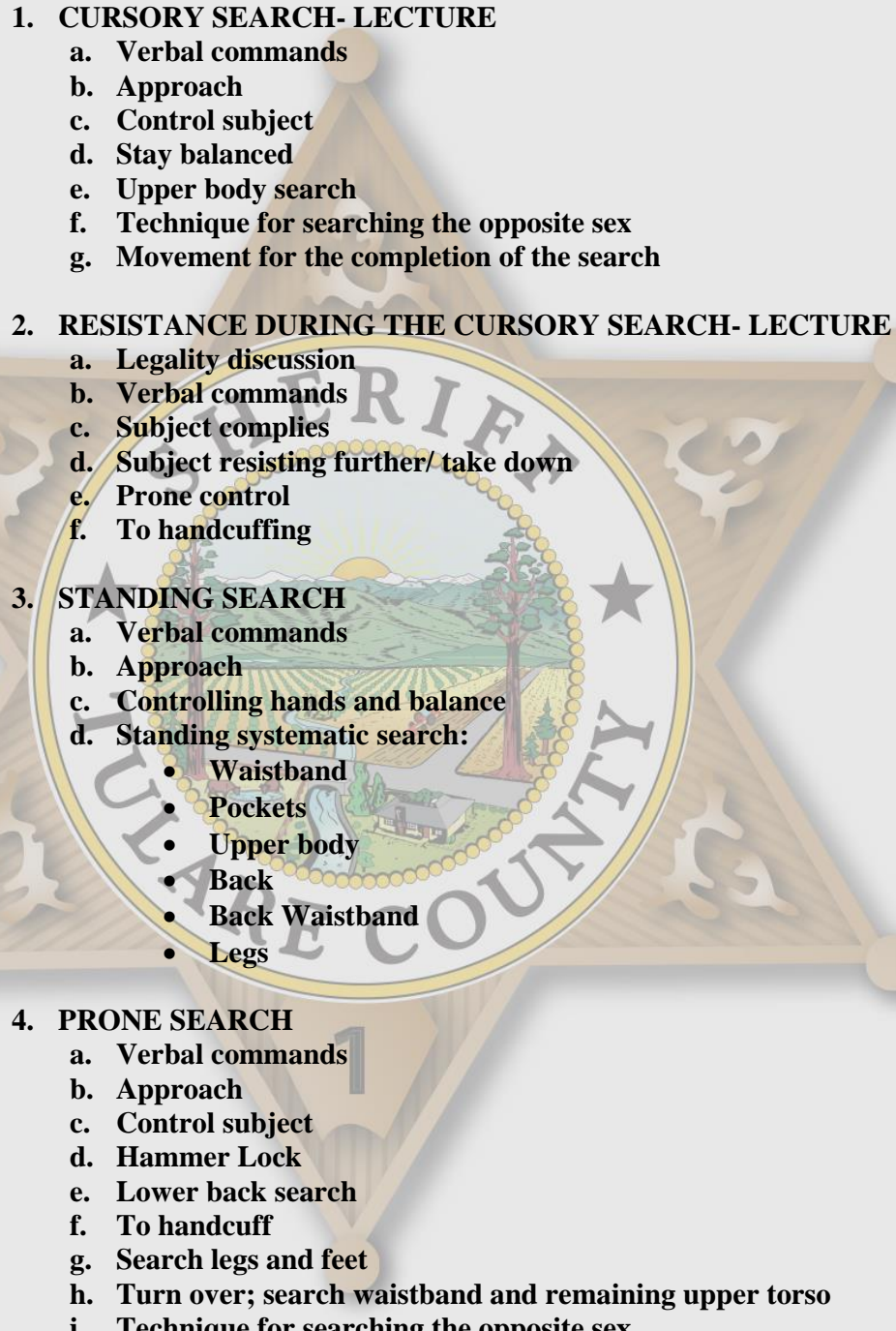
**11. BATON ANKLE SMASH CONTROL**

- a. Applied to prone subject
- b. Contact officer must be present on upper torso
- c. Place baton on ankle
- d. Stay balanced

- e. Communicate
- f. Reduce when possible

**H. PERSON SEARCHES**

**III(a)(b)(d)(f)(g)(h)(i)**

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- 1. CURSORY SEARCH- LECTURE**
    - a. Verbal commands
    - b. Approach
    - c. Control subject
    - d. Stay balanced
    - e. Upper body search
    - f. Technique for searching the opposite sex
    - g. Movement for the completion of the search
  - 2. RESISTANCE DURING THE CURSORY SEARCH- LECTURE**
    - a. Legality discussion
    - b. Verbal commands
    - c. Subject complies
    - d. Subject resisting further/ take down
    - e. Prone control
    - f. To handcuffing
  - 3. STANDING SEARCH**
    - a. Verbal commands
    - b. Approach
    - c. Controlling hands and balance
    - d. Standing systematic search:
      - Waistband
      - Pockets
      - Upper body
      - Back
      - Back Waistband
      - Legs
  - 4. PRONE SEARCH**
    - a. Verbal commands
    - b. Approach
    - c. Control subject
    - d. Hammer Lock
    - e. Lower back search
    - f. To handcuff
    - g. Search legs and feet
    - h. Turn over; search waistband and remaining upper torso
    - i. Technique for searching the opposite sex
    - j. Movement for the completion of the search

**I. USE OF RESTRAINTS**

**III(a)(b)(d)(e)(g)(h)**

1. **QUICK CUFFING**
  - a. Performed standing, kneeling, or prone
  - b. Verbal commands
  - c. Approach
  - d. Control subject
  - e. Stay balanced
  - f. From cross hand control
  - g. Use non-gun hand (Pinky to thumb)
  - h. Control of handcuffed subject
2. **TWISTING ARM HANDCUFFING**
  - a. From mount position
  - b. Control subject
  - c. Stay balanced
  - d. Turn subject over with leverage
  - e. Control of handcuffed subject
3. **REMOVAL OF HANDCUFFS**
  - a. Cooperative subject
  - b. Un-cooperative subject
  - c. Combative subject

**III. BATON USE PRACTICAL EXERCISE**

**III(a)(b)(e)(g)(h)(k)**

1. **COLLAPSED**
  - a. Hammer strike
  - b. Punching
2. **EXTENDED BATON**
  - a. Left/ Right push block
  - b. Single hand strike
  - c. Two hand strike
  - d. Jab- If applicable
3. **BATON RETENTION**
  - a. Defense against a one hand grab
  - b. Defense against two handed grab
4. **FIRST AID**
  - a. Policy and procedures
  - b. Immediacy vs. pending

**IV. STUDENT EVALUATIONS AND TESTING**

**III(b)(j)**

1. **PHYSICAL EXAM**
  - a. Footwork and Pivots
  - b. Searching and Handcuffing
  - c. Take Downs

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- d. Ground Control
- e. Self-defense
- f. Baton use

*Testing: Any student scoring below standard on any exercise, as established by the Instructor, will be remediated and tested until standard is achieved.*

