COURSE GOAL:
This is a 4 hour Perishable Skills Arrest and Control course. The course will provide the officer with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP). The officer will develop the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

ARREST AND CONTROL
Minimum Topics/Exercises:

a. Safety orientation and warm-up
b. Class Exercises/Student Evaluations/Testing
c. Searching Exercises
d. Control/Takedown Exercises
e. Equipment/Restraint devices
f. Verbal Commands
g. Use of Force Considerations
h. Body Physics & Dynamics (suspect’s response to force)
i. Body Balance/Stance/Movement Patterns
j. Policies and Legal Issues
k. Recovery/First Aid (as applicable)

COURSE OBJECTIVES:
The officer will:

1. Demonstrate knowledge of the Department’s Use of Force Policy.

2. Demonstrate knowledge of the importance of mental and physical conditioning as it pertains 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
B. Officer Safety
C. Body Balance, Stance and Movement
D. Searching/handcuffing Techniques
E. Control Holds
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 officer does not meet the minimum standards, as established by the instructor, remediation will be provided until the standards are met.

EXPANDED COURSE OUTLINE

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

II. SAFETY ORIENTATION AND WARM-UP (a)
   A. Review of Safety Policies and Injury Precautions
   B. Students will participate in warm-up and stretching exercises

III. USE OF FORCE POLICIES AND LEGAL ISSUES (g,j)
   A. RBPD Use of Force Policy (Section 300)
      1. Review of policy and advise of any changes
   B. Case Law Update, Report Documentation
      1. Graham vs. Connor
      2. Tennessee vs. Garner
      3. Terry vs. Ohio
      4. Forrester vs. San Diego
      5. Long Beach vs. Long Beach POA

IV. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE (h)
   A. Suspect attacks officer
   B. Locking resistance (protesters, rioters)
   C. Going limp (should not use the term passive resistive)
   D. Resisting with apparatus (chaining to objects, using large arm pipes)
   E. Use of pain compliance/pressure points/distract techniques
   F. Mental conditioning for arrest control / Color coding
1. White = relaxed frame of mind (complacent and dangerous)
2. Yellow = general awareness, minimum level of awareness in uniform
3. Orange = specific awareness (clues, reactions, senses, possible red flags)
   (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
      (6) Footing/balance, officer’s ability to stay on his/her feet
4. Red = Fight or Flight

V. PHYSICAL CONDITIONING
   (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. Cardio/Weight lifting fitness program
      3. Life threatening physical altercations

VI. BODY BALANCE, STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE
    (i)

   A. Footwork review
      1. Forward/Rear shuffle
      2. “V” step Right/Left
      3. Pivot Right/Left
      4. Shuffle Pivot
      5. How to fall to the ground safely and assume fighting position
      6. Access to equipment on belt while in fighting stance and on the ground

VII. SEARCH TECHNIQUES/CONTROL HOLDS/TAKEDOWNS/HANDCUFFING/DE-ESCALATION, VERBAL COMMANDS
     (c,d,e,f,j,k)

   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 (medical, missing limbs)
         (c) Complaint of pain should be reported and documented
(e) Failing to double lock handcuffs can result in injury to suspect and liability to an agency

B. Unknown risk handcuffing techniques
1. Speed Cuffing / FBI
   (a) Verbal Commands
   (b) Proper Technique
   (c) Takedown
2. Standing Modified
   (a) Verbal Commands
   (b) Proper technique
   (c) Takedown
3. Downey Roth Search
   (a) Verbal Commands
   (b) Proper technique
   (c) Takedown

C. High Risk Kneeling
1. Situations for use
2. Verbal Commands
3. Control / Rear wrist lock
4. “J” Turn and handcuffing
5. Searching

D. Prone
1. Situations for use
2. Verbal Commands
3. Control (3 points of control)
4. Arm lift and rotation to back arm lock
5. Searching and handcuffing
6. Techniques for standing up and escorting

VIII. TESTING / REMEDIATION

Testing: Any student scoring below standard on any exercise, as established by the instructor, will be remediated and tested until an acceptable score is achieved.