



Piedmont Police Department
POST Perishable Skills Program (PSP)
III –Arrest and Control (4 hours)

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). De Escalation techniques will also be discussed, trained upon and tested through scenarios. 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-hour format allowing for flexibility based upon specific agency or trainee group needs, and as long as the minimum topics are contained within each format independently.

ARREST AND CONTROL:

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)

COURSE OBJECTIVES:

The trainee 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. De-escalation, Verbal Commands
 - G. 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 **III(b)**
 - A. Introduction, Registration and Orientation
 - B. Overview, Exercises, Evaluation/Testing

- II. SAFETY ORIENTATION AND WARM-UP **III(a)**
 - A. Review of Safety Policies and injury precautions
 - B. Students will participate in warm-up/stretching exercises
 - 1. Jumping Jacks
 - 2. Neck Stretches
 - 3. Shoulder Rotations
 - 4. Arm Crosses
 - 5. Arm Rotations
 - 6. Standing Foot Cross Over
 - 7. Two-Count Trunk Rotations
 - 8. Windmills
 - 9. Standing Groin Stretch
 - 10. Wrist Rotation
 - 11. Seated Groin Stretch
 - 12. Hurdler's Stretch

- III. USE OF FORCE POLICIES AND LEGAL **III(g,j)**
 ISSUES
 - A. Case Law Update, report documentation and policy
 - 1. Graham v. Connor
 - 2. Pfau v. Kim Hapkido
 - 3. Richardson v. U.S C-83-2882
 - 4. Reed v. Hoy
 - 5. Harris v. City of Canton Ohio
 - 6. Sager v. City of Woodland Park

7. Owens V. Hass

B. Local Policies

1. Policy review (Use of Force) **III(j)**
2. Purpose and Scope
3. Use of Force to effect an Arrest
4. Factors used to determine the reasonableness of force
5. Reporting the use of Force

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)
 - a. Check-list of six used on initial approach with subject
 - (1) Hands
 - (2) Cover
 - (3) Weapons/bulges
 - (4) Associates, subjects and officers (resources available)

- (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

III(a)

- 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

III(i)

- 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

VII. SEARCH TECHNIQUES/ **III(c,d,e,f,k)**
CONTROL HOLD/TAKEDOWN/HANDCUFFING, 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
 - D. Carotid
 - 1. Hair Pull Take Down
 - 2. Leg Sweep Take Down

VIII. GUN RETENTION/TAKEAWY TECHNIQUES

- A. Holstered
 - 1. Front
 - a. 1 Hand Cross Grab
 - b. 1 Hand Same Side Grab
 - 2. Rear
 - a. 1 Hand Cross Grab
 - b. 1 Hand Same Side Grab
- B. Gun Takeaways
 - 1. Officer in Primary Control
 - a. Gun Rip
 - b. Push Pull

IX. DE-ESCALATION

III(h)

- A. Defined
 - 1. De-escalation tactics and techniques are those actions undertaken by an officer(s) to avoid physical confrontations, unless immediately necessary to protect someone or to stop dangerous behavior, while minimizing the need to use force during an incident when the totality of the circumstances and time permit.
- B. De-Escalation tactics and techniques
 - 1. Employed to increase the likelihood of voluntary compliance and cooperation.

- C. Safety Points: **III(a)**
1. Spatial Awareness
 2. Tactical Repositioning
 3. Communication with subject
 - a. Lawful Commands
 - b. Consequences of failure to obey
 4. Communication with/without cover
 5. Communication with other officers
- D. Video Presentation
1. Proper De-Escalation Techniques
 2. Improper De-Escalation Techniques
- E. Scenarios
1. Suspect compliant with De Escalation
 2. Suspect not compliant with De Escalation

Arrest and Control Techniques

Twist Lock:

Purpose: To achieve a pain compliance control hold from the standing position, when the suspect's hand are close to his body.

Demo

Wrist Lock:

Purpose: To achieve a pain compliance control hold from the standing position, when the suspect's hand are close to his body.

Demo

Standing Modified:

Purpose: To achieve a pain compliance control hold from the rear of a suspect, when the suspect's hands are inter-locked behind his head.

Demo

High Risk:

Purpose: To place a suspected felon, armed individual or any potentially dangerous person in a prone position to facilitate handcuffing and/or use pain compliance to overcome resistance.

Demo

Prone Controls:

Purpose: To keep the suspect in a prone position to facilitate handcuffing and/or use pain compliance to overcome resistance.

Demo

Gun Retention Techniques:

Purpose: To retain your handgun or long rifle once a subject has attempted to remove it from your holster or possession.

Demo

Inside Arm Grab Prone:

Purpose: To achieve a pain compliance control hold from the hip press position, when the suspect's hand are close in to his body or slightly under his chest.

Demo

TESTING/REMEDIATION

III(b)

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

Hourly Distribution

Registration/Admin/Orientation	20 Min.
Safety Orientation/Warm-up/footwork	15 Min.
Use of Force Policies/Legal Issues	15 Min.
Body Physics and Dynamics	10 Min.
Suspect Reaction to Force	15 Min.
Physical Conditioning	10 Min.
Twist and Wrist Locks	20 Min.
Body Balance /Stance and Movement	20 Min.
Search Techniques/Control Holds/Takedowns Handcuffing/Verbal Commands	40 Min
Gun Retention/Takeaway Techniques	20 Min.
De-Escalation	20 Min.
Scenarios/Testing/Remediation	35 Min.
Total = 4 Hours	