

Rio Hondo Regional Training Center
Arrest and Control 4410-29503
Perishable Skills

EXPANDED COURSE OUTLINE
Four hour block

- I. REGISTRATION AND ORIENTATION
 - A. Introduction, Registration and Orientation
 - B. Course Objectives/Overview, Exercises, Evaluation/Testing **III(b)**

- 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

- 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.)
 - 6. Discuss AB 392

 - 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)

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- 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)**

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

VII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING DE-ESCALATION, VERBAL COMMANDS **III(c,d,e,f,k)**

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

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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/REMEDIATION

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

III(b)