

## ARREST & CONTROL

### 6 Hour Outline

#### **STATEMENT OF PURPOSE:**

Provide in-service policer officers with ongoing, safe, effective, and efficient Arrest and Control techniques that meet or exceed POST perishable skills training requirements.

#### **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**

1. Demonstrate Knowledge of their individual Department Use of Force 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. Judgement 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

**EXPANDED COURSE OUTLINE:**

I. Registration and Orientation

A. Introduction, Registration and Orientation

1. Course roster
2. Instructor and student introductions
3. Expectations

B. Course Objectives

1. Judgement and Decision-Making
2. Officer Safety
3. Body Balance, Stance and Movement
4. Searching/Handcuffing Techniques
5. Control Holds/Takedowns
6. De-escalation/Verbal Commands
7. Effectiveness Under Stress Conditions

II. Use of Force Policies and Legal Issues

**III (a, b)**

A. Review Department Use of Force Policy

1. SB 230 guidelines
2. Use of Force policy updates

B. Case Law Update

1. Tennessee v Garner
2. Graham v Conner
3. San Diego v Forrester
4. Other applicable case law

C. Overview of Penal Code Updates

1. AB 392
2. PC 835a
3. PC 196

D. Report writing

1. Proper documentation of use of force incidents
2. Articulation of events
3. Documentation of injuries/aid rendered to subjects, officers, bystanders

III. Safety Orientation and Warm-Up

**III (c)**

A. Review of Safety Policies and Injury Precautions

1. Review safety policy
2. Emergency exits
3. AED

4. Avoiding injury
- B. Warm-up
  1. Stretching exercises to prevent injuries
  2. Mental preparation
- C. Physical and Mental Conditioning
  1. Three biggest disablers
    - a. Heart attack
    - b. Lower back and knee injuries
    - c. Peptic ulcers
  2. How to reduce Individual risk to above disablers
    - a. Nutrition
    - b. Lifetime fitness
      - i. Cardio conditioning
      - ii. Strength conditioning
      - iii. Flexibility and longevity
  3. Breathing while engaged in high stress incidents
  4. Mental preparedness for physical altercations
  5. “No quit” mentality

IV. Subject’s Actions and Officer’s Response

**III (h, j)**

- A. Subject’s actions
  1. Compliant
  2. Passive non-compliant
  3. Actively Resistant
  4. Assaultive
  5. Life Threatening
- B. Officer’s Response to Resistance
  1. Non-deadly
  2. Intermediate force
  3. Deadly force
- C. Students will participate in a scenario-based exercise to demonstrate
  1. Safety
  2. Awareness/Self-control
  3. Balance
  4. Control
  5. Controlling Force
  6. Proper Techniques
  7. Verbal commands/instructions

V. Officer Awareness/Tactical Considerations

**III (e)**

- A. Initial approach with subject

1. Hands
2. Cover
3. Weapons/bulges
4. Footing/balance, officer's ability to stay on his/her feet

B. Tactical Considerations

1. Associates, subjects, and officers (resources available)
  - a. Pre-planning tactics/communication with other officers
2. Escape routes, subjects – tactical retreat, officers

VI. Body Balance/Stance and Movement from Position of Interview and Position of Advantage **III (e)**

A. Footwork review

1. Forward shuffle
2. Rear shuffle
3. Normal pivot
4. Shuffle right and left
5. Pivot right and left
6. Progressive pivot
7. Shuffle pivot

B. Body balance and movement

1. How to fall to the ground safely and assume a position of advantage
2. Access to equipment on duty belt while in a position of advantage and on the ground

VII. Search/Handcuffing **III (f, g, k)**

A. Search

1. Visual search (plain view)
2. Pat down
3. Incident to arrest/complete search

B. Handcuffing techniques from

1. Standing
2. Kneeling
3. Prone

C. Assess for officer and suspect injuries

1. Render first aid or request additional medical as needed
2. Document

VIII. Control Holds/Take Downs **III (i, k)**

A. Control hold

1. Joint manipulation

- 2. Pain compliance
- B. Take downs
  - 1. Various positions
    - a. Handcuffed
    - b. Non-cuffed
  - 2. Single officer
  - 3. Multiple officer
- C. Assess for officer and suspect injuries
  - 1. Render first aid or request additional medical as needed
  - 2. Document

IX. Moral obligations/De-Escalation of Force

III (d)

- A. Duty to Intercede
- B. Self-discipline and restraint
- C. Verbal commands
  - 1. Tone of voice
  - 2. Gain voluntary compliance
  - 3. Single communicator
- D. Assessment
  - 1. Ability
  - 2. Opportunity
  - 3. Intent
  - 4. Recognize when to escalate vs. de-escalate
    - a. When verbal commands fail – time to take action
    - b. Use of force warning when feasible
- E. Tactics
  - 1. Distance plus cover equals time
  - 2. Resources
  - 3. Contiguously plan
- F. Recovery first aid and medical clearance of suspect once force is used

X. Student Recovery

III (k)

- A. Cool down
  - 1. Stretching
  - 2. Hydration
- B. Injuries
  - 1. Treat
  - 2. Document

XI. Testing/Remediation

III (j)

**Testing: Any student scoring below standard on any exercise, as established by the Vacaville Police Department, will be remediated and tested until competency is demonstrated to the satisfaction of the Vacaville Police Department.**

XII. Impact Weapons

A. Overview of course

1. Safety orientation
2. Review department policy, procedures, case law
3. Discuss target areas
4. Nomenclature
5. Footwork review
6. Review strikes, jabs, and blocks
7. Baton retention techniques

B. Assess for officer and suspect injuries

1. Render first aid or request additional medical as needed
2. Document

C. Student Recovery

1. Cool down
  - a. Stretching
  - b. Hydration
2. Injuries
  - a. Treat
  - b. Document

D. Students will participate in a scenario-based exercise to demonstrate

1. Safety
2. Awareness/Self-control
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal commands/instructions

XIII. Testing/Remediation

III (j)

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