

EXPANDED COURSE OUTLINE  
REGULAR BASIC COURSE  
**LEARNING DOMAIN 33**  
ARREST AND CONTROL

A. LEARNING NEED

For their own safety and the safety of others, peace officers must maintain awareness and respond appropriately when confronted by a potential hazard or threat.

LEARNING OBJECTIVES

A. Demonstrate principles of arrest and control to include:

1. Awareness
2. Balance
3. Control

B. Describe the areas of the body which require maximum protection during an attack

1. Head
2. Neck
3. Heart
4. Groin
5. Spine
6. Kidneys

C. Describe parts of an officer's body that may be used as personal weapons during an arrest/detention to control a combative and/or resistive subject

1. Hands
2. Feet
3. Elbows
4. Knees

II. LEARNING NEED

Conducting a person search can be dangerous for peace officers. A peace officer's actions and reactions in these situations should always allow for a margin of safety while maintaining a position of advantage.

LEARNING OBJECTIVES

- A. Explain factors to consider when approaching a subject and conducting a plain view search
  - 1. Subject's hands
  - 2. Subject's clothing
  - 3. Potential weapons
  - 4. Additional subjects
  
- B. Demonstrate a systematic approach to safely and effectively conduct a person search
  - 1. Remain Constantly Alert
  - 2. Be aware of surrounding environment at all times
  - 3. Be cautious of the subject's movement, no matter how slight
  - 4. Maintain communication with the cover officer
  
- C. Discuss locations where weapons and/or contraband can be concealed on a subject's body
  - 1. Waistband
  - 2. Upper body
  - 3. Back
  - 4. Lower body
  
- D. Explain agency considerations and restrictions that may be common regarding a search of a person of the opposite sex
  - 1. Maintaining officer safety
  - 2. The availability and use of officers of the same sex
  - 3. Acceptable search technique
  - 4. How to avoid false claims of misconduct or sexual assault
  
- E. Explain cover officer responsibilities
  - 1. Maintain constant observation of the overall situation; be aware of possible dangers and potential interference
  - 2. Exhibit command presence or profession demeanor toward subject being searched
  - 3. Protect the searching officer from possible interference by onlookers or associates of the subject
  
- F. Discuss cover officer responsibilities during a search of a subject
  - 1. Assist in restraining the subject if necessary
  - 2. Assist in providing 360 degree coverage of officer while they focus on searching subject.

3. Assist the searching officer by taking possession of any found weapons or contraband, if necessary, allowing the searching officers to continue the search

### III. LEARNING NEED

Peace officers must be ready and physically capable of taking control of a subject and to justify their actions if the subject refuses to follow verbal commands, physically resists, or attempts to attack the peace officer during a detention or arrest situation.

#### LEARNING OBJECTIVES

- A. Discuss a peace officer's justification to use control holds and takedown techniques on a subject
  1. Subject's display of aggressive or assaultive behavior
  2. Physical size of the subject (compared to the officer).
  3. Need for immediate control of the subject due to tactical considerations
  4. Officer's perception of the subject's knowledge of the martial arts or other skills
  5. Inability to control a subject by other means
- B. Explain advantages and limitations a peace officer should consider when applying a control hold
  1. Control holds can be used for direction and control
  2. Close proximity of the officer and the subject (within striking distance)
  3. Understand the importance of knowing when to transition to another technique
- C. Explain advantages and limitations a peace officer should consider when performing a takedown technique
  1. Close proximity of the officer and the subject
  2. A single technique may not be adequate to gain complete control of the subject
  3. Environmental conditions

### IV. LEARNING NEED

Peace officers must know the advantages of the use of a carotid restraint control hold, the risks involved, the follow-up procedures, and safety precautions.

#### LEARNING OBJECTIVES

- A. Discuss the justification for using the carotid restraint control hold
  1. To control a violent individual
  2. To enhance officer safety
  3. To recreate an opportunity for officer to use a lesser force

4. As a last resort before transitioning to lethal force
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- B. Describe factors which cause unconsciousness and physiological responses when a carotid restraint control hold is applied, to include:
    1. Structures of the human neck
    2. Breathing
    3. Circulation
  - C. Demonstrate the prescribed application of the carotid restraint control hold
    1. Body positioning
    2. Hand and head placement
    3. Application
  - D. Describe potential effects associated with the improper application of a carotid restraint control hold, to include:
    1. Physiological responses a subject may experience
  - E. Demonstrate procedures for handling a subject after a carotid restraint control hold has been applied
    1. Release the hold
    2. Handcuff the subject
    3. Check vital signs
    4. Administer first aid, if necessary
    5. Search the subject
    6. Notify any other officers or custodial personnel that the prisoner is given to
    7. Obtain medical clearance
  - F. Explain procedures regarding medical care after a carotid restraint control hold has been applied
    1. Check the subject's pulse (other than the carotid pulse)
    2. Monitor the subject's breathing
    3. Obtain a coherent response from the subject
    4. Be prepared to establish an airway and administer CPR
    5. Summon emergency services if needed
    6. Maintain visual monitoring of the subject for up to two hours or until the subject has been turned over to another authority

## V. LEARNING NEED

The application of a restraint device (i.e., handcuffs, plastic flex cuffs, leg restraint devices, full body restraints) on a subject can be a difficult and potentially dangerous task

for a peace officer. Peace officers must be proficient in the use of proper methods to ensure their safety and the safety of the subjects.

## LEARNING OBJECTIVES

- A. Explain the purpose of using restraint devices on a subject
  - 1. To minimize attack on the officer or others
  - 2. To minimize escape of the prisoner
  - 3. To prevent destruction or concealment of evidence or contraband
  - 4. To prevent self-inflicted injury by subject
  - 5. To prevent combat between prisoners
  
- B. Explain potential hazards when using restraint devices on a subject
  - 1. Subject left unattended in an officer's vehicle may allow the prisoner to escape
  - 2. If visual contact and control of the subject are not maintained there may be a threat to officer safety, threat to public safety or destruction of evidence
  - 3. If handcuffs are not applied properly there may be harm to prisoner
  - 4. A subject is handcuffed to a stationary object there may be potential harm to subject
  
- C. Demonstrate the proper application and correct positioning of handcuffs on a subject
  - 1. Handcuffs should be applied on the subject's bare wrist between the hand and the protruding ulna bone
  - 2. The shape of the handcuff should correspond with the shape of the subject's wrist
  - 3. Handcuffs should be properly adjusted. Too tight may cause reduced circulation or nerve damage. Too loose could allow the prisoner to escape
  - 4. Handcuffs should not be applied over the top of clothing or jewelry
  - 5. Handcuffs should be double locked when tactically safe
  
- D. Explain various double-locking mechanisms on handcuffs
  - 1. ASP
  - 2. Smith and Wesson
  - 3. Peerless handcuffs
  
- E. Discuss responsibilities of the contact and cover officers when handcuffing multiple subjects
  - 1. Contact officer controls the subjects, directing them verbally to arrest position, giving them arrest commands, alert cover officer of weapons found, and handcuffs the subject

2. Cover officer speaks only when a situation arises that is not controlled by the contact officer and follows the contact officer to avoid crossfire situations
3. Cover officer gives 360 coverage of contact officer while contact is made.

## VI. LEARNING NEED

Peace officers must maintain control of their firearm(s) and when appropriate, be physically capable of disarming a subject.

### LEARNING OBJECTIVES

- A. Describe factors involved in retaining a peace officer's firearm
  1. Opportunity
  2. Equipment
  3. Training
- B. Demonstrate the basic techniques for peace officers to safely maintain control of their firearm in a physical conflict
  1. Secure weapon
  2. Distract/response
  3. Gain position
  4. Effect release
- C. Discuss a peace officer's tactical considerations when confronted by an armed subject
  1. The danger of injury to themselves
  2. Public safety
  3. The type of firearm the subject is holding
- D. Discuss tactical considerations when disarming a subject
  1. The distance between the officer and the subject
  2. Their own level of skill, physical conditioning, and training
  3. Moving out of the line of fire
- E. Discuss the justification for a peace officer to continually train in arrest methods, weapon retention and takeaway.
  1. From 1995 through 1999, all thirty three peace officers killed in the line of duty were murdered with firearms.
  2. Two of the officers were overpowered, their firearms taken away and used to kill them.
  3. This support justification that peace officers continually train in arrest methods, weapon retention and takeaway

## VII. LEARNING NEED

Peace officers must know that an impact weapon is a force option.

### LEARNING OBJECTIVES

- A. Describe a peace officer's legal authority for using an impact weapon
  - 1. To protect property
  - 2. In self-defense
  - 3. In defense of others
  - 4. To effect an arrest
  - 5. To prevent escape
  - 6. To overcome resistance
  
- B. Discuss circumstances when a peace officer is justified in using an impact weapon
  - 1. Size of the subject compared with the size of the officer
  - 2. Subject exhibits a trained fighting skill
  - 3. Multiple subjects
  - 4. Control needed due to tactical considerations
  
- C. Demonstrate the appropriate areas on a subject's body that if struck with an impact weapon can be effective in gaining control
  - 1. Chest
  - 2. Rib Cage
  - 3. Midsection
  - 4. Arms
  - 5. Legs
  
- D. Describe areas on a subject's body that if struck with an impact weapon could cause serious injury to the subject
  - 1. Face
  - 2. Throat
  - 3. Head
  - 4. Neck
  - 5. Spine
  - 6. Kidneys
  - 7. Groin
  
- E. Discuss the use of verbal commands during a confrontation
  - 1. During a confrontation peace officers need to continue to communicate with the subject. Effective delivery of clear and concise verbal

- commands, coupled with the use of reasonable force, will help the officer gain control of resistive subjects and achieve compliance
2. Verbal commands are important for report writing in use of force incidents.

## VIII. LEARNING NEED

Peace officers must be familiar with the basic movements and Arrest and Control techniques associated with ground control

### LEARNING OBJECTIVE

- A. Discuss the various ground positions and their associated risks
- B. Demonstrate basic ground control positions when controlling a subject
- C. Demonstrate a defense against a takedown attempt
- D. Demonstrate defenses from choke holds
- E. Demonstrate escape and/or reversal skill(s) on the ground including the following positions:
  1. Top mount
  2. Back mount
  3. Side mount
  4. Guard
- F. Demonstrate weapon retention from various positions on the ground

## IX. LEARNING NEED

When transporting a prisoner, peace officers must recognize that the unpredictable nature of prisoners can create a serious threat. Officers must be aware of safety hazards and appropriate transporting procedures to ensure their safety and the safety of the prisoner.

### LEARNING OBJECTIVES

- A. Describe common transporting procedures that maximize officer safety and prevent prisoner escape
  1. Search of the prisoner
  3. Search of the vehicle area
  4. Proper procedures for positioning the prisoner in the vehicle
  5. Use of safety belts
  5. Observation of the prisoner while transporting
- B. Describe the safe and secure positioning of a prisoner in an officer's vehicle
  1. Prisoner should be seated in an upright position and wear seatbelts during transportation.
  2. Ensure safety and welfare of the officers and prisoners



3. Allow for clear observation of the prisoner

## X. REQUIRED TESTS

Exercise testing is mandated and regulated by POST Commission Procedure D-1, which states:

Academies/presenters shall provide the following to students who fail a required exercise test on the first attempt:

- An opportunity to review their results
- A reasonable amount of time, as determined by the academy/presenter, to prepare for a retest
  
- An opportunity to be tested on the failed test, if the student fails the second test, the student fails the course

Required exercise testing for each format of the basic course is set forth in the Training and Testing Specifications (TTS). The student is required to successfully pass each exercise test outlined below for the specific course of instruction the student is enrolled in.

### ARREST AND CONTROL SAFETY

All Arrest and Control exercise testing must be conducted under written academy/presenter safety procedures and or protocols established in accordance with the POST safety guidelines. Students are required to comply with every aspect of presenter safety procedures and or protocols during Arrest and Control training and testing.

All one on one force on force exercise testing must be conducted with a safety officer/referee overseeing the test. The safety officer/referee has absolute control over the test and can call a halt to or stop the exercise test anytime the risk for student/staff injury exists.

- A. An exercise test that requires the student to demonstrate competency in the ability to conduct the following searches:

- Visual Search
- Cursory/Pat/Frisk/Search
- Full Body Search Incident to Arrest
- High Risk Search

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance

4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands/Instructions

Presenters must use the POST-developed Arrest and Control Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

- B. An exercise test that requires the student to demonstrate competency in effective handcuffing technique(s).

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands/Instructions

Presenters must use the POST-developed Arrest and Control Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

- C. An exercise test that requires the student to demonstrate competency in minimum of two control hold techniques.

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands/Instructions

Presenters must use the POST-developed Arrest and Control Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

- D. An exercise test that requires the student to demonstrate competency in a minimum of two Takedown techniques.

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands/Instructions

Presenters must use the POST-developed Arrest and Control Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

- E. An exercise test that requires the student to demonstrate competency in the carotid restraint control hold.

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands/Instructions
8. First Aid Assessment

Presenters must use the POST-developed Arrest and Control Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

- F. An exercise test that requires the student to demonstrate competency in a handgun takeaway technique(s) including a minimum of one handgun takeaway technique from both the front and rear position.

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands/Instructions

Presenters must use the POST-developed Arrest and Control Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

G. An exercise test that requires the student to demonstrate competency in handgun retention techniques. The exercise will include a minimum of one technique to be demonstrated from the following positions:

- A holstered handgun front retention technique
- A holstered handgun rear retention technique
- An unholstered handgun retention technique

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands/Instructions

Presenters must use the POST-developed Arrest and Control Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

H. An exercise test that requires the student to demonstrate competency in the effective use of an impact weapon(s).

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands/Instructions
8. First Aid Assessment

Presenters must use the POST-developed Arrest and Control Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

## II. REQUIRED LEARNING ACTIVITIES

A. Student will participate in learning activity that will reinforce the student's ability to demonstrate the role of a cover-officer during a field contact to include:

1. Assuming a position of advantage and control
2. Maintaining proper balance and control
3. Maintaining awareness

4. Protecting the searching officer from possible interference
  5. Physically assisting the searching officer if it becomes necessary
  6. Observing subject(s)
  7. Awareness of cover and concealment
- B. Student will participate in a learning activity that will reinforce the student's ability to demonstrate a long gun retention and a long gun takeaway technique
- C. Student will participate in a high intensity learning activity that will emphasize and reinforce the student's endurance and ability to prevail in a sustained physical altercation including:
1. Foot pursuit
  2. Tactical movement
  3. One or more aggressor(s)
  4. Personal weapons/hand strikes
  5. Impact weapons
  6. Tactical communication
  7. Ground control
  8. Weapon(s) retention
  9. Handcuffing/searching

Description	Hours
POST Minimum Required Hours	<u>60</u>
Agency Specific Hours	<u>44.5</u>
Total Instructional Hours	<u>104.5</u>