

**POST PERISHABLE SKILLS PROGRAM (PSP)**

**III – ARREST AND CONTROL**

**MONTEREY COUNTY SHERIFF'S OFFICE (6730)**

CCN: 6730-29503-20 | POST Certification II | Reimbursement Plan \_\_ | 8 hours

**COURSE OBJECTIVES:**

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 hands-on/practical skills as well as policies and legal issues on the topic of arrest and control training for in-service Deputies.

**ARREST AND CONTROL**

- a. Policies, legal standards, and report writing
- b. Use of Force considerations
- c. Safety orientation and warm-up(s)
- d. De-escalation/Verbal commands– in exercise(s)
- e. Body balance/stance/movement patterns – in exercise(s)
- f. Search – in exercise(s)
- g. Equipment/Restraint device(s) use – in exercise(s)
- h. Subject's Actions and Deputy's response to force
- i. Control/Takedown - in exercise(s) Verbal command
- j. Class exercises/Student Evaluation/Testing
- k. Recovery/First Aid (as applicable)

**COURSE OBJECTIVES**

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control 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

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3. Demonstrate a minimum standard of arrest and control skills with every technique and exercise, to include:
  - a. Judgment and Decision Making
  - b. Deputy 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 remediation will be provided until the standard is met.**

### EXPANDED COURSE OUTLINE

- I. REGISTRATION AND ORIENTATION
  - A. Introduction, Registration and Orientation
    1. Instructor and Student Introductions
    2. Course Roster
    3. Facility Overview
  - B. Course Objectives/Overview, Exercises, Evaluation/Testing
    1. Course Objectives
      - a. Judgment and Decision Making
      - b. Deputy 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
    2. Safety Policy/Orientation

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**II. USE OF FORCE POLICIES AND LEGAL ISSUES**

**III (a, b)**

- A. Case Law Update, report documentation and policy
  - 1. Tennessee v Garner
  - 2. Graham v Connor
- B. Overview of Penal Code Updates
  - 1. AB 392
  - 2. PC 835a
  - 3. PC 196
- C. Local Policies
  - 1. SB 230 guidelines
  - 2. Use of Force policy updates
- D. Report Writing
  - 1. Proper documentation of use of force incidents
  - 2. Articulation of events
  - 3. Documentation of injuries/aid rendered to subjects, Deputies, bystanders
- E. Department Policy
  - 1. Lexipol

**III. SAFETY ORIENTATION AND WARM-UP**

**III (c)**

- A. Review of Safety Policies and Injury Precautions
  - 1. Review safety policy
  - 2. Emergency exit(s)
  - 3. AED
  - 4. Avoiding injury (everyone is a safety officer)
- B. Warm-up
  - 1. Stretching exercises
  - 2. Mental preparation

**IV. SUBJECT'S ACTIONS AND DEPUTY'S RESPONSE**

**III (h, j)**

- A. Subject's actions
  - 1. Compliant

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- 2. Passive non-compliant
- 3. Actively Resistant
- 4. Assaultive
- 5. Life Threatening
- B. Deputy's Response to Resistance
  - 1. Non deadly
  - 2. Intermediate force
  - 3. Deadly force
- C. Students will participate in physical exercises to demonstrate
  - 1. Safety
  - 2. Awareness
  - 3. Balance
  - 4. Control
  - 5. Controlling Force
  - 6. Proper Techniques
  - 7. Verbal Commands/Instructions

**V. DEPUTY AWARENESS/TACTICAL CONSIDERATIONS III (e)**

- A. Initial Approach with Subject
  - 1. Visual scan of high-risk areas
  - 2. Cover / concealment
  - 3. Weapons/bulges
  - 4. Footing/balance, Deputy's ability to stay on his/her feet
- B. Tactical Considerations
  - 1. Associates, subjects, and Deputy's (resources available)
  - 2. Escape routes, subjects – tactical retreat

**VI. BODY BALANCE/STANCE AND MOVEMENT FROM POSITION OF INTERVIEW AND POSITION OF ADVANTAGE III(e)**

- A. Footwork Review
  - 1. Lateral movement
  - 2. Longitudinal movement
  - 3. Triangulation step
  - 4. Lead v. Trailing

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**B. Body Balance and Movement**

1. Fall to ground safely and assume defensive position
2. Tracking suspect movement to return to feet
3. Securing duty equipment to utilize in incident (if feasible)

**VII. SEARCH/HANDCUFFING**

**III(f,g,k)**

**A. Search**

1. Visual Search (plain view)
2. Pat Down
3. Incident to Arrest/complete search

**B. Handcuffing Techniques from**

1. Standing – Primary / Secondary / Dual Hand
2. Kneeling – Primary / Secondary / Dual Hand
3. Prone – Solo / With Cover

**C. Assess for Deputy and Suspect Injuries**

1. Render First Aid or request additional medical as needed
2. Document

**VIII. CONTROL HOLD/ TAKE DOWNS**

**III(i, k)**

**A. Control Hold**

1. Joint Manipulation
2. Pain Compliance

**B. Take Downs**

1. Various Positions
  - a. Handcuffed
  - b. Non-cuffed
2. Single Deputy
3. Multiple Deputy

**C. Assess for Deputy and Suspect Injuries**

1. Render First Aid or request additional medical as needed
2. Document

**IX. DE-ESCALATION OF FORCE**

**III(d)**

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- A. Verbal Commands
  - 1. Tone of voice
  - 2. Gain voluntary compliance
  - 3. Single communicator
- B. Assessment
  - 1. Imminence (Opportunity, Ability, Perceived Intent)
  - 2. Recognize when to escalate vs. de-escalate
    - a. When verbal commands fail – act
    - b. Use of force warning when feasible
- C. Tactics
  - 1. Distance plus cover equals time
  - 2. Resources
  - 3. Contiguously Plan

X. STUDENT RECOVERY III(k)

- A. Cool Down
  - 1. Stretching
  - 2. Hydration
- B. Injuries
  - 1. Treat
  - 2. Document

XI. TESTING/REMEDICATION III(j)

***Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, and tested until competency is demonstrated to the satisfaction of the presenter.***

XII. IMPACT WEAPONS III(b,e,h)

- A. Overview of course
  - 1. Safety orientation
  - 2. Review department policy, procedures, case law
  - 3. Discuss target areas
  - 4. Nomenclature
  - 5. Footwork review

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- 6. Review strikes, jabs, and blocks
- 7. Baton retention techniques
- B. Assess for Deputy and Suspect Injuries
  - 1. Render first aid and request additional medical as needed
  - 2. Document
- C. Student Recovery
  - 1. Cool down
    - a. Stretching
    - b. Hydration
  - 2. Injuries
    - a. Treat
    - b. Document
- D. Students will participate in a scenario – based exercise to demonstrate
  - 1. Safety
  - 2. Awareness
  - 3. Balance
  - 4. Control
  - 5. Controlling Force
  - 6. Proper Techniques
  - 7. Verbal Commands/Instructions

XIII. TESTING/REMEDICATION

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

XIV. WEAPON RETENTION AND TRANSITIONS

III(g,h,i)

- A. Overview
  - 1. Safety orientation
  - 2. Weapon check
- B. Preparation
  - 1. Mental
  - 2. Will to survive
  - 3. Verbalize threat
- C. Front weapon retention / Transitions
  - 1. Right hand

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- 2. Left hand
- D. Rear weapon retention / Transitions
  - 1. Right hand
  - 2. Left hand
- E. Ground weapon retention
  - 1. On back
  - 2. On side
  - 3. Mount

XV. TESTING/REMEDICATION

***Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, and tested until competency is demonstrated to the satisfaction of the presenter.***

- XVI. Ground Defense and Suspect Control III(g,i)
- A. Overview
    - 1. Safety orientation
    - 2. Ground Movement
    - 3. Defensive and Offensive Positioning
  - B. Positioning
    - 1. On back
    - 2. On side
    - 3. Mount
  - C. Maneuvering
    - 1. Shrimp
    - 2. Bridge
    - 3. Buckle down drill
    - 4. Transitions
  - D. Recoveries
    - 1. Pivots
    - 2. Standing
    - 3. Return to ground defensive
  - E. Escapes
    - 1. High Mount
    - 2. Low Mount



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- 3. Side Control
- F. Handcuffing
  - 1. Mount
  - 2. Side Control
  - 3. Transition from bottom
- G. Assessment
  - 1. Current Opportunity, Ability, Perceived Intent
  - 2. Recognize suspect compliance or lack of
- H. Verbal Commands
  - 1. Tone of voice
  - 2. Gain pain compliance
  - 3. Physical transition should verbal command fail.

XVII. TESTING/REMEDICATION

III(j)

***Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, and tested until competency is demonstrated to the satisfaction of the presenter.***