

POST PERISHABLE SKILLS PROGRAM (PSP)

III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan ___ | 6 hours

Rev. 7-24-2025

Statement of Purpose:

This course consists of arrest and control techniques designed to satisfy Perishable Skills Program requirements. Instruction involves use of psychomotor exercises and scenarios. At the conclusion of this course, the trainee will be able to demonstrate arrest and control techniques, identify use of force policy, and explain legal justification for use of force. The course consists of hands-on/practical skills as well as policies and legal issues on the topic of arrest and control training for in-service officers.

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

ARREST AND CONTROL

MINIMUM TOPICS/EXERCISES:

- a. Policies, legal standards, and report writing
- b. Use of Force considerations
- c. Safety orientation and warm-up(s)
- d. De-escalation/Verbal commands– in exercise(s)
- e. Body balance/stance/movement patterns – in exercise(s)
- f. Search – in exercise(s)
- g. Equipment/Restraint device(s) use – in exercise(s)
- h. Subject's Actions and Officer's response to force
- i. Control/Takedown - in exercise(s)
- j. Impact Weapons – in exercises (s)
- k. Class exercises/Student Evaluation/Testing
- l. Recovery/First Aid (as applicable)

COURSE OBJECTIVES

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control Policy and current case law.
2. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques
3. Demonstrate a minimum standard of arrest and control skills with every technique and exercise, to include:
 - a. Judgment and Decision Making
 - b. Officer Safety
 - c. Body Balance, Stance, and Movement
 - d. Searching/Handcuffing Techniques
 - e. Control Holds/Takedowns
 - f. De-escalation/Verbal Commands

POST PERISHABLE SKILLS PROGRAM (PSP)

III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan ___ | 6 hours

Rev. 7-24-2025

g. Effectiveness Under Stress Conditions

I. INTRODUCTION

A. Instructor introductions

1. Experience and expertise

B. Course Expectations and Discussion

1. Identify pre-existing medical conditions or injuries of participants

II. USE OF FORCE CONSIDERATIONS, POLICIES, LEGAL STANDARDS, AND REPORT WRITING

II(a, b)

A. Federal Case Laws

1. Graham vs. Conner
 - a. Reasonable Officer Standard
2. Tennessee vs. Garner
 - a. Deadly Force

B. Use of Force Policy and documentation

1. Folsom Police Policy 300 - Use of Force (recent updates)

C. Overview of Penal Code Updates

1. AB 392
2. PC 835a
3. PC196

D. Use of Force Factors

1. Cooperation
2. Passive or low-level resistance
3. Active resistance or assaultive behavior
4. Life threatening assault or assault likely to cause great bodily harm

E. Report Writing

1. Use of force documentation
2. Articulation of events
3. Factors
4. Witness statements
 - a. Injuries/aid rendered to subjects, officers, bystanders

III. SAFETY ORIENTATION AND WARM-UP EXERCISES

II(c)

A. Upper body

1. Arm rotations
2. Back stretches
3. Neck stretches
4. Side bends
5. Trunk rotations

POST PERISHABLE SKILLS PROGRAM (PSP)

III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan ___ | 6 hours

Rev. 7-24-2025

B. Lower body

1. Inner thigh stretch
2. Hamstring stretch
3. Hip stretch
4. Quadriceps stretch

C. Safety Policy

1. Review of safety policy and injury precautions

D. Maximum Restraints

1. Maximum Restraints vs. Hog Tie
 - a. Discuss dangers of Positional Asphyxia

IV. DE-ESCALATION AND VERBAL COMMANDS

II(d)

A. Discuss De-escalation tactics

1. Demonstrate Verbal Commands
 - a. Tone
 - b. Voluntary compliance

B. Assessment Strategies

1. Ability
2. Opportunity
3. Intent
4. Escalation vs. de-escalation recognition
 - a. Verbal commands fail
 - a. Situation to take action
5. When feasible, use of force warning

V. SUBJECT'S ACTIONS AND OFFICER'S RESPONSE

II(h)

A. Subject's Actions

1. Compliant
2. Passive non-compliant
3. Actively resistant
4. Assaultive
5. Life threatening
6. Physical and mental health

B. Officer's Response to Resistance

1. De-escalation and crisis intervention
 - a. Alternative tactics that do not unreasonably increase officer jeopardy.
2. Reasonable force that's fair and unbiased
3. Totality of circumstances

POST PERISHABLE SKILLS PROGRAM (PSP)

III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan ___ | 6 hours

Rev. 7-24-2025

4. Quick and reasonable judgment
 - a. Non-deadly
 - b. Intermediate force
 - c. Deadly force

VI. STANCE, MOVEMENT, AND SEARCH

II(e, f)

A. Prone Handcuffing and Search (High-Risk Search & Handcuffing Techniques)

1. Demonstrate the proper technique for prone handcuffing and search.
 - a. Maintain proper distance, have the suspect raise hands into air.
 - b. Have suspect keep hands in the air and drop down to knees.
 - c. Have the suspect place hands on the ground in front of them.
 - d. Direct the suspect to keep hands in place while sliding flat onto stomach.
 - e. Have the suspect cross ankles and put the appropriate side of their head on the ground so they are not facing or looking at the officer.
 - f. Utilizing a student cover officer, student officer makes a cautious approach and performs a quick pick-up of the suspect's wrist.
 - g. Officer flips the hand over by walking the arm behind into an arm bar position turning the palm/fingers towards the head.
 - h. Officer obtains handcuffs and completes prone control handcuffing.
2. Student activity
 - a. Students demonstrate and replicate the techniques.

B. Kneeling Handcuffing and Search Technique

1. Demonstrate the proper technique for kneeling handcuffing and search.
 - a. Maintain proper distance, have the suspect raise hands into air.
 - b. Have suspect keep hands in the air and drop down to knees.
 - c. Have the suspect place hands on the back of their head and interlace fingers.
 - d. Officer makes a cautious approach, secures suspects interlaced fingers, then directs the suspect to cross their ankles.
 - e. Officer completes handcuffing and search.
2. Student activity
 - a. Students demonstrate and replicate the techniques.

C. Standing Modified Handcuffing and Search Technique

1. Demonstrate the proper technique standing modified handcuffing and search.
 - a. Maintain proper distance, have the suspect raise hands into air.
 - b. Have suspect keep hands in the air turn and face away from the officer.
 - c. Have the suspect place hands on the back of their head and interlace fingers.

POST PERISHABLE SKILLS PROGRAM (PSP)

III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan ___ | 6 hours

Rev. 7-24-2025

- d. Have suspect spread their feet to lower their height and create lag time.
- e. Officer makes a cautious approach and completes handcuffing and search.
- 2. Student activity
 - a. Students demonstrate and replicate the techniques.

VII. CONTROL/TAKEDOWN

II(i)

A. Rear Takedown of a Combative Subject

- 1. Verbal Command
 - a. Tone of voice
 - b. Specific commands
- 2. Demonstrate the proper way to control and take down a combative suspect from the rear utilizing a rear clinch and take down technique.
 - a. Officer obtains a rear position on the suspect and clinches around the waist.
 - a. Obtain proper grip (Gable grip or S-grip)
 - b. Officer blocks suspect heel and applies downward pressure while stepping out wide taking the suspect down to the ground.
 - c. Officer obtains a prone control position and transitions to prone handcuffing after achieving suspect compliance.
 - d. Assess for Officer and Suspect Injuries
 - a. Render First Aid and/or request medical as needed
- 3. Student activity
 - a. Have the students demonstrate and replicate the technique.

B. Front Takedown of a Combative Subject

- 1. Verbal Command
 - a. Tone of voice
 - b. Specific commands
- 2. Demonstrate the proper way to control and take down a combative suspect from the front and take down technique.
 - a. Officer obtains a front position on the suspect, controlling the suspects upper body.
 - b. Officer blocks suspects heel while directing suspects body weight in a downward motion towards the ground.
 - c. Officer obtains a prone control position and transitions to prone handcuffing after achieving suspect compliance.
 - d. Assess for Officer and Suspect Injuries
 - a. Render First Aid and/or request medical as needed

POST PERISHABLE SKILLS PROGRAM (PSP)

III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan ___ | 6 hours

Rev. 7-24-2025

3. Student activity
 - a. Have the students demonstrate and replicate the technique.

VIII. EQUIPMENT/RESTRAINT DEVICES

II(g)

1. Review Folsom Policy 306
2. Department Approved restraint devices and techniques.
 - a. Force Options
 - b. Safety concerns
3. Type of restraints and tools
 - a. Handcuff or Plastic Cuffs
 - b. Spit Hoods
 - c. Leg restraints
 - d. WRAP
4. Demonstrate proper method to apply WRAP
 - a. Handcuff prisoner behind his/her back.
 - b. Secure prisoner's feet with designated ankle straps.
 - c. Place prisoner's knees on designated knee location using designated leg harness.
 - d. Roll prisoner into a seated position
 - e. Place chest harness/vest over prisoner in designated location
 - a. Secure carabiner to handcuffs
 - b. Secure buckles
 - f. Secure chest harness/vest to leg harness
 - g. Monitor prisoner as defined in department policy.
5. Student exercise
 - a. Students work in teams to demonstrate and replicate techniques.

IX. IMPACT WEAPONS

II(j)

- A. Overview of course
 1. Safety orientation
 2. Department Policy, Procedures and Case Law
 - a. Folsom Police Department Policy 306
 - b. Fronk v. Meager Dakota
 - c. Assess for Officer and Suspect Injuries
 - a. Render First Aid and/or request medical as needed
- B. Overview of approved weapons
 - a. Expandable/Collapsible Baton
 - b. Mid-range straight Baton/Side-handle Baton
 - c. Yawara Stick/Kubaton (detectives only)

POST PERISHABLE SKILLS PROGRAM (PSP)

III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan ___ | 6 hours

Rev. 7-24-2025

- C. Target Areas
 - a. Extremities
 - b. Non-Target Areas
- D. Physical Techniques
 - 1. Patterns of movement
 - 2. Strike Zones 1-4
 - 3. Blocks
- E. Impact Weapon Retention
- F. Student activity
 - a. Scenario for students to demonstrate and replicate the techniques learned.

X. COOL-DOWN AND RECOVERY **II(l)**

- A. Cool-down
 - 1. Stretching
- B. Recovery
 - 1. Hydration
 - 2. First Aid (if applicable)
 - a. Document injuries

XI. REMEDIATION, EVALUATION, AND CONCLUSION **II(k)**

- A. Remediate (if needed)
- B. Student Evaluation
 - 1. Instructor/course evaluation
- C. Conclusion
 - 1. Debrief
 - 2. Student questions and answers