

# ARREST AND CONTROL

## POST PSP PROGRAM, MODULE III

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Course Title: ARREST AND CONTROL, PSP PART 1

**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 peace officers. The training is presented in a 4-hour format.

**COURSE OBJECTIVES:** Upon Completion of this Course, The Student Will Know:

1. The agency's arrest and control policy.
2. The important mental and physical conditioning as it relates to effective arrest and control techniques.
3. Important case law as it relates to use of force.

**COURSE OBJECTIVES:** Upon Completion of this Course, The Student Will Be Able to Demonstrate:

1. A minimum standard of arrest and control skills with every technique and exercise presented.
2. Appropriate decision-making and use of force.
3. The need for escalation and de-escalation of force.

**COURSE CONTENT:** ..... 4:00 HOURS

1. Introduction, Registration ..... 0:30
2. Physical Conditioning, Safety Orientation and Warm-up ..... 0:30
3. Use of Force Policies and Legal Issues, Body Physics and Dynamics ..... 0:30
4. Body Balance, Stance and Movement ..... 0:30
5. Control Holds and Handcuffing, ..... 0:30
6. High Risk Control and Handcuffing, Overview of Restraint Devices ..... 1:00
7. Testing/Remediation/Continue to Practice ..... 0:30

**TOPIC:** ARREST AND CONTROL

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**TIME FRAME:** 4:00

**LEVEL OF INSTRUCTION:** II

**BEHAVIORAL OBJECTIVE:**

*Condition:* Given a class activity and practical examination.

*Behavior:* The student will demonstrate a practical working knowledge of basic arrest and control techniques, and related issues.

*Standard:* Minimum standards of performance will be evaluated by an instructor observing the trainee during their performance of each learned technique and exercise. If the trainee fails to meet minimum standards, remediation will be provided until the standard is met.

**MATERIALS NEEDED:** Safety equipment (handcuffs, duty belt, etc.), mats, water, first aid kit, telephone (or police radio) service.

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### HOURLY DISTRIBUTION SCHEDULE MODULE III - ARREST AND CONTROL, PART 1

0000 – 0030	Registration Safety Orientation Explain testing
0030 – 0100	Warm-up exercises
0100 – 0130	Use of Force Case Law Review Body dynamics/Mental Conditioning
0130 – 0200	Footwork and Balance
0200 – 0230	Control Holds and Handcuffing
0230 – 0330	Search Techniques High Risk Control Restraint Devices
0330 – 0400	Testing and further practice

#### I. INTRODUCTION

##### A. Introduction, Registration and Orientation

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- B. Course Objectives/ Overview, III (b)
- C. Exercises
- D. Evaluation/Testing
- II. **PHYSICAL CONDITIONING** III (a)
  - A. Three biggest disablers
    - 1. Heart attacks
    - 2. Low back and knee injuries
    - 3. Peptic ulcers
  - A. How to reduce your risk
    - 1. Proper nutrition
    - 2. Exercise
  - A. Life threatening physical altercation
    - 1. 90 seconds of explosive endurance required
- III. **SAFETY ORIENTATION AND WARM-UP** III (a)
  - A. Review of Safety Policies
  - B. Injury precautions
  - C. Warm-up/ stretching exercises (Lead class in exercises)
- IV. **USE OF FORCE POLICIES AND LEGAL ISSUES** III (g)
  - A. Case law update (Read case briefs)
    - 1. Tennessee v. Garner
    - 2. Graham v. Conner
    - 3. Forrester v. San Diego
    - 4. Long Beach v. Long Beach POA
  - B. Documenting use of force
    - 1. Reporting requirements
    - 2. Department policy
- V. **BODY PHYSICS AND DYNAMICS** III (h)
  - A. Suspect reaction to force

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1. Suspect attacks officer
2. Locking resistance
3. Going limp
4. Resist with apparatus
  - a) Group chains, etc.

### B. Use of pain compliance

1. Pressure points
2. Distraction techniques
3. Mental Conditioning (color coding)
  - a) White = relaxed
  - b) Yellow = General awareness  
minimum level for patrol
  - c) Orange = Specific awareness  
main focus is on situation  
go through check list of six
  - d) Red = Fight or Flight
  - e) Black = Panic

officer must never be in the BLACK!

### C. Check list of six

1. Used on initial approach with subject
  - a) Hands
  - b) Cover
  - c) Weapons/ bulges
  - d) Associates, subjects and cover officers
  - e) Escape routes (subjects) – tactical retreats (Officers)
  - f) Footing/ balance, officer's ability to stay on their feet

## VI. BODY BALANCE, STANCE & MOVEMENT

III (i)

### A. Position of interview and Fighting stance

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1. Forward shuffle
  2. Rear Shuffle
  3. Normal pivot
  4. Shuffle right and left
  5. Pivot right and left
  6. Progressive pivot
  7. Shuffle pivot
- B. Fall to the ground
1. Assume a fighting position
  2. Access to equipment on duty belt while:
    - a) In fighting stance
    - b) On the Ground
- C. Ground defense
1. Mounted suspect escape (bridge)
    - a. Shrimp escape from guard
    - b. Closed guard control
    - c. Hip push
  2. Table Tilt Escape
    - a. From forearm chokes
      - i. Prone
      - ii. Seated
      - iii. Standing
    - b. Other escapes
      - i. Bear Hug (Middle – arms trapped)

## VII. CONTROL HOLDS AND HANDCUFFING

III (d,f)

- A. Twist Lock (low profile)
1. Verbal commands
  2. Twist lock control hold

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### 3. Handcuffing

#### B. Rear Wrist Lock (from standing modified search)

3. Verbal Commands
4. Rear Wrist Lock control
5. Twist Lock to Rear Wrist Lock
6. Handcuffing

## VIII. SEARCH TECHNIQUES

III (c)

### A. Standing Modified Search

1. To takedown
2. Disengaging
3. Escalating and de-escalating
4. Move to appropriate weapon

## IX. HIGH RISK CONTROL AND HANDCUFFING

### A. High risk kneeling

1. Verbal commands
2. Low profile twist lock
3. Handcuffing

### B. High risk prone

1. Verbal commands
2. Prone control
3. Handcuffing

## X. OVERVIEW OF RESTRAINT DEVICES

III(e,k)

### A. Handcuffing

1. Suspect cannot be handcuffed due to injuries
  - a) First Aid- Suspect injured,
  - b) Wounds, fractures etc.
2. Special circumstances
  - a) Pregnant females

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### b) Amputees

3. Document complain of pain

4. Failure to double lock handcuffs can result in injury to suspect and liability to agency.

5. Double-lock and check handcuffs for tightness.

B. Leg/Body restraints (WRAP)

XI. TESTING/ REMEDIATION

III (b)