

**HERCULES PD PERISHABLE SKILLS PROGRAM (PSP)  
POST PERISHABLE SKILLS PROGRAM (PSP)POST PERISHABLE  
SKILLS PROGRAM (PSP)POST PERISHABLE SKILLS PROGRAM (PSP)  
III - ARREST AND CONTROL (4 Hours)**

**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 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

**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
  - B. Course Objectives/Overview, Exercises, Evaluation/Testing **III**
- (b)**
- II. SAFETY ORIENTATION AND WARM-UP **III (a)**
- (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,j)**
- A. Case Law Update, report documentation and policy
  - 1. Tennessee v Garner
  - 2. Graham v Connor
  - 3. Forrester v San Diego
  - 4. Samaan v Robins
- B. Local Policies
- IV. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE **III(h)**
- (h)**
- A. Suspect attacks officer
- B. Locking resistance
- C. Going limp. (Should not use term passive resistance)
- D. Use of pain compliance/pressure point/distraction techniques
- E. Mental conditioning for arrest control-Color-coding:
  - 1. White = relaxed frame of mind
  - 2. Yellow = general awareness, minimum level of awareness, uniform
  - 3. Orange - specific awareness, 75%-25% theory, checklist of six  
(75% on the individual or situation, 25% still on general surroundings)

- a. Check-list of six used on initial approach with subject
  - (1) Hands
  - (2) Cover
  - (3) Weapons/bulges
  - (4) Associates, subjects and officers (resources available)
  - (5) Escape routes, subjects - tactical retreat, officers
  - (6) Footing/balance, officer=s ability to stay on his/her feet
- 4. Red = fight or flight

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. Life threatening physical altercations, 90 seconds of explosive endurance

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

**III(i)**

Footwork Review:

- A. Forward shuffle
- B. Rear shuffle
- C. Normal pivot
- D. Shuffle right and left
- E. Pivot right and left
- F. Progressive pivot
- G. Shuffle pivot
- H. How to fall to the ground safely and assume a fighting position
- I. Access to equipment on duty belt while in a fighting stance and on the ground

VII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING DE-ESCALATION, VERBAL COMMANDS

**III(c,d,e,f,k)**

- A. Overview on restraint devices and need to double lock and check for tightness
  - 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

- B. Unknown Risk Handcuffing techniques
  - 1. Low Profile twist-lock
    - a. Verbal commands
    - b. Twist lock control
    - c. Handcuffing
  - 2. Standing Modified Search, to a rear wrist lock and handcuffing
  - 3. Takedown from standing modified, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact wpn., chem. agent, etc.) on duty belt.
- C. High risk prone or kneeling, to a prone control and handcuffing.
  - 1. High risk kneeling
    - a. Verbal commands
    - b. Low profile twist lock
    - c. Search
    - d. Handcuffing
  - 2. High risk prone
    - a. Verbal commands
    - b. Prone control
    - c. Search
    - d. Handcuffing

#### VIII. TESTING/REMEDIATION

***Testing: Any student scoring below standard on any exercise, as III(b) established by the presenter, will be remediated, tested until standard is achieved.***