

RIO HONDO COMMUNITY COLLEGE DISTRICT
Department of Public Safety

PAC 43.78 PC 832 ARREST

PERISHABLE SKILLS
"Arrest & Control"

EXPANDED COURSE OUTLINE

POST CONTROL No: 4410-29503-

- I. REGISTRATION AND ORIENTATION
 - A. Introduction, Registration and Orientation
 - B. Course Objectives/Overview, Exercises, Evaluation/Testing
- II. SAFETY ORIENTATION AND WARM-UP
 - A. Review of safety Policies and injury precaution
 - B. Students will participate in warm-up/stretching exercises
- III. USE OF FORCE POLICIES AND LEGAL ISSUES
 - 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.)
- IV. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE
 - 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 and 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, check list of six (75% on the individual or situation, 25% still on general surroundings)
 - 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
 - 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

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 and duty belt while in a fighting stance and on the ground

VII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING 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
- 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 weapon, chemical 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. Handcuffing
 - 2. High risk prone
 - a. Verbal commands
 - b. Prone control
 - c. Handcuffing

VIII. TESTING/REMIEDIATION

- A. Using attached testing form all students will be evaluated on techniques
- B. Remediate all students that fall below standard

EXTENDING EXPANDED COURSE OUTLINE TO 6 HOURS:

Impact Weapons

- IX. IMPACT WEAPONS REVIEW: INCLUDING STRAIGHT BATON, SIDEHANDLE BATON, FLASHLIGHT, ETC., IDENTIFY TARGET AND NON-TARGET AREAS ON BODY
- A. Overview of course and explain which techniques will be tested
1. Footwork review
 2. Review strikes, jabs and blocks
 - a. Forward and reverse strike
 - b. Vertical strikes
 - c. Power strike front, rear and yawara jab
 - d. Upper, middle, lower blocks
 - e. Techniques practiced on bags and axe handles
 - f. Stick fighting techniques
 3. Baton retention techniques
 - a. Circle techniques
 - b. Push-pull techniques
 - c. Figure 8 techniques

Impact weapon testing will include: balance, proper technique and power. This will be tested in a variety of methods, such as use of the FIST/Redman suit, axe handles and impact bags.

Remediate any failed techniques

EXTENDING EXPANDED COURSE OUTLINE TO 8 HOURS:

Weapon Retention and Take-Aways

- X. WEAPON RETENTION AND TAKE-AWAY: FRONT HANDGUN RETENTION, RIGHT/LEFT HANDED
- A. Rear handgun retention, right and left handed
1. Footwork
 2. Takedowns
 3. Control
- B. Front handgun takeaway, right and left handed
1. Footwork
 2. Takeaways
 3. Control
- C. Rear handgun takeaway, right and left handed
1. Footwork
 2. Takedowns
 3. Control
- D. Front long gun takeaway, right and left handed
1. Footwork
 2. Takedowns
 3. Control
- E. Rear long gun takeaway, right and left handed
1. Footwork
 2. Takedowns
 3. Control

4. Note: Discuss officers mental preparedness and verbal distraction techniques
- F. Test/remediate learned techniques