

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