

San Luis Obispo Sheriff's Office – Presenter 2440
Arrest and Control PSP – Course 29503
Expanded Course Outline

STATEMENT OF PURPOSE:

The course will provide the deputy with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP). The deputy 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 officers.

MINIMUM TOPICS/EXERCISES:

- 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 Officer's response to force
- i) Control/Takedown - in exercise(s) Verbal command
- j) Class exercises/Deputy Evaluation/Testing
- k) Recovery/First Aid (as applicable)

COURSE OBJECTIVES:

The trainee will:

1. Demonstrate knowledge of their individual Department's Use of Force 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.
3. Demonstrate a minimum standard of arrest and control skills with every technique and exercise, including:
 - A. Judgment and Decision-Making
 - B. Officer 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

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Instructors will observe deputies during the performance of each technique and exercise to evaluate each deputy's proficiency and ensure they achieve minimum performance standards. If a deputy fails to meet the minimum standards, *appropriate* remedial training will be provided until the minimum standards are met.

ARREST AND CONTROL PSP

I. INTRODUCTION

- A. Sheriff's sign-in roster
- B. Instructor introductions
- C. Location of restrooms, water, phone, AED & fire extinguisher
- D. POST ARCON PSP purpose
 - 1. Review course minimum topics/objectives

II. POLICIES, STANDARDS, REPORT WRITING, AND USE OF FORCE CONSIDERATIONS

(a, b)

- A. Review Sheriff's Office Lexipol Policy 300 - Use of Force updates and Legislative mandates
 - 1. Positional Asphyxiation
 - 2. Striking
 - 3. Joint Locks
- B. California Codes
 - 1. PC 835(a)
 - 2. PC 243(F)
 - 3. GC 7286.5
- C. Case Law
 - 1. Graham v Conner
 - 2. Tennessee v Garner
 - 3. Cortes v Luna
- D. Reporting requirements

III. SAFETY ORIENTATION

- A. COVID 19 – Symptoms check
 - 1. Rapid tests available
- B. No functioning firearms in the mat room
- C. Tap outs if you feel you're on the brink of injury:
 - 1. Slap on your thigh or chest
 - 2. Or your training partner's shoulder or leg, etc.
 - 3. Slap on the mats
 - 4. Say "ease up," or "ow!" or equivalent
- D. Pick a training partner that is of a similar size, age, level of physical fitness, and apparent enthusiasm level as yourself

(c)

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- E. Stay on pace with the instructor's verbal directions (don't speed ahead)
- F. Drill Technique
 1. Practice ALL techniques at half-speed and half-power
 2. Instructors will demo each technique 3 times and explain the mechanics
 3. Instructors will then talk you through the technique 3 times, step by step
 4. Instructors will then let you do the technique 3 more times at half-speed on “ready, set, go”
 5. Instructors evaluate the deputy's technique and either tell them “good job” or correct them and have them repeat until satisfactory performance is attained
 6. Switch deputy/suspect roles among pairs and repeat
- G. Continually look around mats to ensure you won't collide with other pairs, hazards, and safe landing zones
- H. Mats are sanitized for viruses, bacteria, and fungus before each session
 1. No street shoes on mats
 2. No bare or stocking feet outside of the immediate mat area
 3. Put your street shoes on before going into restrooms or outside
 4. If blood or other bodily fluids get on mats, the deputy will bandage the wound immediately and will sanitize that part of mat before continuing training
- I. Instructors will point out locations of first aid supplies, AED, ice packs, and mat sanitizer sprays
- J. Injury Protocols
 1. Report to instructor staff immediately
 2. Minor injuries that require medical care will be reported to the Watch Commander, and the deputy will fill out Worker's Compensation forms and go to the SLO County Medical Clinic on the Sheriff's Office Main Campus for routine medical treatment
 3. Major injuries are reported to the Watch Commander, an ambulance will be dispatched, and the deputy will be transported to Sierra Vista Hospital. The Watch Commander or another supervisor will fill out the Worker's Compensation forms
- K. Warm-up
 1. Guided: walk 2 laps, jog laps, windmills, twists and bends, neck rotations, knee rotations, toe touches, shoulder stretches, wrist stretches, quadricep stretches, calf stretches, hurdlers stretch, hamstring stretches, groin stretches
 2. 2 minutes for individual stretches

(k)

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IV. HIGH-RISK KNEELING SEARCH AND HANDCUFFING – Demo and Drill – 3x3x3x

- A. Instructors will demonstrate the technique 3 times; deputies will perform the technique step by step 3 times while being talked through, then deputies will perform the technique 3 times on "ready, set, go"
- B. Verbal commands:
 - 1. Suspect face away, hands up
 - 2. Into a kneeling position with the right ankle over the left ankle
 - 3. Hands-on top of the head, fingers interlaced
- C. Technique
 - 1. Check cover
 - 2. Close gap
 - 3. Grip hands
 - 4. Step on the instep and retrieve the handcuffs
 - 5. Place the top cuff on the suspect's right wrist and then bring up the loose cuff into the "pistol grip"
 - 6. Step forward at 45 degrees with the right foot and left pivot toward the suspect
 - 7. Bring both suspect's arms behind at the same time and place the second cuff on the suspect's left wrist; search the small of the back waistband
 - 8. Escort grip – Stand the suspect up and complete the search

(d - j)

V. EXCESSIVE FORCE ON HANDCUFFED PRISONER INTERVENTION – Drill

- A. Use of Force/Duty to Intercede drill
- B. Instructors will facilitate discussion, as necessary, of duty to intercede concepts as students work through a drill
- C. Students will repeat the High-Risk Kneeling Search and Handcuffing techniques, working in three deputy teams (1 contact, 2 covers)
- D. Once the search is complete and the contact deputy applies an "escort grip," the prisoner attempts to kick and bite the contact deputy
- E. Contact deputy begins punching handcuffed prisoner and yelling, "I'll teach you to bite a deputy"
- F. Cover deputy 1 intervenes and physically stops contact deputy from punching handcuffed prisoner ordering, "Stop it," "back off, we'll take the prisoner," "calm down"
- G. Cover deputy 2 takes physical control of the prisoner as soon as intervention begins

(b, d - j)

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VI. STRAIGHT ARM BAR 180 DEGREE TAKEDOWN – JOINT LOCK AND TAKEDOWN – Demo and Drill – 3x3x3x

(d - j)

A. Instructors will demonstrate the technique 3 times; deputies will perform the technique step by step 3 times while being talked through, then deputies will perform the technique 3 times on "ready, set, go"

B. Technique

1. Deputy in C grip escort position on suspect's right arm, tells suspect, "You're under arrest"
2. The suspect stiffens and replies, "You're not arresting me!"
3. The deputy initiates a straight arm bar by placing the suspect's right-hand palm on his belt buckle and the left wrist bone on the suspect's triceps tendon
4. Deputy pivots ¼ turn to the right and applies downward pressure on the suspect's right elbow by lowering their weight, bending at the knees and hips (not bending at the waist)
5. Once the deputy has the suspect bent over, they shift their weight onto their left foot and take a big half-circle step to their rear with their right foot, and pivots rearward
6. As the deputy is circle stepping to their rear, they also bend more downward pressure on the suspect's elbow and force them to lay face down on the ground
7. Deputy orders suspect to "Lay flat face down, stop resisting! Put your left arm on the small of your back!"
8. As soon as the suspect's chest is on the ground, the deputy slides their left hand down into the suspect's armpit and pins their shoulder on the ground to prevent them from rolling onto their side
9. Maintaining the straight arm bar, the deputy steps their right foot near the suspect's head and slowly kneels down, placing their right knee on the suspect's shoulder blade and prepares to handcuff

VII. GROUND SURVIVAL DRILL 1 – Demo and Drill – 3x3x3x

A. Technique

1. Side escape into closed guard ("worm drill," warm-up) defend punch and choke, arm shoulder lock, grapevine, rollover, top mount, arm cross face, push-pull rollover, and handcuff
2. Suspect modified side mount, the deputy on the bottom bridges up on the outside foot and inside shoulder, "shoots" hips out between the suspect's arms
3. Deputy lands on hip facing suspect and bent in 90 deg. Drags bottom leg across suspects knees and wraps it around the suspect and

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then wraps the opposite leg around and applies closed guard crossed ankles, head up, hands cover the face

4. The suspect leans forward, and 2 hand chokes the deputy. Deputy uses their hips to drive the suspect away. Suspect punches alternating left and right deputy parries using open hands
5. Deputy picks a right punch and parries arm over their right shoulder as they simultaneously pull both knees toward the chest, pulling the suspect forward off balance
6. Deputy wraps their right arm around the suspect's head and neck and puts their head against the suspect's head, trapping the suspect's right arm
7. Deputy then brings their left hand to right hand – palm to palm grip – applies the arm/shoulder lock
8. The deputy puts both feet inside the suspect's legs – straightens them, "grapevine" the suspect off their knees – then traps the suspect's right knee with the deputy's left foot – posts the right foot near hips, and pushing off the right foot, rolls to their left – rolling suspect over onto their back with the deputy in top mount while maintaining head-to-head contact – which keeps suspect's right arm trapped
9. Deputy reaches under the suspect's head with the left hand and grabs the suspect's wrist
10. The deputy puts their right palm on top of the suspect's elbow and comes up onto the left knee and right foot. Pulling up on the suspect's wrist while pushing down on the suspect's elbow deputy rolls the suspect over onto their stomach using their left knee and right heel to squeeze the suspect as they roll over
11. Deputy grabs the suspect's right wrist with their right hand and places their forearm across the back of the suspect's neck. Deputy lets go of suspect's right wrist with his left hand, reaches under suspect's armpit with the left hand, and grabs suspect's left wrist
12. Deputy drops right elbow to mat and drops left wrist into suspect's shoulder joint, pulls left arm out, and places on suspect's lower back
13. Deputy pulls the right arm back and places it on the suspect's lower back, and handcuffs suspect

VIII. GROUND SURVIVAL DRILL 2 – Demo and Drill – 3x3x3x

A. Technique

1. The deputy is lying face down with the suspect sitting on his back in back mount

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2. Deputy brings one knee up toward chest lifting hips off the mat, and pushes up on elbows (creating space)
3. Deputy bucks and spins onto their back with the suspect in top mount sitting on the deputy's chest
4. Deputy bucks their hips up and drives their knee into the suspect's tailbone, pushing them forward off balance and forcing the suspect to put their hands on the mat to keep from hitting their face on the mat
5. The deputy quickly traps one of the suspect's arms and then places his foot outside the suspect's ankle on the same side as the trapped arm
6. Deputy then looks over their shoulder on the same side they have trapped and bucks their hips up, and rolls over that shoulder at a 45-degree angle rolling the suspect onto their back with the deputy in their guard
7. Deputy puts both hands on the suspect's biceps and keeps their head down on the suspect's lower abdomen as they land on their knees
8. The deputy walks both hands down the suspect's chest and grabs their belt or waistband, pushing the suspect's hips down and bending elbows to 90 degrees driving their elbows into the suspect's inner thighs
9. Deputy puts left knee on suspect's tailbone and moves right knee out to 90 degrees, which breaks suspect's ankles apart, breaking the closed guard
10. Deputy drags right shin across suspect's inner thigh and plants their right knee on the mat outside suspect's leg, then drags left shin over as they slide right knee up to suspect's armpit
11. Deputy places their chest and body weight on the suspect's chest as they shoot their right arm under the suspect's neck and grabs the suspect's right shoulder deputy's knees spread apart, left hand grabs the suspect's pants at the hip, and the deputy now has side control on the suspect
12. While the deputy holds the suspect's hip down with their left hand, drags their left shin across the suspect's lower abdomen and plants their left knee on the opposite side of the suspect, and comes up in top mount
13. Deputy then does arm cross-face rollover to handcuffing same as the last drill

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IX. COURSE TESTING/REMEDICATION & CLOSURE

- A. Review of Techniques and Safety
- B. Test: Students will demonstrate:
 - 1. Proper stance and position
 - 2. Execution of various instructed techniques as directed by the instructor
 - 3. Use of verbal commands in conjunction with the position of control
 - 4. *Any student scoring below standard on any exercise, as established by the presenter, will be remediated and tested until the standard is achieved*
- C. Debrief and parting comments

(j)