



Nevada County Sheriff's Office

Defensive Tactics Training Unit

COURSE TITLE: Arrest & Control Course - 4 Hours

STATEMENT OF PURPOSE: To provide agency peace officers with knowledge and skills in the areas of Arrest and Control as required in the POST – Perishable Skills Training Program (PSP). Course attendees will refresh the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

AUDIENCE: Active full-time and reserve peace officers employed by the Nevada County Sheriff's Office or any other designated attendees.

COURSE OBJECTIVES

Under the supervision of an instructor the attendee will:

- I. Demonstrate knowledge of their individual Department Arrest and Control Policy.
- II. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques.
- III. Demonstrate P.O.S.T. minimum standard of arrest and control skills in each technique and exercise, to include:
 - a. Judgement and Decision Making
 - b. Officer Safety
 - c. Body Balance, Stance, and Movement

- d. Searching and Handcuffing Techniques
- e. Control Holds and Takedowns
- f. De-Escalation and Verbal Commands
- g. Effectiveness under Stress Conditions

POST Category III Minimum Topics/Exercises

- a) Safety orientation and warmup(s)
- b) Class Exercises / Student Evaluation / Testing
- c) Search – In Exercise(s)
- d) Control / Take Down – In Exercise(s)
- e) Equipment / Restraint Device(s) Use – In Exercise(s)
- f) Verbal Commands – In Exercise(s)
- g) Use of Force Considerations
- h) Body Physics & Dynamics (Suspect's response to force)
- i) Body Balance / Stance / Movement Patterns – In Exercise(s)
- j) Policies and Legal Issues
- k) Recovery / First Aid (As applicable)

POST Category III Optional Topics / Exercises

- l) Impact Weapons Review Exercise (Target Areas, Movement, Retention)
- m) Weapon Retention / Take Away review
- n) Electronic Stunning Devices Review (As Part of arrest & control exercise)
- o) Chemical Agents Review (delivery / first aid / decontamination / gas masks)
- p) Less Lethal Weapons Review / Discussion

COURSE OUTLINE

IV. LECTURES –

- A. Course Introduction
 - 1. Instructor Introductions
 - a. Lead Instructor
 - b. Assistant Instructors
 - 2. Course Introduction
 - a. Expectations
 - b. Requirements
 - 3. Course Objectives
 - a. Overview, Exercises, Evaluation / Testing
- B. Course Safety Procedures
 - 1. Report of any medical limitations by attendee's
 - 2. Report any injuries during class
 - 3. Limit activities to techniques being presented by instructors
 - 4. Review Safety Plan
 - a. Location of First Aid equipment
 - b. Medical Treatment Facilities
- C. Use Of Force – Policies and Legal Issues
 - 1. Peace Officer's Role in a physical arrest
 - 2. Objective Reasonableness Standard
 - a. Graham v. Connor
 - b. Scott v. Heinrich
 - c. Forrester v. City of San Diego
 - 3. Local Policies
 - 4. Reporting the Use of Force
 - a. Suspect's Actions Defined
 - b. Altercation Patterns
 - 5. Tactical Decision Making
 - a. The OODA Loop
 - b. De-escalation
- D. Principles and Concepts
 - 1. Awareness, Balance, and Control
 - 2. Compensating Behavior
 - 3. Use of Pain Compliance
 - a. Pain Has Direction
 - 4. Types of Resistance

- a. Active vs. Going Limp
- 5. Hazards of Approaching a Suspect

V. PRACTICAL EXERCISES

A. Warm-Up and Stretching

- 1. Upper Body Stretches
 - a. Wrist Stretches Included
- 2. Lower Body Stretches
- 3. Footwork Review
 - a. Rice Pattern
 - b. Shuffles, Pivots, and Accessing Equipment on duty belt

B. Control Holds with Verbal Commands

- 1. Twist Lock
 - a. Applied to a standing subject
 - b. Applied to a seated subject
 - c. With Off-Balancing

- 2. Optional Cursory Search
 - a. Without the use of pain compliance
- 3. Rear Wrist Lock
- 4. Bent Wrist Lock

C. Handcuffing and Searching with Verbal Commands

- 1. Low Profile Handcuffing
- 2. Standing Search and Handcuffing
- 3. Kneeling Search and Handcuffing
- 4. Prone Search and Handcuffing
 - a. Standard Prone Control
 - b. Optional Prone Control
 - c. Quick Pick-Up
 - d. Approach from Rear

- 5. Twist Lock Take-Down
 - a. To the front
 - b. To the rear

c. To the side

6. Reverse Wrist Take-Down
7. Arm Bar Take-Down
8. Figure Four Take-Down

D. Rendering Aid to Injured Subject

1. Recovery Position
2. First Aid
 - a. EMS
 - b. Hospital Clearance Prior to Booking
3. Documenting Suspect Injuries

Minimum standards of performance shall be tested by an instructor observing the attendee during their performance of each technique and exercise. If the attendee does not meet minimum standards, as established by the instructor, remediation will be provided until the standard is met.

VI. OPTIONAL TRAINING SUBJECTS

E. Weapon Retention

1. Group Discussion
 - a. Principles of Gun Retention
 - b. Elements of Gun Retention
2. Handgun Retention from the Front
 - a. Left Hand Grasp
 - b. Right Hand Grasp
 - c. Two Hand Grasp
 - d. With Take Downs to Prone Control
3. Handgun Retention from the Rear
 - a. Left Hand Grasp
 - b. Right Hand Grasp
 - c. Two Hand Grasp
 - d. With Take Downs to Prone Control
4. Handgun Retention – Gun in Hand
 - a. Left Hand Grasp
 - b. Right Hand Grasp
 - c. Two Hand Grasp

d. With Take Downs to Prone Control

5. Long Gun Retention

F. Handgun and Long Gun Take – Away

1. Take Away from the Front

- a. Verbal Distraction
- b. Right Hand Gun
- c. Left Hand Gun
- d. Take Down to Prone Control

2. Take Away from the Rear

- a. Verbal Distraction
- b. Right Hand Gun
- c. Left Hand Gun
- d. Take Down to Prone Control