CPT 2020 ACT UPDATE

*Equipment: Updated (June 9, 2020) CPT BINDER, 10 Max restraints, 15 pairs of training cuffs*
Please ensure students bring their duty belts- no ammo, no knives or poking/stabbing instruments

1. **Registration/ Safety Orientation (10-15 minutes)**
   a. Quick reminder of the “safety” guidelines on the wall.
   b. Ask if anyone is light duty, if so they need to come back another time
   c. If anyone has an injury that would prevent them from doing any of the techniques, please do not do that technique. ****Work within your abilities****

2. **Department Use of Force policy & Case Law, and first aid update: (10-15 minutes)**
   a. Updated Use of Force Policy
   b. Update - Employees **shall not** use Carotid Control Hold
   c. Discussion
      i. Tennessee v Gardner=Fleeing felon doctrine
      ii. Terry v Ohio=Terry-pat down search
      iii. Graham v Connor=Objective reasonableness
   d. The use of CPR on handcuffed subjects is acceptable
      i. If fire requests the cuffs come off to administer aid, just comply and remove them.

3. **Warm up-Dynamic movements (15-20 minutes).**
   a. Light jog, with karaoke movements
   b. Lungs-a couple sets back and forth
   c. Leg lifts- opening up the hips with the knee up
      i. Stretch calves/groin
   d. Trunk twists
   e. Stretch out backs
   f. Arm movements-Circles, across chests, behind the back
      i. Roll out wrists
   g. Anything else you feel is necessary to get warmed up **(FREE TIME TO STRETCH) PLEASE LIMIT IT TO A MAXIMUM OF 5 MINUTES.**

4. **Physical Assault Self Defense (75 minutes)**
   a. Attacked by grab or punch/Clinch
      i. Purpose is to maintain or gain control of a subject that is actively attacking or has grabbed onto you.
b. **Tackle Defense/Sprawl**
   i. Purpose to instruct the officer to defend themselves against a tackle or lower leg grab.

c. **Ground control**
   i. Purpose is to give police officers basic movement and self-defense techniques associated with body control on the ground. Officers should be able to defend themselves from the ground and transition to other force options.

d. **Choke Defense**
   i. Purpose is to defend a choke in the prone, supine and standing positions – for officers that are being attacked to remain conscious during violent encounters with suspects.

5. **Arm Extraction (30 minutes)**
The Arm Extraction technique is a method to safely remove a non-compliant prone subjects’ arms from under their body. This technique should always be conducted with a minimum of two officers.

   a. **Method #1- Arms at Midline Waist**
   b. **Method #2- Arms tucked under chest**

6. **Two/Three Officer Control Techniques (15 minutes)**
   i. Communication- It is crucial that officers communicate throughout the contact with both additional officers as well as the suspect.

7. **Max restraint update (45 minutes)**

8. **Talking Points (30 minutes)**
   a. Suspect attacks officer- ways to mitigate injury
      i. Distance v. Time
      ii. Time
   b. If your body cam shuts off/falls off or malfunctions, please focus on the threat at hand and when safe to do so fix the camera issue.
   c. Prone/supine custody and control
      i. Position of recovery/comfort
         1. Positional asphyxiation/excited delirium
   d. Personal body weapons-
      i. Are a close proximity weapons system
ii. Personal body weapons should be used by an officer as a means to defend themselves or others against an assaultive individual in order to overcome resistance.

iii. The use of personal body weapons should be used as a means to create space (if doing so is the best option) to transition to an alternative weapons system.

Questions