

# **BUTTE COUNTY SHERIFF'S OFFICE**

## **POST PERISHABLE SKILLS PROGRAM (PSP)**

### **III - ARREST AND CONTROL**

#### **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 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
  - 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. 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
  
- IV. BASIC JOINT LOCKS AND TAKE DOWNS
  - A. Twist Locks:
    - a. Bottom hand entry,
    - b. Top hand entry,
    - c. Finger whip,
    - d. Rear step through,
      - i. *Take Downs:*
        - 1. Front drive down,
        - 2. Rear sit down take down,
        - 3. Circle down to diagonal to prone, - emphasize diagonal step across for officer safety.

- B. Wrist Locks:
  - a. Front to rear entry
  - b. Arm hook
  - c. Rear entry to elongated rear wrist
    - i. *Take Downs:*
      - 1. Transition to bar arm or twist lock for take down.
- C. Bar Arm:
  - a. Standard front entry
  - b. rear entry
    - i. *Take Downs:*
      - 1. Circle down to prone control
      - 2. Drive down
      - 3. Pull down all to prone control position.
- D. Reverse Wrist Take Down:
  - a. To pull over
  - b. Leg drag
  - c. Drop out.

IV. 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
  - 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

V. WEAPON RETENTION AND TAKE-AWAYS: FRONT HANDGUN  
RETENTION, RIGHT/LEFT HANDED

**III(m)**

- 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

**Carotid Restraint**

VI. CAROTID RESTRAINT TO HANDCUFFING

**III(n)**

- A. Safety orientation
- B. Discuss history and body mechanics of technique
  1. In custody deaths
  2. Specific dangers
    - a. Pressure to front of trachea
    - b. Vegas nerve dangers
    - c. Airway obstruction
    - d. Multiple applications
- C. Discuss importance of following departmental policy
  1. Place in escalation of force
  1. Documentation
- D. Practice technique
  1. Hair-pull and cross-face takedown
  2. Leg sweep takedown

- E. Application of technique by students
  - 1. No pressure
- F. Medical clearance
  - 1. First aid
  - 2. Ambulance or hospital
- G. Documentation per department policy

VII. TESTING

**III(O)**

- A. Testing will take place throughout the instruction period, by all of the instructors. Students will be randomly selected to demonstrate / perform techniques taught by instructors. Students will be evaluated on an individual basis and corrections made to ensure proper execution of techniques. Students incapable of completing techniques at a basic level will be remediated by lead instructors until proficiency is obtained.

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