

POST Perishable Skills Program (PSP III – Arrest & Control)
Newport Beach Police Department (6830)
CCN: 29503
POST Certification II / Reimbursement Plan IV / 4 Hours
Revised: June 23, 2021

COURSE GOAL: This course will provide trainees with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP). The trainees will develop the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

This 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 officers.

Arrest And Control Minimum Topics/Exercises:

- A. Policies, legal standard and report writing
- B. Use of force considerations
- C. Safety orientation and warm-ups
- D. De-escalation/verbal commands (exercises)
- E. Body balance/stance/patterns of movements (exercises)
- F. Search (exercises)
- G. Equipment/restraints devices use (exercises)
- H. Subject's actions and officer's response to force
- I. Control/takedown with verbal commands (exercises)
- J. Group exercises/evaluation/testing
- K. Recover/first aid (when applicable)

COURSE OBJECTIVES

The trainee will:

1. Demonstrate knowledge of NBPD arrest and control/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 to include:
 - Judgment and Decision Making
 - Officer Safety
 - Body Balance, Stance and Movement
 - Searching/Handcuffing Techniques
 - Control Holds/Takedowns
 - De-escalation/Verbal commands
 - Effectiveness under stressful conditions

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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

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. Judgement 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 stressful conditions
 - 2. Safety policy/orientation

II. Use of Force Policies and Legal Issues

- 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, officers and bystanders

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III. Safety Orientation and Warm-Up

- A. Review of Safety Policies and Injury Precautions
 - 1. Review of safety policy
 - 2. Emergency exits
 - 3. AED
 - 4. Avoiding injury
- B. Warm –up
 - 1. Stretching exercises
 - 2. Mental preparation
- C. Physical conditioning
 - 1. Three Biggest Disablers
 - a. Heart Attacks
 - b. Lower Back and Knee injuries
 - c. Peptic Ulcers
 - 2. How to Reduce Individual Risk to Above Disablers
 - a. Nutrition
 - b. Lifetime Fitness
- D. Scenario based problem
 - 1. Instructor as suspect – student must first use verbal commands to engage
 - 2. Use of multiple arrest/control techniques to control suspect as needed
 - 3. Passive suspect – use of proper force level/techniques
 - 4. Active resistance – use of appropriate techniques
 - 5. Actively attacking officer – use of appropriate defensive techniques
 - 6. Evaluation of Trainee decision making and techniques
- E. Remediation
 - 1. As needed by appropriate instructor
 - 2. No credit given if proficiency not met

IV. 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

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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

V. 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

VI. 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 on the ground

VII. Search/Handcuffing

- A. Search

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1. Visual Search (plain view)
 2. Pat Down
 3. Incident to arrest/complete search
- B. Handcuffing Techniques from:
1. Standing
 2. Kneeling
 3. Prone
- C. Assess of Officer and Suspect injuries
1. Render First Aid or request additional medical as needed
 2. Document

VIII. Control Hold / Takedowns

- A. Control Hold
1. Joint Manipulation
 2. Pain Compliance
- B. Takedowns
1. Various Positions
 - a. handcuffed
 - b. non-handcuffed
 2. Single Officer
 3. Multiple Officer
- C. Assess of Officer and Suspect injuries
1. Render First Aid or request additional medical as needed
 2. Document

IX. 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 covers equals time

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2. Resources
3. Contiguously Plan

X. Student Recovery

- A. Cool Down
 1. Stretching
 2. Hydration
- B. Injuries
 1. Treatment
 2. Documentation

XI. 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.