

**LA MESA POLICE DEPARTMENT
POST PERISHABLE SKILLS PROGRAM (PSP)
CATEGORY III – ARREST & CONTROL (4 Hours)**

I. COURSE GOAL

The course will provide the student with the minimum topics to safely maintain and improve proficiency in Arrest & Control as required in the POST Perishable Skills Training Program. Students will also receive updates in case law and department policies and procedures as they relate to Arrest & Control procedures. The course consists of a hands-on psychomotor exercises and scenarios for in-service officers.

II. ARREST & CONTROL

A. Minimum Topics/Exercises:

- i. Safety Orientation and Warm-Ups
- ii. Class Exercises/Student Evaluation/Testing
- iii. Verbal Command exercise(s)
- iv. Pat Down/Search exercise(s)
- v. Control /Take Down exercise(s)
- vi. Bilateral Vascular Restraint exercise(s)
- vii. Equipment/Restraint device(s) use exercise(s)
- viii. Impact Weapons exercise(s)
- ix. Taser review
- x. Chemical Agents review
- xi. Less than Lethal options review
- xii. Use of Force considerations
- xiii. Weapon retention
- xiv. Body Physics and Dynamics (suspects response to force)
- xv. Policies and Legal Issues
- xvi. Recovery/First Aid

III. COURSE OBJECTIVES

A. The student will:

- i. Demonstrate knowledge of their Arrest & Control skills and techniques.
- ii. Demonstrate a minimum standard of psychomotor skills with every technique and exercise, to include:
 - a. Judgment
 - b. Decision Making
 - c. Policy, Legal and Moral Issues
 - d. Practical Application
 - e. Officer Safety

Minimum standards of performance shall be tested by an instructor observing the student during their performance of each technique and exercise. If the student does not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met.

EXPANDED COURSE OUTLINE

I. INTRODUCTION/ORIENTATION

- A. Introduction, Registration and Orientation
- B. Course Objectives/Overview/Exercises, Evaluation/Testing **III(b)**
- C. Safety Orientation and Warm-Up **III(a)**

II. LIABILITIES/LEGALITIES/DOCUMENTATION **III(j,n,o,p,q)**

- A. Use of Force Policies and Legal Issues
 - i. P.C. 835
 - ii. Terry v. Ohio
 - iii. Tennessee v. Garner
 - iv. Graham v. Connor
 - v. Case Law Update
 - vi. Department Policies
 - a. DI 413 – Use of Force
 - b. DI 411 – Arrest and Disposition Procedures
 - c. DI 307 – Officer Involved Shootings
 - d. DI 503 – Bilateral Vascular Restraint
 - e. DI 622 – Use of OC
 - f. DI 614 – Use of Taser
 - g. DI 627 – Less Lethal Weapons
 - h. DI 629 – Use of Pro-Strait Chair
- B. Use of Force Report Writing
 - i. “That force which is likely to cause or does cause...shall be documented by the officer using force...”
 - ii. Using clear and descriptive language
 - a. What did you see? Hear? Think?
 - b. Suspects Behavior
 - 1. Compliant, Passive Resistant, Active Resistant, Assaultive, Life Threatening
 - c. Officers Response
 - 1. Verbal, control holds, less lethal options, impact weapons, deadly force

III. DeTac 101 – THE BASICS

- A. Awareness
 - i. Cover & Concealment
 - ii. Subjects Hands
 - iii. Weapons and/or Potential Weapons
 - iv. Friends/Associates
 - v. Escape Routes
 - vi. Physical Environment
- B. Balance
 - i. Balanced Stance

- ii. Proper Distance (FI/Fighting)

C. Control

- i. Command Presence/Confidence
- ii. General Control
- iii. Verbal Commands
- iv. Physical Control
- v. Position of Advantage/Disadvantage

D. Closest Weapon Closest Target (CWCT)

III(I)

- i. Application of closest available/appropriate weapon (personal or mechanical) to the closest available/appropriate target/striking point

E. Personal Body Weapons

III(g)

- i. Head
- ii. Hands
 - a. Palm
 - b. Blade
 - c. Fist
 - d. Hammer Fist
- iii. Arms
 - a. Elbow
 - b. Forearm
- iv. Legs
 - a. Knee
 - b. Shins
- v. Feet
 - a. Kick
 - b. Stomp
 - c. Rake
 - d. Sweep

F. Primary Targets – Likely to Cause Pain Discomfort or Motor-Neural Dysfunction

- i. Nose
- ii. Knuckles
- iii. Shins/Top of Feet
- iv. Perennial Nerve
- v. Femoral Nerve
- vi. Radial Nerve
- vii. Median Nerve
- viii. Stomach
- ix. Brachial/Plexus Origin

G. Parts Vulnerable to Attack (Avoid if Possible)

- i. Head/Face
- ii. Neck/Throat
- iii. Heart
- iv. Spine
- v. Kidneys

- vi. Joint
- vii. Groin

- H. Impact Weapon(s) III(l,m)
 - i. Use/Limitations
 - ii. Strikes
 - a. Jab
 - b. End (Butt) thrust
 - c. Forward Swing
 - d. Back Swing
 - e. Power Stroke
 - iii. Alternate Weapons
- I. Primary Targets – Likely to Cause Pain Discomfort or Motor-Neural Dysfunction
 - i. Muscle Mass
 - ii. Joints
- J. Parts Vulnerable to Attack (Avoid if Possible)
 - i. Head
 - ii. Heart
 - iii. Spine
 - iv. Groin
- K. Weapons Retention/Takeaway III(l,m)
 - i. Impact Weapon(s)
 - ii. Firearm
- L. Weapons Transition
 - i. Lethal to Less Lethal and back again
- M. Work to a Police Solution
 - i. Will to Survive
 - ii. Never Give Up
 - iii. A Warrior Mentality
 - iv. Victory is Paramount

IV. BODY PHYSICS AND MOVEMENT III(h,i)

- A. Suspects Reaction to Force
 - i. Suspect Attacks Officer
 - ii. Active Resistance
 - a. Rigid Muscles
 - iii. Passive Resistance
 - a. Going Limp
- B. Balance, Stance and Movement
 - i. Footwork Review:
 - a. Forward Shuffle (closing the gap)
 - b. Rear Shuffle (create the gap)
 - c. Shuffle Right/Left

- d. Pivot Right/Left
- ii. Self-righteousness
- iii. Impatience
- iv. Preoccupation

V. EXERCISES: VERBAL COMMANDS, HANDCUFFING, SEARCH TECHNIQUES, CONTROL HOLDS, TAKEDOWNS, DE-ESCALATION III(b,c,d,e,f,k,l,n)

A. Handcuffing

- i. Overview on restraint devices and need to double lock and check for tightness
- ii. Suspect cannot be handcuffed due to injuries
- ii. First Aid - Suspect injured, wounds, fractures
- iii. Special circumstances (i.e. pregnant females, overweight subjects)
- iv. Complaint of pain should be documented
- v. Failing to double lock handcuffs can result in injury to suspect and liability to an agency

B. Handcuffing-Compliant Application (Finger Control Method)

- i. Verbal commands to direct suspect to face away from officer, place backs of hands together behind back, spread feet and look straight ahead
- ii. Remove hand-cuffs and quickly establish “pistol grip” on the connecting chain, with your strong hand, single bars forward.
- iii. Approach from a position of advantage (right or left rear angle) and grasp the suspect’s fingers using your weak hand, pulling them back towards you to break their balance.
- vi. Once their balance has been broken, apply the hand-cuffs using a ‘pinkie thumb side application’ (Officer’s “pinkie side first then thumb side”.)
- vii. After both handcuffs have been applied, check for proper tightness (using tip of index finger and tip of thumb), double lock the handcuffs and conduct a pat down search or search incident to arrest depending on the circumstances. Begin search by checking the “danger areas” immediately accessible to a handcuffed prisoner or detainee (i.e. small of back, rear pockets and waistband).
- viii. Complete a thorough pat down/search

C. Handcuffing-Kneeling Application (No Weapon)

- i. Verbal commands to direct suspect to face away from officer, get on their knees, place backs of hands together behind back, put feet together, spread knees and look straight ahead
- ii. Establish contact and cover roles between the responding officers
- iii. Approach from a position of advantage (right or left rear angle) and grasp the subject’s fingers using either hand while simultaneously grasping the suspect’s shoulder using their free hand to break the suspect’s balance rearward
- iii. Once their balance has been broken, remove your hand from their shoulder (while still maintaining firm grasp of their fingers with your other hand) and retrieve your handcuffs. After removing handcuffs,

- quickly establish “pistol grip” on the connecting chain, single bars forward and apply them using a ‘pinkie thumb side application’ (Officer’s “pinkie side first then thumb side”)
- iv. After both handcuffs have been applied, check for proper tightness (using tip of index finger and tip of thumb), double lock the handcuffs and conduct a pat down search or search incident to arrest depending on the circumstances. Begin search by checking the “danger areas” immediately accessible to a handcuffed prisoner or detainee (i.e. small of back, rear pockets and waistband).
 - v. Complete a thorough pat down/search

D. Handcuffing-Kneeling Application (WITH Weapon in back)

- i. Verbal commands “Police! Don’t Move!” then direct suspect to face away from officer, get on their knees, place backs of hands together on top of head, put feet together, spread knees and look straight ahead
- ii. Advise the suspect that you see the weapon and failure to comply with orders may result in use of deadly force
- iii. Establish contact and cover roles between the responding officers
- iv. Approach from a position of advantage (right or left rear angle) and grasp the subject’s hands with either hand and pull them slightly rearward to keep them off balance.
- iii. Once their balance has been broken, remove the weapon with your other hand.
- iv. Disengage and secure the weapon.
- v. Direct suspects to place the backs of their hands together behind their back.
- vi. Approach from a position of advantage (right or left rear angle) and grasp the subject’s fingers using either hand while simultaneously grasping the suspect’s shoulder using their free hand to break the suspect’s balance rearward
- vii. Once their balance has been broken, remove your hand from their shoulder (while still maintaining firm grasp of their fingers with your other hand) and retrieve your handcuffs. After removing handcuffs, quickly establish “pistol grip” on the connecting chain, single bars forward and apply them using a ‘pinkie thumb side application’ (Officer’s “pinkie side first then thumb side”)
- v. After both handcuffs have been applied, check for proper tightness (using tip of index finger and tip of thumb), double lock the handcuffs and conduct a pat down search or search incident to arrest depending on the circumstances. Begin search by checking the “danger areas” immediately accessible to a handcuffed prisoner or detainee (i.e. small of back, rear pockets and waistband)
- vi. Complete a thorough pat down/search

E. Handcuffing-Prone Application (Weapon in front)

- i. Verbal commands “Police! Don’t Move! Then use simple, concise, and easy to understand commands such as “get on the ground” or “get on your stomach,” etc.

- ii. Advise the suspect that you see the weapon and failure to comply with orders may result in use of deadly force
- iii. Establish contact and cover roles between the responding officers
- iv. After the suspect has been directed into a prone position, order him/her to put their hands directly out from their sides, spread their feet and look away from the contact officer.
- v. As before, the arresting officer(s) will be responsible for going “hands-on” and making the arrest, while the cover officer(s) provide cover.
- viii. The arresting officer(s) will move in at an angle near the suspect’s head and establish control over the suspect (Finger Control and checking the arm OR shoulder pin.)
- ix. The completion of the handcuffing process and search is the same as previously described.

F. Leg Chains, Waist Chains, Maximum Restraint Discussion/Review

- i. Safe Application and Removal

G. Control Holds-Rear Wrist Lock

- i. From Escort Position to Rear Wristlock
- ii. Scoop suspect’s hand/wrist with same side hand, while simultaneously controlling suspect’s elbow using other hand.
- iii. Break suspect’s balance by lowering your center of gravity toward the right or left rear corner position (depending on officer’s approach to contact).
- iv. Transition to rear bent wristlock and trap the suspect’s elbow between your inner arm and rib cage near your armpit.
- v. As you transition to rear bent wristlock, immediately order suspect to place remaining hand behind head (single officer) or direct partner to control remaining hand and apply rear bent wristlock to other side.
- vi. Once control has been established (2 on 1), either officer may initiate handcuffing.
- vii. Control should be maintained, while the suspect is handcuffed.
- viii. The officers will work together to safely handcuff the suspect. It is usually easier to apply the handcuffs from underneath the suspect’s wrists (bottom to top).
- ix. Place the suspect’s wrist in the open handcuff without losing control (maintain rear wristlock) and close the single bar around the wrist. Repeat on other side or use two handcuffs depending on the size and flexibility of the suspect.
- x. The completion of the handcuffing process and search is the same as previously described.

H. Control Holds-Front Wrist Lock

- i. A method of controlling low-levels of resistive behavior from a position of advantage or escort position.
- ii. Control the subject’s arm near the elbow and wrist (similar to the rear wrist-lock). However rather than placing the subject’s hand(s) behind his/her back, control the subject’s arm near his/her side using essentially the same principles/mechanics described above.
- iii. Trap the subject’s elbow between your inner arm and rib cage near your armpit and apply pressure to the wrist to gain compliance.

- iv. The officer may transition from the front wrist lock to the rear wrist lock followed by handcuffing (using the same steps described above) or take the subject to the ground depending on the level of resistance encountered.
- I. Control Holds-Compression Wrist Lock
 - i. Single or Two-officer handcuffed prisoner compliance
 - ii. Generally used in response to low-levels of handcuffed prisoner resistance
 - iii. Not used to cause pain unnecessarily or inflict punishment.
 - iv. Grasp the elbow and the cover the back of the suspects same side hand
 - v. Compress the wrist by applying pressure to the back of the suspect's hand, pushing the palm towards the inside of the wrist while applying counter-pressure to the elbow.
 - J. Control Holds - Arm Lock (Bar Hammer Lock)
 - i. Two-officer handcuffed prisoner escort
 - ii. Generally used in response to low-levels of handcuffed prisoner resistance
 - iii. Not used to cause pain unnecessarily or inflict punishment.
 - iv. If unable to control handcuffed prisoner using arm lock, transition to takedown. A handcuffed prisoner will not be able to break his/her fall. The takedown must be reasonable and necessary based on the circumstances.
 - v. If feasible, the takedown may be performed in stages (depending on the level of resistance encountered). To perform in stages, take the suspect down to his/her knees, then onto their stomach (prone position).
 - K. Takedowns-Head Control
 - i. Establish an inside position by placing your hands on the back of the suspect's head and bring elbows together
 - ii. The guiding principle is, "Where the head goes the body follows"
 - iii. The inside/ head control takedown from an inside position (like any takedown) should be set up using a distraction technique/ strike(s)
 - ix. Do not intentionally slam the suspect's head/ face into the ground unless warranted based on the circumstances
 - x. After transitioning to the ground, establish a top-control position and transition to a shoulder pin (cuffing/ restraining position) or disengage and transition to an alternate force option (police solution)
 - xi. Transition to a shoulder pin (Move left/snake left, move right/snake right)
 - K. Arm Bar Take Down
 - i. Set up with distraction strike (knee to thigh)
 - ii. Trap suspects elbow against body, using two points of contact (upper arm and lower arm)
 - iii. Keep suspects arm as straight/locked out as possible
 - iv. Turn body and drive suspects arm down at a 45 degree angle

- v. Step back with ‘away’ leg to continue corkscrewing motion
- vi. Drive shoulder into suspects shoulder/upper arm in a downward motion
- vii. Once suspect is grounded decided whether to stay or go
- viii. Demonstrate the Elbow Takedown from front to prone, front to supine, rear to supine and Reversal

L. Take Down – Bilateral Vascular Restraint (Standing Application)

- i. From a position of advantage, tactically approach the suspect from behind and break their balance toward you
- ii. To break their balance, grasp their shoulder near the base of their neck and forcefully pull him backward while moving in the same direction. Continue to move backward until the suspect is off balance. (*Students may choose to use their rear leg to kick the back of the suspects (away) knee, breaking their balance to achieve the same result)
- iii. While breaking their balance, simultaneously encircle their neck with your other arm
- iv. The encircling arm will be palm down and form a ‘V’ around the suspect’s neck. Your elbow must be aligned with the suspect’s chin and pressure must not be applied to the windpipe.
- v. Immediately after encircling the neck, establish your grip by making a fist with the encircling hand and firmly grasp the base of your fist with your other hand
- vi. The rear elbow will be pointing downward and held close to your body
- vii. Be sure that you establish and maintain three points of contact around the suspects neck (biceps on one side of their neck, the inside edge or your forearm on the other side, and the side of your head against the back of their head). Your head will help stabilize their head and push it into the ‘V’ toward your elbow.
- viii. Drive your encircling arm and elbow downward into the suspect’s chest, forcing their buttocks down to the ground while moving rearward. Maintain the hold during this process.
- xii. Once suspect’s buttocks hit the ground, square yourself to the suspect and transition into the prone position for hand-cuffing
- xiii. Once the suspect is hand-cuffed place them in the recovery position and stop
- xiv. If the suspect does not regain consciousness within thirty seconds, call for medical aid immediately and continue to monitor their ABC’s. Check their pulse at the wrist and initiate CPR if needed.

M. Take Down – Bilateral Vascular Restraint (Prone Position)

- i. The technique may also be applied from a prone (suspect face down), back (officer on back) or side (officer on side) position
- ii. To apply or transition to the technique, simply grab your shoulder with your encircling hand
- iii. Place your other arm along the side of their neck and grab your opposing shoulder, while establishing chest to back contact with the suspect and compress the sides of their neck
- iv. Carefully transition to prone position for hand-cuffing

- v. Once the suspect is hand-cuffed place them in the recovery position
- vi. If the suspect does not regain consciousness within thirty seconds, call for medical aid immediately and continue to monitor their ABC's. Check their pulse at the wrist and initiate CPR if needed.

N. Take Down – Bilateral Vascular Restraint (Officer on their Back)

- i. If forced onto your back from the kneeling transitional position, continue to compress the sides of the suspect's neck and attempt to render them unconscious
- ii. As you apply the hold, wrap your legs around the front of the suspect's legs and lock your heels near their inner thighs
- iii. To alleviate the suspect's weight, roll onto your gun side if practical and continue to apply the hold for a maximum of 30 seconds
- iv. Carefully transition to prone position for hand-cuffing
- v. Once the suspect is hand-cuffed place them in the recovery position
- vi. If the suspect does not regain consciousness within thirty seconds, call for medical aid immediately and continue to monitor their ABC's. Check their pulse at the wrist and initiate CPR if needed.

VI. LESS LETHAL OPTIONS (Review/Discussion)

III(o,p,q)

A. OC Spray

- i. Use/Limitations
- ii. Effective Range
- iii. Decontamination

B. Taser

- i. Use/Limitations
- ii. Effective Range
- iii. First Aid

Testing: Any student scoring below standard on any exercise, as established by the instructor, will be remediated and tested until standard is achieved.