

San Bernardino County Sheriff's Department

Carotid Restraint Instructor Course: Advanced, POST CC# 2330-43008

Course Purpose: The purpose of this course is to teach Law Enforcement students to become Carotid Restraint instructors.

Learning Outcomes: Law Enforcement students will learn the principals and concepts of the Carotid Restraint Control Hold anatomy, physiology, risk factors, techniques, follow-up actions, course development, instructional techniques and methods, record keeping, testing and lesson plan development.

I. Orientation

A. Introductions

1. Participants
2. Instructors

B. Orientation

1. Housekeeping
2. Review safety policy
3. Collect student information, signed waivers & Emergency Notification Cards
4. Facility
5. Instructor expectations

II. Course objectives and content: Carotid Restraint Control Hold

A. Review course objectives

1. Understand philosophy behind the technique
2. Explain various agencies and departments have different force justification and policies for the use of the Carotid Restraint Control Hold

B. Safety objectives

1. Role player will keep hands near the neck to ensure proper neck alignment
2. Role player will use their hand(s) to tap on the officer's arm to indicate the officer needs to immediately release pressure
3. **No** student will be rendered unconscious during the course
4. No weapons in the classroom

III. Carotid Restraint Control Hold description

A. Force objective: safely control violent or potentially violent individual

1. Utilized based on current Case Law, State Law, Federal Law and Department Policy
2. Correct terminology

B. Pros

1. Alternative to lethal force, police batons, electronic control devices, and personal body weapons

2. Highly effective and quick to render subject unconscious

C. Cons

1. Proximity and recurring training
2. Improper technique
3. Medical conditions

IV. Basic Anatomy and Physiology

A. Structures of the neck

1. Explain the different bones, veins, arteries, cartilage, and airways
2. Explain each body function and the effects of the Carotid Restraint Control Hold

B. Factors causing unconsciousness

1. Carotid Artery Compression
2. Jugular Vein Compression

V. Risk Factors: improper use of the Carotid Restraint Control Hold

A. Improper frontal/rear pressure

1. Frontal: rupture, fracture or collapse of the larynx or trachea
2. Rear: fracture of the neck resulting in serious injury

B. Time

1. Average time to render a healthy individual unconscious is approximately 7-10 seconds
2. Officer must constantly assess for signs of unconsciousness
3. Release pressure when someone is rendered unconscious
4. Do NOT apply the hold for more than 30 seconds

C. Age

1. Senior Citizens have a potential to loosen plaque build-up inside arteries
2. Juveniles increased risk of cervical instability compared to adults (middle school and below)

D. Down Syndrome

1. At risk of neurologic and cardiac events

E. Morbid obesity

1. Breathing disorders such as asthma or obstructive apnea
2. Cardiovascular disease.
3. Heart diseases, congestive heart failure or cardiomyopathy (enlarged heart)

F. Pregnant females

1. Complications to the mother and baby

VI. Follow-up actions

A. Release pressure

1. Move to handcuffing position
2. Support the individual's head
3. Assess the individual for consciousness

B. Check vitals

1. Explain the side effects of subjects when they regain consciousness
2. Subject should regain consciousness within next 30 seconds
3. Possible medical emergencies
4. CAB, CPR if necessary
5. Conduct medical evaluation prior to booking

VII. Warm-ups

A. Explain why the warm-up is a critical component of the training and conditioning process

1. Raise body temperature
2. Tone, tempo and attitude
3. Turn on neuromuscular system
4. "Pre-hab" injury prevention

B. Explain specific warm up content choices and their functions

1. Linear and lateral
2. External rotation – legs
3. Neck rotations
4. Posture
5. Arm drive
6. Shoulder stretches
7. Strength
8. Loosen upper Trapezius

VIII. Warm-up, hands on

A. Review, demonstrate and practice warm up routines.

1. Dynamic warm-up
2. Corrective exercise warm-up
3. In-place warm-up

IX. Application techniques

A. Explain Rear Take Down

1. Rear Take Down places the officer in a position to apply the Standard or Locked technique from the seated position
2. Reduces risk of injury to the individual while maintaining control

B. Explain Standard application

1. Students will review, demonstrate and practice the Standard technique utilizing the Rear Take Down from the rear standing and kneeling positions

- C. Explain the Locked application
 - 1. Students will review, demonstrate and practice the Locked technique utilizing the Rear Take Down from the standing and kneeling positions
- D. Handcuffing
 - 1. Students will review, demonstrate and practice handcuffing from the Standard technique kneeling and prone
 - 2. Students will review, demonstrate and practice handcuffing from the Locked technique kneeling and prone
- E. Counter techniques
 - 1. Students will review, demonstrate and practice the counter technique from the standing position against the Carotid Hold
 - 2. Students will review, demonstrate and practice the counter technique from the Locked application

X. ADULT LEARNING CONCEPTS

- A. Instructor development
 - 1. Teaching styles
 - 2. Presenter
 - 3. Developer
 - 4. Facilitator
- B. Training techniques
 - 1. Facilitated discussion
 - 2. Active listening
 - 3. Performance evaluation techniques

XI. TEACH BACK

- A. Demonstrate an understanding of basic Carotid Restraint coaching techniques
 - 1. Develop a basic lesson plan on an assigned subject in Carotid basics
 - 2. Teach an assigned block of instruction in baton tactics to other students
 - 3. Knowledge evaluation/demonstration assessment
- B. Student presentations
 - 1. Teach Carotid techniques to the class in small groups

2. Presentation review

XII. Final Written Examination

XIII. Final Practical Examination

XIV. Final Examination, scoring and review