



## **Basic Arrest and Control (PSP)**

### **COURSE GOAL:**

The course will provide the trainee with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP). The trainee will develop 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. ***The training may be presented in a 4, 6, or 8-hour format allowing for flexibility based upon specific agency or trainee group needs, and if the minimum topics are contained within each format independently.***

### **I. MINIMUM TOPICS/EXERCISES:**

- 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) use - in exercise(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)

### **II. COURSE OBJECTIVE(S):**

#### **1. INSTRUCTIONAL**

- A. To provide the police officer with technical knowledge as to the functioning of the standard handcuff, to include the nomenclature of this tool.



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- B. To make the police officer aware of the various means by which the standard set of handcuffs can be defeated.
- C. To make the police officer capable of conducting compliant arrests in a safe manner, utilizing the handcuffing procedures contained herein.

## 2. TRAINEE

- A. Demonstrate knowledge of their individual Department Arrest and Control Policy.
- B. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques.
- C. Demonstrate a minimum standard of arrest and control skills with every technique and exercise, to include:
  - 1. Judgment 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

*Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique and exercise. If the trainee 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**

- A. Introduction, Registration and Orientation
- B. Course Objectives/Overview, Exercises, Evaluation/Testing

### **II. SAFETY ORIENTATION AND WARM-UP**

- A. Review of Safety Policies and injury precautions
- B. Students will participate in warm-up/stretching exercises



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**III. USE OF FORCE POLICIES AND LEGAL ISSUES III(g,j)**

A. Case Law Update, report documentation and policy

1. Tennessee v Garner
2. Graham v Connor
3. Forrester v San Diego
4. Long Beach v Long Beach POA
5. Status of Pepper Spray Cases (Humboldt Co., etc.)

B. Local Policies

**IV. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE III(h)**

A. Suspect attacks officer

B. Locking resistance

C. Going limp. (Should not use term passive resistance)

D. Resisting with apparatus (Chaining to objects, using large pipes with arms locked inside).

E. Use of pain compliance/pressure point/distraction techniques

F. Mental conditioning for arrest control-Color-coding:

1. White = relaxed frame of mind
2. Yellow = general awareness, minimum level of awareness, uniform
3. Orange - specific awareness, 75%-25% theory, checklist of six (75% on the individual or situation, 25% still on general surroundings)

• Check-list of six used on initial approach with subject

- (1) Hands
- (2) Cover
- (3) Weapons/bulges
- (4) Associates, subjects and officers (resources available)



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- (5) Escape routes, subjects - tactical retreat, officers
- (6) Footing/balance, officer=s ability to stay on his/her feet

4. Red = fight or flight

**V. PHYSICAL CONDITIONING**

A. Three Biggest Disablers

1. Heart Attacks
2. Lower Back and Knee Injuries
3. Peptic Ulcers

B. How to Reduce Individual Risk to Above Disablers

1. Nutrition
2. Life threatening physical altercations, 90 seconds of explosive endurance

**VI. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE**

Footwork Review:

- A. Forward shuffle
- B. Rear shuffle
- C. Normal pivot
- D. Shuffle right and left
- E. Pivot right and left
- F. Progressive pivot
- G. Shuffle pivot
- H. How to fall to the ground safely and assume a fighting position
- I. Access to equipment on duty belt while in a fighting stance and on the Ground



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**VII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING  
DE-ESCALATION, VERBAL COMMANDS**

A. Overview on restraint devices and need to double lock and check for tightness

1. Suspect cannot be handcuffed due to injuries
  - a. First Aid - Suspect injured, wounds, fractures
  - b. Special circumstances (i.e. Pregnant females)
  - c. Complaint of pain should be documented
  - d. Failing to double lock handcuffs can result in injury to suspect and liability to an agency

B. Unknown Risk Handcuffing techniques

1. Low Profile twist-lock
  - a. Verbal commands
  - b. Twist lock control
  - c. Handcuffing
2. Standing Modified Search, to a rear wrist lock and handcuffing
3. Takedown from standing modified, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact wpn., chem. agent, etc.) on duty belt.

C. High risk prone or kneeling, to a prone control and handcuffing.

1. High risk kneeling
  - a. Verbal commands
  - b. Low profile twist lock
  - c. Search
  - d. Handcuffing
2. High risk prone
  - a. Verbal commands
  - b. Prone control
  - c. Search
  - d. Handcuffing

**VIII. TESTING/REMEDICATION**



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

**EXTENDING EXPANDED COURSE OUTLINE TO 6 HOURS:**

**Impact Weapons**

- IX. IMPACT WEAPONS REVIEW: INCLUDING STRAIGHT BATON, SIDEHANDLE BATON, FLASHLIGHT, ETC.  
IDENTIFY TARGET AND NON-TARGET AREAS ON THE BODY
- B. Overview of course and explain which techniques will be tested
1. Safety orientation
  2. Footwork review
  3. Review strikes, jabs and blocks
    - a. Forward and reverse strike
    - b. Vertical strikes
    - c. Power strike front and rear
  4. Upper, middle, lower blocks
  5. Techniques practiced on bags and axe handles
  6. Stick fighting techniques
- VI. Baton retention techniques
1. Circle techniques
  2. Push-pull techniques
  3. Figure 8 techniques

Impact weapon testing will include: balance, proper technique and power. This will be tested in a variety of methods, such as use of the FIST/Redman suit, axe handles and impact bags.

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**EXTENDING EXPANDED COURSE OUTLINE TO 8 HOURS:**

**Weapon Retention and Take-Aways**

- X. WEAPON RETENTION AND TAKE-AWAYS: FRONT HANDGUN RETENTION, RIGHT/LEFT-HANDED
  - A. Safety orientation
  - B. Mental preparation/verbal distractions
  - C. Rear handgun retention, right and left handed
    - 1. Footwork
    - 2. Takedowns
    - 3. Control
  - D. Front handgun takeaway, right and left handed
    - 1. Footwork
    - 2. Takedowns
    - 3. Control
  - E. Rear handgun takeaway, right and left handed
    - 1. Footwork
    - 2. Takedowns
    - 3. Control
  - C. Front long gun takeaway, right and left handed
    - 1. Footwork
    - 2. Takedowns
    - 3. Control
  - D. Rear long gun takeaway, right and left handed
    - 1. Footwork
    - 2. Takedowns
    - 3. Control

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**ADDITIONAL OPTIONAL TOPICS/EXERCISES (2-4 Hours)**  
**(In lieu of either the 6 hour or 8 hour expansions)**

**Chemical Agents Training (2 Hours)**

**XII. CHEMICAL AGENT REVIEW: INCLUDING PEPPER SPRAY, MACE, CS, TEAR GAS WEAPONS**

**A. Safety orientation**

**B. Pepper Spray**

**1. Review law**

- a. 12401, 12402 P.C. – Definitions
- b. 12403 P.C. - Mandated training
- c. 12403.1 to 12403.8 - Exemptions

**2. Mace, CN, CS, chemical irritants**

- a. Physical reaction to chemical application

**C. Drawing Exercises: Delivery with pressurized inert training canisters**

**1. Dual Force (baton, pepper spray)**

- a. Footwork
- b. Inert training exercises

**2. Retention techniques**

- a. Circle techniques
- b. Personal weapons striking exercises

**3. Accuracy training**

- a. Close quarters
- b. Two officer distraction exercise

**D. First Aid/Decontamination**

**1. Irrigate/flushing eyes**

- a. Water sources
  - (1) Bottles of water in cooler
  - (2) Spray bottles, atomizers
- b. Use of bioshield





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2. Medical treatment - officer, hospital, EMT, etc.
  - a. Continued breathing problems
  - b. Other extreme reactions

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