

RIVERSIDE COUNTY DISTRICT ATTORNEY (6860)
BUREAU OF INVESTIGATION
P.O.S.T PERISHABLE SKILLS PROGRAM
ARREST AND CONTROL TECHNIQUES 5 HRS (20995)
BATON TECHNIQUES 2 HRS

COURSE GOAL:

The course will provide officers with the minimum topics of Arrest and Control Techniques and tactical communications as required in the P.O.S.T. Perishable Skills Training Program (PSP). The officers will develop the necessary tactical knowledge and skills to arrest and control a suspect safely and effectively. The course consists of hands-on/practical skills in arrest and control training for in-service officers. This course provides updated legislative content of Penal Code Section 835a.

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. **De-escalation/Verbal commands-in exercise(s)**
- g. **Use of Force considerations**
- h. **Subject’s Actions and Officer’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 Senior Investigator will:

1. Demonstrate knowledge of their individual Department Use of Force 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

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- F. De-escalation, Verbal Commands
- G. Effectiveness under Stress Conditions

An instructor observing the Senior Investigator during their performance of each technique and exercise shall test minimum standards of performance. If the Senior Investigator 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. 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
 - B. Local Policies
- IV. BODY PHYSICS & DYNAMICS/SUSPECT REACTION TO FORCE III(h,d)
 - A. Use of pain compliance/pressure point/distraction techniques when faced with locking resistance, going limp, refusing to put hands behind the back, or active resistance.
 - 1. Personal weapons review (elbow strike, knee strike, palm strike, bottom fist, foot jab, shin kick, etc.)
 - 2. Pressure point review (Mandibular nerve, Infra-orbital nerve, Hypoglossal nerve, etc.)
- V. PHYSICAL CONDITIONING III(a)

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- 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. Lifetime fitness
- VI. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE/CONTROL HOLDS/TAKEDOWNS III(i,d)

Footwork Review:

- A. Step Drag
- B. C-Step

Control Hold Review

- A. Arm Bar
- B. Rear Wristlock
- C. Takedown from standing modified, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact weapon, chemical agent, etc.) on belt.

- VII. SEARCH AND HANDCUFFING TECHNIQUES III(c,e,f,k)
DE-ESCALATION, 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
 - 2. Initial approach with subject consider
 - a. Where are the Suspect's hands
 - b. Where is cover
 - c. Weapons/bulges
 - d. Associates, subjects and officers (resources available)
 - e. Escape routes, subjects-tactical retreat, officers

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f. Footing/balance, officer's ability to stay on his/her feet

- B. Unknown Risk Handcuffing Techniques
 - 1. a. Verbal Commands
 - b. Test The Waters
 - c. Handcuffing
 - d. Search

- C. Moderate Risk Kneeling
 - 1. a. Verbal Commands
 - b. Step on foot crossed over ankle
 - c. Handcuffing
 - d. Search

- D High Risk Prone
 - 1. a. Verbal Commands
 - b. Prone Control
 - c. Handcuffing
 - d. Search

- VII WEAPON RETENTION AND TAKE-AWAYS: FRONT HANDGUN
RETENTION, RIGHT/LEFT-HANDED III(m)
 - A. Safety orientation
 - B. Mental preparation/verbal distractions
 - C. Front/Rear handgun retention Right/Left-handed
 - 1. Footwork
 - 2. Re-Direction
 - 3. Control
 - D. Front/Rear handgun takeaway
 - 1. Footwork
 - 2. Re-Direction
 - 3. Control

- VIII TESTING/REMEDICATION (Continuous in technique) III(b)

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

Testing and remediation: Each Senior Investigator will have to demonstrate a working knowledge and application of each of the course objectives. If they do not successfully pass each learning objective will remediate with the instructor

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until they sufficiently apply the information and techniques taught in the period of instruction.

IX BATON

III(m)

Minimum Topics/Exercises:

- a. Safety Orientation and Warm Up(s)
 - b. Class Exercises/Student Evaluation/Testing
 - c. Baton deployment considerations
 - d. Verbal commands - In Exercise(s)
 - e. Use of Force Considerations/target areas
 - f. Body Physics and Dynamics (suspects response to force)
 - g. Body balance/stance/movement patterns - In Exercise(s)
 - h. Baton maintenance and care
 - i. Policies and Legal Issues (duty to intercede)
 - j. Recovery/First Aid (as applicable)
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- A. Policy
 - 1. Use of Force
 - 2. Baton Guidelines duty to intercede
 - 3. Equipment issuing (Overview and maintenance)
 - B. Warm-up and stretching: Safety Brief
 - C. Preferred Target Area
 - 1. Areas to avoid
 - a. Head
 - b. Neck
 - c. Throat
 - d. Kidneys
 - e. Spine
 - f. Sternum
 - g. Groin
 - D. Stances
 - 1. Field Interview Stance
 - 2. Self-Defense Stance
 - E. Footwork
 - 1. Shuffle step (directional lead foot)
 - 2. Pivoting (circle toward threat)
 - F. Drawing baton
 - 1. Cross or straight draw
 - 2. Expanding (telescopic or pull open) Check the area
 - 3. Collapsing

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G. Closed baton

1. Concealed/in-front/self-defense

H. Open baton

1. Behind leg
2. In front at waist level
3. Self-defense stance (primary strike position)

I. Striking

1. Closed mode
 - a. Hammer strike (finger retention)
 - b. One hand punch
 - c. Power strike from closed to open
2. Open mode
 - a. Two hand power strike
 - b. Clearing return swing
3. Open mode
 - a. Horizontal/diagonal push block (top hand determines direction)
 - b. Two hand jab (Both hands on top facing down)
 - aa. Straight push no upward swing
4. Baton retention
 - a. Figure 8 stepping forward and driving

J. Gauntlet

1. Bag #1
 - a. Closed mode punch and hammer fist 2x2
2. Bag # 2
 - a. Expand baton two hand power strike x2
3. Bag #3
 - a. Open mode jab
4. Bag #4
 - a. Horizontal/diagonal push block to two hand power strike x2
5. Baton Retention
 - a. Previous student grabs baton at horizontal level

K. Debrief