

Perishable Skills Training

PSP – Arrest and Control (4-Hour Format)

Scheduling Guidelines	
Time	Subjects
10 Min	Orientation
10 Min	Safety Orientation / Warm Up
30 Min	Use of Force Considerations (4)
20 Min	Body Physics and Dynamics
20 Min	Physical and Mental Conditioning
2.5 Hours	Required Exercises and Tests

Approved Training Locations

POST Approved Locations listed in EDI Course Presentation

Course Goal

Provide In-Service Law Enforcement Officers with Arrest and Control Training that meets or exceeds POST Perishable Skills Training requirements for Peace Officers per POST Regulations.

Course Objectives

Using one or more of the following instructional methodologies: Lecture, Discussion, Demonstration, and Hands-On Practical Skills Application the trainee will:

1. Demonstrate an understanding of course goals and objectives including trainee performance and testing requirements and agency / presenter Safety Guidelines.
2. Demonstrate an understanding of agency use of force considerations / policies, legal issues, and the obligation to provide for the subject's recovery / first aid needs as required.
3. Demonstrate an understanding of the importance of physical conditioning and the role it plays in an officer's arrest control effectiveness and general quality of life.
4. Demonstrate the ability to apply properly the following techniques: searching, control / take down, application of restraint devices, verbal commands, body physics and dynamics, and body balance /stance / movement patterns.

Expanded Course Outline

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I. Orientation

- A. Introduction of instructors and trainees / housekeeping
 - 1) State reason for training, training records and participation requirements
 - 2) Clearly state the course's grading / performance requirements
 - 3) Cover training schedule for the day
 - 4) Sign / verify Name and ID on POST Training Roster

II. Safety Orientation and Warm Up(s):

- A. Discuss written agency / Napa Valley College general safety guidelines and Arrest Control training specific safety guidelines and injury precautions
- B. Locate and present local first aid kits and emergency first aid procedures to include telephone and radio procedures and closest medical facility
- C. Participate in physical warm up and stretching exercises prior to engaging in physical training / testing exercises

III. Use of Force Considerations

A. Judgement

- 1) Discuss the general justification for use of force by law enforcement
- 2) Discuss the spectrum of use of force options
- 3) Participate in the presentation / discussion of use of force situations that justify the use of arrest and control techniques

B. Moral Obligations

- 1) Discuss general moral factors to consider in law enforcement's use of force
- 2) Discuss the meaning and role of the officer's Self-Discipline and accountability in the face of a subject's resistance to arrest, control, or compliance to officer instructions
- 3) Describe / discuss examples of techniques officers may use for managing their own anger and fear
- 4) Describe / discuss examples of techniques officers may use to de-escalate the situation when applicable / appropriate
- 5) Discuss the dynamics and principles of building community trust and respect and their relationship to law enforcement's use of force

C. Policies and / or Legal Issues Review

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- 1) Discuss the Fourth Amendment standards for determining objective reasonableness
- 2) Discuss relevant, major case law standards
 - a) Tennessee vs. Garner
 - b) Graham vs. Conner
 - c) Option: recent local / agency case decisions
- 3) Discuss CA Penal Code section 835 (a)
- 4) Discuss the agency's Use of Force Policy

D. Body Physics and Dynamics (suspect's response to officer's use of force, i.e., pain compliance, pressure points, distraction techniques)

- 1) Assaultive reaction by suspect
- 2) Resistance of suspect by stiffing, locking body rigid
- 3) Resistance of suspect by forcing body to go limp
- 4) Suspect's increased pain tolerance due to emotions / drugs
- 5) Panic response with uncontrollable body movements / fainting
- 6) Resistance of suspect by planning or improvising the use of various apparatus (chaining self to objects, locking arms with others inside rigid pipes, deliberately placing themselves in harm's way / danger)

E. Physical / Mental Conditioning

- 1) Discuss aspects of physical conditioning
 - a) Cardio / heart
 - b) Strength / muscular
 - c) General Endurance
 - d) Explosive Endurance (90 seconds) and recovery
 - e) Flexibility of joints / soft tissue
 - f) Movement Coordination requiring balance, footwork, hands/arms/legs, vision, and muscle memory training
 - g) Breathing and breath control under stress
 - h) Diet
 - i) Rest and recovery from the stress of training and enforcement actions
- 2) Discuss aspects of Mental Conditioning
 - a) Confidence in personal actions (knowledge, judgement, moral considerations, and physical skill) that come with study, thoughtful consideration and practice
 - b) Positive / winning attitude and internal dialog under stress
 - c) Never give up or give in to a notion of defeat even if injured or being overpowered
 - d) Arrest and Control Color Coding for Mental Conditioning
 - 1) **White** = Relaxed frame of mind
 - 2) **Yellow** = General / minimum awareness

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- 3) **Orange** = Specific awareness, 75% - 25% Theory: 75% of awareness focused on subject / situation; 25% of awareness focused on general surroundings. Checklist of Six used on initial approach of subject(s) :
 - i. HANDS
 - ii. COVER
 - iii. WEAPONS / BULDGES
 - iv. ASSOCIATES - Subjects' associates and Officer's back-up
 - v. ESCAPE ROUTES – Subject's and Officer's tactical retreat
 - vi. FOOTING / BALANCE – Read the physical terrain for advantages, dangers and obstructions, Officer protect ability to stay on feet
- 4) **Red = Fight** - Engage the subject(s) / situation with an appropriate response or, **Flight** – Immediately Disengage to preserve self or others

IV Class Exercises / Student Evaluation / Testing / Remediation

A. Discussions:

- a) Evaluate and confirm each participant's participation in the required discussions / presentations on Safety Guidelines, Use of Force Considerations, and Physical / Mental Conditioning
- b) Provide timely and appropriate feedback to participants

B Hands-On Physical Exercises / Tests

- 1) Each participant must participate in agency / presenter developed graded, hands-on exercise(s) designed to train and test the participant's ability to demonstrate the skills listed below in the Required Exercises / Tests Section.
- 2) Demonstrate and practice minimum standards of performance prior to testing.
- 3) Prior to the start of a test / graded activity, inform participants of the test. Testing must occur separately from practice. Testing must be either conducted by, and or, supervised by, the course instructor(s)

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- 4) Provide any remedial training and retesting to participants who fail initial test(s) until the participant performs the skill properly and is graded by the instructor(s)

C. Required Exercises / Tests Criteria

- 1) **Grading**
 - (a) All required tests must have standardized performance minimums determined by the training agency / presenter
 - (b) It is recommended that scoring sheets be used by instructors to record participant performances and makes notes for future reference
- 2) **Minimum Skill Performance Dimensions for Each Graded Exercise / Test**
 - vii. Judgement and Decision Making, Situational Awareness
 - i Use of force / actions appropriate
 - ii Technique(s) appropriate and effective
 - iii Demonstrated awareness of scene hazards / multiple subjects / weapons
- 3) **Officer Safety**
 - (a) Actions acceptable / reasonable risk
 - (b) Adjusted actions / movement in response to increasing risk
 - (c) Communicated effectively with other officers
 - (d) Managed weapons security through out exercise
- 4) **Body Balance, Positioning, Stance and Movement**
 - (a) Position of Interview
 - (b) Fighting Stance
 - (c) Footwork Shuffles and Pivots
 - (d) Falling to ground and safely / effectively assuming and maintaining fighting position
 - (e) Access to duty belt equipment during standing and on ground positions
- 5) **Proper / Effective Technique(s)**
 - (a) Proper choice of technique for situation
 - (b) Adjusts technique(s) to changing situations
 - (c) Technique performed in an effective manner
- 6) **Verbal Commands / Instructions / De-escalation**
 - (1) Verbal commands given clearly and directed at subject
 - (2) Commands instructed compliance and provided for de-escalation
- 7) **General Effectiveness Under Stress Conditions**

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- (a) Displayed behaviors of calm when appropriate
- (b) Displayed deliberate, purposeful and reasonable behaviors to gain and maintain control of a subject
- (c) Consistently made sound tactical decisions

D. **Minimum Required Tests** (Tests may be combined to include multiple elements)

- 1) **Search**
 - a) Standing / Standing Modified Search, Unknown Risk
 - b) Searching after handcuffing (standing / prone) High Risk
- 2) **Control / Control Hold(s)**
 - a) Standing Unknown Risk
 - b) Kneeling / Prone High Risk
 - c) Standing Subject Upright and Escorting
- 3) **Take Down(s)**
 - a) Front / Rear / Side
 - b) From Standing Search
 - c) From High Risk Approach
- 4) **Equipment / Handcuffing / Restraint Device(s)**
 - a) Standing
 - b) Prone
 - c) High Risk
 - d) Double Locking
 - e) Checking for Tightness
 - f) Special Circumstances (injuries, pregnant, missing limbs, wheelchair, etc.)
- 5) **Recovery / First Aid (as applicable)**
 - a) Assist in / assures subject's physical recovery from any Search, Control Hold, Take Down, Application of Restraint Device when safe and appropriate
 - b) Provides timely and appropriate First Aid to subject when safe to do so
 - c) Requests additional Emergency Medical Response when needed