

**SAN BERNARDINO COUNTY  
P.O.S.T. PERISHABLE SKILLS PROGRAM (PSP)  
ARREST AND CONTROL (4 Hours)**

**COURSE GOAL:**

The course will provide officers with the minimum topics of Arrest and Control required in the P.O.S.T. Perishable Skills Training Program (PSP). The Officers 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.

**ARREST AND CONTROL**

**Minimum Topics/Exercises:**

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

**COURSE OBJECTIVES:**

The trainee will:

1. Demonstrate knowledge of their individual 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/Handcuffing Techniques
  - E. Control Holds/Takedowns
  - F. De-escalation, Verbal Commands
  - G. Effectiveness under Stress Conditions

**An instructor observing the trainee during their performance of each technique and exercise shall test minimum standards of performance. 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
  - B. Course Objectives/Overview, Exercises, Evaluation/Testing **III(b)**
  
- II. SAFETY ORIENTATION AND WARM-UP **III(a)**
  - A. Review of Safety Policies and injury precautions
  - B. Students will participate in warm-up/stretching exercises
  
- III. USE OF FORCE POLICIES AND LEGAL ISSUES **III(g,i)**
  - A. Case Law Update, report documentation and policy
    - 1. Tennessee v Garner
    - 2. Graham v Connor
  - B. Local Policies and documentation of force in reports
  
- IV. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE **III(h,d)**
  - A. Use of pain compliance/pressure point/distraction techniques when faced with locking resistance, going limp, refusing to put hands behind the back, or active resistance.
    - 1. Personal weapons review (elbow strike, knee strike, palm strike, bottom fist and front kick)
    - 2. Defenses from the ground (fall to ground with the knees up, heave when suspect tries to mount or take away weapons, push off escape from the ground, Stand up or go to a tactical knee position, etc.)
    - 3. Pressure point review (Student will demonstrate a pressure point).
      - a) Acceptable pressure points (mandibular, infra-orbital, hypoglossal and gag reflex)
  
- V. PHYSICAL CONDITIONING **III(a)**
  - 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. Lifetime fitness

VI. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW  
AND FIGHTING STANCE /CONTROL HOLDS/TAKEDOWNS

III(i,d)

A. Footwork Review:

1. Step Drag
2. C-Step

B. Control Hold Review

1. Arm Bar
2. Rear Wristlock
3. Z Bend
4. Takedown from standing modified, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact weapon., chemical agent, taser etc.) on duty belt.

VII. SEARCH AND HANDCUFFING TECHNIQUES  
DE-ESCALATION, VERBAL COMMANDS

III(c,e,f,k)

A. Overview on restraint devices

1. Suspect cannot be handcuffed due to injuries
  - a. First Aid - Suspect injured, wounds, fractures
  - b. Special circumstances (i.e. Pregnant females)
  - c. Complaint of pain should be documented
  - d. Failing to double lock handcuffs can result in injury to suspect and liability to an agency and need to double lock and check for tightness
2. Initial approach with subject consider
  - a. Where are the Suspect's hands? (when a suspect is accessing weapons, the suspect turns their thumb and index finger towards the center of the body and they lift their elbow up).
  - b. Where is cover
  - c. Weapons/bulges
  - d. Associates, subjects and officers (resources available)
  - e. Escape routes, subjects - tactical retreat, officers
  - f. Footing/balance, officer's ability to stay on his/her feet

B. Handcuffing techniques

1. Standing
  - a. Verbal commands
  - b. Test the waters
  - c. Handcuffing
  - d. Search
  - e. Double lock
  - f. Check for tightness
  - g. Document in the report

- C. Kneeling Handcuffing Technique
  - 1. a. Verbal commands
  - b. Step on foot crossed over ankle
  - c. Handcuffing
  - d. Search
  - e. Double lock
  - f. Check for tightness
  - g. Document in the report

- D. Prone Handcuffing Technique
  - 1. a. Verbal commands
  - b. Prone control
  - c. Handcuffing
  - d. Search
  - e. Double Lock
  - f. Check for tightness
  - g. Document in the report

## IX. TESTING/REMEDIATION

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

**III(b)**