

Sacramento Police Department – 2320  
ARREST CONTROL (ARSTCTL) PSP Course – 29503

**Statement of Purpose:** The purpose of this course is to update and enhance officer's skills in Arrest and Control Techniques and tactics. This course meets the requirements of the Perishable Skills Program (PSP) for POST.

**Course Objectives**

The student will:

1. Demonstrate knowledge of their individual Department Arrest and Control 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 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
    - H. After-Force care/Recovery
- 
- I. Safety Briefing
    - a. Review of Course Safety Policy
    - b. Safety check of student's equipment
      - i. Empty duty belt
      - ii. NO Firearms/NO Ammunition
      - iii. NO Knives/Sharp/Poking/Stabbing Instruments
  - II. Equipment Needs
    - a. Binder – Lesson Plan (updated)
    - b. 15 pairs training handcuffs
  - III. Warm up
    - a. Dynamic movements
      - i. Light jog, with karaoke movements
      - ii. Lunges- a couple sets back and forth
      - iii. Leg lifts- opening up the hips with the knee up
      - iv. Stretch calves/groin
      - v. Trunk twists
      - vi. Stretch out backs
      - vii. Arm movements-Circles, across chests, behind the back
        1. Roll out wrists
    - b. Anything else student feels is necessary to get warmed up (FREE TIME TO STRETCH)

Sacramento Police Department – 2320  
ARREST CONTROL (ARSTCTL) PSP Course – 29503

- IV. Case Law & Policy Review
  - a. PC 835(a) – Use of Force
    - i. Visual Aids (poster board)
    - ii. Discuss current UOF case law
      - 1. *Tennessee v Garner*
      - 2. PC 835(a)
  - b. SPD GO 580.02 – Use of Force
    - i. Discuss current UOF GO
    - ii. Students provided current copy of GO 580.02
  - c. **Learning Activity:** Instructor will orally quiz students on various aspects of discussion points.
  - d. Use of Force (UOF) Considerations
    - i. Instructors will discuss updated department policy to include de-escalation, personal body weapons, UOF levels, and levels of resistance.
    - ii. Report Writing
      - 1. Provide sample report for Officers to review
  - e. **Learning Activity:** Students will participate in a group discussion related to how to articulate uses of force, levels of resistance, and assaultive behavior within a police report, based on department policy and case law.
  - f. Discuss potential Suspect(s) actions
    - i. Officers response to force
- V. Multiple officer Communication (2 Officers vs 1 Suspect)
  - a. Instructors will demonstrate various ground-based positions and will include both pros and cons of each position.
    - i. Common Suspect actions/responses (Defensive/Offensive) specific to:
      - 1. Mount
      - 2. Top Mount
      - 3. Side Control
      - 4. Back Control
    - ii. Instructors will show top-mount, guard, side control, back mount and knee on hips/belly
      - 1. Mount: Instructors focus on the importance of mount and maintaining the mount once achieved.
      - 2. Top mount (Officers on top and Bottom): Bottom position will then be covered with emphasis on officers being placed in a position of disadvantage. Instructors will cover Hip escape, Hip bump, and Arm trap as methods to escape from the bottom position.
      - 3. Side Control: Will be instructed and officers will be placed in both top and bottom positions while focusing on maintenance of position while on top and bottom positions.
      - 4. Back Control (Officers have/are in a back control/back escape): Special attention will be given regarding suspects access to officer's neck while in the back position.
  - b. It is crucial that officers communicate throughout the contact with both

Sacramento Police Department – 2320  
ARREST CONTROL (ARSTCTL) PSP Course – 29503

additional officers, as well as the suspect.

- i. Officers should remember once on the ground they are working as a team and not by themselves. Officers will place themselves in good position on the subject's hips, legs, and upper body.
  - ii. During a ground-based encounter with a suspect it is important that officers utilize clear concise communications with both additional officers on scene as well as the suspect. Clear narration of the events taking place during a use of force encounter is important because often times the body worn camera view may be restricted while certain techniques are applied or while the suspect is fighting officers.
  - iii. Examples of this could be the arm extractions technique (face down), suspect on his back or side.
  - iv. Hazards/prevention of positional asphyxiation
- c. **Learning Activity:** Students will pair up in groups and practice these techniques as observed by instructors. Students will demonstrate the techniques properly to include body balance, stances, and movement patterns used in ground control.

VI. Choke Defense

- a. Purpose
  - i. Defend against a choke in the prone, supine and standing positions
  - ii. To remain conscious during violent encounters/attacks with/from suspects.
- b. **Learning Activity:** Students will pair up in groups and practice these techniques as observed by instructors. Students will demonstrate the proper technique of defending against being choked out.

VII. Searching & Handcuffing with Max Restraints

- a. Initial set up = Same as the Cursory Search
  - i. Turn around, interlace your fingers together (Palms out, thumbs up)
  - ii. Grab ahold of two fingers from the same hand, trapping one finger from the opposite hand in between.
  - iii. Search the front waist band, up the front, down the side and back waist band.
  - iv. For the lower body search, draw the hands away from the back slightly more.
  - v. Take a small step back and lower your elevation while maintaining ahold of your original grip. Use your primary searching hand to complete the search.
- b. Justification
  - i. *Do not perform a lower body cursory search without reasonable suspicion to do so. A cursory search is the least invasive search we do, and the subject can deny your search.*
  - ii. *Be able to articulate why you are searching the lower body.*

Sacramento Police Department – 2320  
ARREST CONTROL (ARSTCTL) PSP Course – 29503

- c. **Learning Activity:** Students will pair up in groups and practice these techniques as observed by instructors.

VIII. Standing Modified Search

- a. Tell the subject- “Turn around and face away “
- b. Interlace their hands-on top of their head
- c. Walk up gain control of the hands-on top of the head, push the hips forward and step foot through their legs (Remind whatever foot is forward, that will be the searching hand.
- d. Search front waistband, front pocket, up the front, back waist band and up the back.
- e. Switch hands and repeat the process.
- f. If you need to cuff the subject transition to a one-handed rear wrist lock and advise the subject to place their opposite hand at the ear and tilt their head back.
- g. Handcuff the hand and bring the hand behind the back.
- h. Cuff the second hand and double lock the cuffs.
- i. Search the lower body using arm brace against the back.
- j. **Learning Activity:** Students will pair up in groups and practice these techniques as observed by instructors. Instructors will ensure students are conducting each Search technique properly, including standard verbal commands.

IX. Prone Search

- a. Verbal Commands
- b. Prone control
- c. Search
- d. Handcuffing
- e. Stand-up and finish search
- f. **Learning Activity:** Students will pair up in groups and practice these techniques as observed by instructors.

X. Max Restraint Device

- a. Demonstrate how to use the system (2x min)
  - i. Stress the importance of placing the strap over the hang cuffs to help hold the arms close to the body.
  - ii. Advise on the use of a spit mask
    - 1. Good to avoid getting spit on.
- b. **Learning Activity:** Students will break up into groups of 4, and practice application of the restraints (2x each min), as well as properly demonstrate the application individually to the instructor.

XI. Baton/OC/CED/Firearms transitions

- a. Students will need their duty belts, baton, OC & CED

Sacramento Police Department – 2320  
ARREST CONTROL (ARSTCTL) PSP Course – 29503

- b. The purpose of this drill to build muscle memory between transition through weapons systems based on the threat presented to the officers without having to look at each tool.
  - i. Emphasis on de-escalation techniques (verbal communication).
- c. **Learning Activity:** Students will form two lines. The instructor will give a “threat” command and the student will have to properly address the “threat” with a force option. If presented with the “ineffective” command, the student must transition to another force option. Students will work through the exercise for 45-60 seconds at least a minimum of 2x each. Instructors will observe students during their first time in the exercise and give verbal feedback on de-escalation techniques before students conduct the exercise for the second time.

XII. After-Force Care/Recovery

- a. Demonstrate recovery position to relieve pressure on abdomen / diaphragm
  - i. Discuss relieving positional asphyxiation from prone search and max restraints
- b. Requesting Medical Aid
  - i. Transporting in max restraints, aftercare
- c. **Learning Activity:** Students will demonstrate their ability to place someone in the recovery position after using force.

XIII. Review

- a. Review/discussion/Question & answer with students