

**INDIO POLICE DEPARTMENT POST PERISHABLE SKILLS PROGRAM (PSP)  
ARREST AND CONTROL**

**COURSE PURPOSE:**

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/ scenario based arrest and control training for in-service officers. **The training may be presented in a 4, 6, or 8 hour format allowing for flexibility based upon specific agency or trainee group needs, and as long as the minimum topics are contained within each format independently.**

**ARREST AND CONTROL TOPICS/EXERCISES**

- a. Safety orientation and warm-up(s)
- b. Class Exercises/Student Evaluation/Testing/Scenario training
- c. Search - in exercise(s)
- d. Control/Takedown/ - in exercise(s)
- e. Equipment/Restraint device(s) use - in exercise(s)
- f. Verbal commands / Tactical Communication / De-Escalation- in exercise(s)
- g. Use of Force considerations and options
- h. Body Physics & Dynamics (suspects response to force)
- i. Body balance/stance/movement patterns - in exercise(s)
- j. Policies and legal issues
- k. Recovery and First Aid (as applicable)

**COURSE OBJECTIVES:**

1. Demonstrate knowledge of Department Arrest and Control Policy.
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 and Handcuffing Techniques
  - E. Control Holds and Takedowns
  - F. De-Escalation, Verbal Commands and Tactical Communication (ICAT)
  - G. Effectiveness under Stress Conditions

**COURSE OUTLINE**

I. ORIENTATION:

- A. Introduction and Orientation
- B. Course Objectives/Overview, Exercises, Evaluation and Testing

II. USE OF FORCE POLICIES AND LEGAL ISSUES:

- A. Case Law Update, report documentation and UOF department policy
  - 1. Tennessee v Garner
  - 2. Graham v Connor
  - 3. Department Use of Force Policy
  - 4. Status of Pepper Spray and CED Cases
  - 5. AB 392, 835a(a) PC and 196 PC

III. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE

- A. Suspect attacks officer/reactionary gap
- B. Locking resistance
- B. Going limp. (Should not use term passive resistance)
- C. Resisting with apparatus
- D. Use of pain compliance/pressure point/distraction techniques/force compliance (IPD policy 300.3.3)
- E. Mental conditioning for arrest control:
  - 1. Relaxed frame of mind, General awareness, Minimum level of awareness
  - 2. Specific threat awareness:
    - (1) Hands
    - (2) Cover
    - (3) Weapons/bulges
    - (4) Associates, subjects and officers (resources available)
    - (5) Escape routes, subjects - tactical retreat, officers
    - (6) Footing/balance, officers ability to stay on his/her feet

IV. PHYSICAL CONDITIONING

- A. Three Biggest Disablers and how to reduce individual risk due to physical health
  - 1. Heart Attacks
  - 2. Lower Back and Knee Injuries
  - 3. Peptic Ulcers
  - 4. Nutrition/exercise/mental preparation
  - 5. Life threatening physical altercations, 90 seconds of explosive endurance

V. REPORT WRITING

- 1. Nature of crime / Probable Cause
- 2. Resistance level
- 3. Warnings/ Amount of warnings provided
- 4. Mental health issues
- 5. Prior knowledge of suspect
- 6. Type of force used
- 7. Duration of resistance/ flight

VI. SAFETY ORIENTATION AND WARM-UP:

- A. Review of Safety Policies and injury precautions / procedures
- B. Students will participate in warm-up/stretching exercises

VII. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE

Footwork Review:

- A. Forward shuffle, Rear Shuffle, Shuffle Right/Left
- B. Normal pivot, Pivot Right/Left (10-8, 2-5 pivot steps)
- C. Progressive pivot, Shuffle pivot
- D. How to fall to the ground safely and assume a Defensive/Fighting position
- E. Access to equipment on duty belt while in a fighting stance and on the ground

VIII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING DE-ESCALATION, VERBAL COMMANDS

- A. Overview on restraint devices and IPD Handcuffing and Restraint Policy 306, 306.2
  - 1. Suspect cannot be handcuffed due to injuries
    - a. First Aid - Suspect injured, wounds, fractures

- b. Special circumstances per IPD 306.3.2 (i.e. pregnant females)
  - c. Complaint of pain should be documented per 306.8
  - d. Failing to double lock can result in injury and liability to an agency
  - e. Check for binding of handcuff chains and tightness (pinky check)
- B. Compliant Handcuffing and removal techniques
- 1. Standing, Kneeling, Sitting
    - a. Verbal commands
    - b. Finger lock or Twist lock control
    - c. Handcuffing/handcuff removal
    - d. Search
  - 2. Standing modified search to a rear wrist lock and handcuffing
  - 3. Takedown from standing or kneeling, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon, Reactionary gap (impact wpn., OC., etc.) on duty belt.
- C. High risk kneeling, to a prone control and handcuffing.
- 1. High risk kneeling
    - a. Verbal commands
    - b. Low profile twist lock or Finger lock
    - c. Handcuffing
    - d. Search and Recover
  - 2. High risk prone
    - a. Verbal commands
    - b. Prone control and Handcuffing
    - d. Search and Recover
  - 3. Resistant Subject Handcuffing (Prone)
    - a. Verbal commands
    - b. Grounded Bar Hammer Control
    - c. Handcuffing
    - d. Search and Recover
- D. Controlled Takedowns
- a. Verbal commands
  - b. Prone control and handcuffing
  - c. Search and recover
2. Two man controlled Takedown
- a. Verbal commands

- b. Prone control and handcuffing
- d. Search and recover

IX. TESTING/REMEDICATION

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

**EXTENDING EXPANDED COURSE OUTLINE TO 6 HOURS:**

XI. IMPACT WEAPONS REVIEW:  
IDENTIFY TARGET AND NON-TARGET AREAS ON THE BODY  
IPD POLICY 308.5

- A. Overview of course and explain which techniques will be tested
  - 1. Safety orientation
  - 2. Footwork review
  - 3. Review strikes, jabs and blocks
    - a. Forward and reverse strike
    - b. Vertical strikes
    - c. Power strike front, rear and jab
    - d. Upper, middle, lower blocks
    - e. Techniques practiced on bags and axe handles
    - f. Stick fighting techniques
  - 4. Baton retention techniques
    - a. Circle techniques
    - b. Push-pull techniques
    - c. Figure 8 techniques

***Testing: Impact weapons testing will include: balance, proper technique and power. Any student scoring below standard on any exercise, as established by the presenter, be remediated and tested until the standard is achieved.***

**EXTENDING EXPANDED COURSE OUTLINE TO 8 HOURS:**

XII. WEAPON RETENTION AND TAKE-AWAYS: FRONT HANDGUN AND RIFLE  
RETENTION, RIGHT/LEFT HANDED

- A. Safety orientation and warmup
- B. Mental preparation/verbal distractions/reactionary gap
- C. Rear handgun retention, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control
- D. Front handgun takeaway, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control
- E. Rear handgun takeaway, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control
- F. Front long gun takeaway, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control
- G. Rear long gun takeaway, right and left handed
  - 1. Footwork
  - 2. Takedowns
  - 3. Control

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

**ADDITIONAL OPTIONAL TOPICS/EXERCISES (2-4 Hours)  
(In lieu of either the 6 hour or 8 hour expansions)**

**XII. CHEMICAL AGENT REVIEW: INCLUDING PEPPER SPRAY, MACE, CN  
CS, TEAR GAS WEAPONS (2 Hours)**

- A. Safety orientation
- B. Pepper Spray- IPD Policy 308.7
  - 1. Review law
    - a. 12401, 12402 P.C. – Definitions
    - b. 12403 P.C. - Mandated training
    - c. 12403.1 to 12403.8 - Exemptions
  - 2. Mace, CN, CS, chemical irritants- IPD Policy 308.6
    - a. Physical reaction to chemical application
- C. Drawing Exercises: Delivery with pressurized inert training canisters
  - 1. Dual Force (baton, pepper spray)
    - a. Footwork
    - b. Inert training exercises
  - 2. Retention techniques
    - a. Circle techniques
    - b. Personal weapons striking exercises
  - 3. Accuracy training
    - a. Close quarters
    - b. Two officer distraction exercise
- D. First Aid/Decontamination- IPD Policy 308.7.3 and 308.8
  - 1. Irrigate/flushing eyes
    - a. Water sources
      - (1) Bottles of water in cooler
      - (2) Spray bottles, atomizers
  - 2. Medical treatment - officer, hospital, EMT, etc.
    - a. Continued breathing problems
    - b. Other extreme reactions
  - 3. Documentation- IPD Policy 308.11

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