

**HUMBOLDT STATE POLICE DEPARTMENT
ARREST AND CONTROL (PSP)**

Presenter #4380-29503

Revised JUNE 2020

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 hands-on/practical skills as well as policies and legal issues on the topic of arrest and control training for in-service officers.

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 and 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 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

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 **III(a)**
 - A. Review of Safety Policies and injury precautions
 - B. Students will participate in warm-up-stretching exercises
 - C. Physical conditioning
 - 1. Three Biggest Disablers
 - a. Heart Attacks
 - b. Lower Back and Knee Injuries
 - c. Peptic Ulcers
 - 2. How to Reduce Individual Risk to Above Disablers
 - a. Nutrition
 - b. Lifetime Fitness

- 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
 - B. Penal Code updates
 - C. Local Policies

- IV. SUBJECT'S ACTIONS AND OFFICER'S RESPONSE **III(h)**
 - 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

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- C. Students will participate in a scenario – based exercise to demonstrate **III(a, f, g, h, i)**
1. Safety
 2. Awareness
 3. Balance
 4. Control
 5. Controlling Force
 6. Proper Techniques
 7. Verbal Commands/Instructions

III. OFFICER AWARENESS/TACTICAL CONSIDERATIONS

- A. Checklist 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

VI. BODY BALANCE/STANCE AND MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE **III(h)**

- 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 fighting position
 2. Access to equipment on duty belt while in a fighting stance and on the ground

VII. SEARCH/HANDCUFFING **III(c, e)**

- 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 Subject Injuries **III(k)**
1. Render First Aid or request additional medical as needed
 2. Document

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VIII. CONTROL HOLD/ TAKE DOWNS **III(d)**

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 Subject Injuries **III(k)**

1. Render First Aid or request additional medical as needed
2. Document

IX. DE-ESCALATION OF FORCE **III(f)**

A. Verbal Commands

1. Tone of voice
2. Gain voluntary compliance
3. Single communicator

B. 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

C. Tactics

1. Distance plus cover equals time
2. Resources
3. Contiguously Plan

X. STUDENT RECOVERY **III(k)**

A. Cool Down

1. Stretching
2. Hydration

B. Injuries

1. Treat
2. Document

XI. TESTING/REMEDIATION **III(b)**

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