

POST PERISHABLE SKILLS PROGRAM (PSP)

III – ARREST AND CONTROL

MONTEREY COUNTY SHERIFF'S OFFICE (6730)

CCN: 6730-29503-20 | POST Certification II | Reimbursement Plan __ | 4 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 use impact weapons and engage in ground defense.

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. BODY BALANCE/STANCE AND MOVEMENT FROM POSITION OF INTERVIEW AND POSITION OF ADVANTAGE

III(e)

- A. Footwork Review

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1. Lateral movement
 2. Longitudinal movement
 3. Triangulation step
 4. Lead v. Trailing
- 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)

V. 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

VI. DE-ESCALATION OF FORCE **III(d)**

- 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

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- C. Tactics
 - 1. Distance plus cover equals time
 - 2. Resources
 - 3. Contiguously Plan

VII. 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
 - 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.

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VIII. TESTING/REMEDIATION 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.

IX. STUDENT RECOVERY III(k)

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

X. CONCLUSION AND SAFETY CHECK