



**MENIFEE POLICE DEPARTMENT  
CCN#:1391-29503-  
P.O.S.T. PERISHABLE SKILLS PROGRAM (PSP)  
ARREST AND CONTROL – COURSE OUTLINE**

**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 4-hour course consists of a hands-on/practical skills arrest and control training for in-service officers. This course provides updated legislative content of Penal Code Section 835a.

**ARREST AND CONTROL**

Minimum Topics/Exercises:

1. Safety orientation and warm-up
2. Use of force policies, Case Laws, Penal Codes, Levels of Force, Report Writing
3. Body physics and dynamics (suspect reaction to force)
4. Physical conditioning
5. Body balance/stance/movement/fighting stance, footwork patterns exercise(s)
6. Searching techniques exercise(s)
7. Control hold/takedown/handcuffing exercise(s)
8. Verbal commands, subject's actions, officer responses, and de-escalation exercise(s)
9. Recovery and First Aid (as applicable)
10. Class Exercises/Student Evaluation/Testing
11. Equipment & Restraint Device(s) exercise(s)

**COURSE OBJECTIVES**

The trainee will:

1. Be instructed on practical hands-on training in the area of arrest & control tactics
2. Demonstrate knowledge of their individual department Arrest and Control Policies.
3. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques.
4. 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/movement
  - D. Searching techniques and handcuffing
  - E. Control holds and takedowns
  - F. Verbal commands and de-escalation

## 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, as established by the presenter, remediation will be provided until the standard is met.

### **EXPANDED COURSE OUTLINE**

#### 1. REGISTRATION AND COURSE OVERVIEW

- A. Introduction, Registration and Orientation
- B. Course Objectives
  - 1) Overview
  - 2) Exercises
  - 3) Evaluation and Testing

#### 2. SAFETY ORIENTATION AND WARM-UP

- A. Review of Safety Policies and injury precautions
  - 1) Facility Guidelines
  - 2) Equipment Guidelines
  - 3) Instructor Qualifications
  - 4) Instructor to Student Ratio
  - 5) Presentation Guidelines
- B. Warm-up and Stretching Exercises
  - 1) Minimum Conditioning
  - 2) Warm-up

#### 3. USE OF FORCE POLICIES AND LEGAL ISSUES

- A. Case Law Update
  - 1) Tennessee v Garner
  - 2) Graham v Connor
  - 3) Forrester v San Diego
  - 4) AB 392
  - 5) SB 230 guidelines
  - 6) PC 196
- B. Department Policies
  - 1) Use of Force
  - 2) Shooting
  - 3) Handcuffing & Restraints
  - 4) Control Devices & Techniques
  - 5) Reporting & Documentation
- C. Penal Code Sections
  - 1) P.C. 835(a)
  - 2) P.C.243 (f)
- D. Levels of Force
  - 1) Controlling Force
  - 2) Less Than Lethal Force
  - 3) Lethal Force

4. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE

A. Cooperative Suspect

- 1) No resistance, follows commands
- 2) Verbal commands, officer presence, generally sufficient to gain compliance

B. Resistive Suspect (passive or active)

- 1) Physical resistance, fighting stance, locking resistance, resisting by use of apparatus, going limp,
- 2) Generally requiring verbal commands to controlling force

C. Assaultive Suspect

- 1) Physically resisting, fighting stance, fleeing, fighting
- 2) Generally requiring verbal commands to Controlling or Less Than Lethal Force

D. Life Threatening Suspect

- 1) Attacking, Displaying or Using Deadly Weapons
- 2) Generally requiring verbal commands to Controlling, Less Than Lethal or Lethal Force

5. PHYSICAL CONDITIONING and MENTAL 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
- 3) Regular and scheduled checkups with your primary physician

6. SUBJECT'S ACTIONS AND OFFICER'S RESPONSE

A. Subject's actions

1. Compliant
2. Passive non-compliant
3. Actively Resistant
4. Assaultive
5. Life Threatening

B. Officer's Response to Resistance

1. Non deadly
2. Intermediate force
3. Deadly force

C. 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

7. OFFICER AWARENESS/TACTICAL CONSIDERATIONS

A. Initial Approach with Subject

1. Hands
  2. Cover
  3. Weapons/bulges
  4. Footing/balance, officer's ability to stay on his/her feet
  - B. Tactical Considerations
    1. Associates, subjects, and officers (resources available)
    2. Escape routes, subjects – tactical retreat, officers
8. BODY BALANCE/STANCE AND MOVEMENT FROM POSITION OF INTERVIEW AND POSITION OF ADVANTAGE
- A. Footwork Review
    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. Body Balance and Movement
    1. How to fall to the ground safely and assume a position of advantage
    2. Access to equipment on duty belt while in a position of advantage and on the ground
9. SEARCH/HANDCUFFING
- A. Search
    1. Visual Search (plain view)
    2. Pat Down
    3. Incident to Arrest/complete search
  - B. Handcuffing Techniques from
    1. Standing
    2. Kneeling
    3. Prone
      - a. Minimize actions that could lead to positional asphyxia
      - b. Alternative placement
      - c. Positions of recovery
  - C. Assess for Officer and Suspect Injuries
    1. Render First Aid or request additional medical as needed
    2. Document
10. CONTROL HOLD/ TAKE DOWNS
- A. Control Hold
    1. Joint Manipulation
    2. Pain Compliance
  - B. Take Downs
    1. Various Positions
      - a. Handcuffed
      - b. Non-cuffed
    2. Single Officer

- 3. Multiple Officer
- C. Assess for Officer and Suspect Injuries
  - 1. Render First Aid or request additional medical as needed
  - 2. Document

11. DE-ESCALATION OF FORCE

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

12. STUDENT RECOVERY

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

13. TESTING/REMEDIATION

***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.***