

## **POST PERISHABLE SKILLS PROGRAM (PSP)**

### **III – ARREST AND CONTROL**

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan \_\_\_ | 8 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. Open Guard concepts and sweep – in exercise(s)
- k. Closed Guard concepts and escapes – in exercise(s)
- l. Side-Control concepts and escapes – in exercise(s)
- m. Mount concepts and escapes – in exercise(s)
- n. Handgun retention from the ground – in exercise(s)
- o. Class exercises/Student Evaluation/Testing
- p. 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

## POST PERISHABLE SKILLS PROGRAM (PSP)

### III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan \_\_\_ | 8 hours

Rev. 7-24-2025

- c. Body Balance, Stance, and Movement
- d. Searching/Handcuffing Techniques
- e. Control Holds/Takedowns
- f. De-escalation/Verbal Commands
- 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

## POST PERISHABLE SKILLS PROGRAM (PSP)

### III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan \_\_\_ | 8 hours

Rev. 7-24-2025

3. Neck stretches
4. Side bends
5. Trunk rotations

#### 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.

## POST PERISHABLE SKILLS PROGRAM (PSP)

### III – ARREST AND CONTROL

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan \_\_\_ | 8 hours

Rev. 7-24-2025

2. Reasonable force that's fair and unbiased
3. Totality of circumstances
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 \_\_\_ | 8 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 TECHNIQUES

II(I)

- A. Escort control
- B. Control holds
  1. Rear wristlock
  2. Bar Arm wristlock
- C. Lower body control
  1. Leg trap
  2. Figure 4 leg lock
- D. Escort hold positions
  1. Single Officer
  2. Two Officer
- E. Core Concepts
  1. Proper control positions for officer safety
    - a. Framing, Underhooks, Pummeling (with transitions)
- F. Demonstration and testing
  1. The student will demonstrate their understanding of the taught control techniques, including all cognitive principles/theories and psychomotor skills. The student will partner with another student, equally roleplaying as both the law enforcement agent/official and the suspect to the satisfaction of the instructor.

#### VIII. 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.

## **POST PERISHABLE SKILLS PROGRAM (PSP)**

### **III – ARREST AND CONTROL**

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan \_\_\_ | 8 hours

Rev. 7-24-2025

- d. Assess for Officer and Suspect Injuries
  - a. Render First Aid and/or request medical as needed
- 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
- C. Two officer takedowns
  - 1. Verbal Command
    - a. Tone of voice
    - b. Specific commands
  - 2. Demonstrate the proper way to control and take down a combative suspect using two officers.
- D. Ground Control
  - 1. Prone Suspect
    - a. Sprawl
    - b. Hip Press
    - c. 360 Hip switch
    - d. Gaining control of hands
      - a. Hands exposed
      - b. Hands under body
  - 2. Supine Suspect
    - a. Cross body press
    - b. Figure 4 upper armlock
- E. Demonstration and testing
  - 1. The student will demonstrate their understanding of the taught control techniques, including all cognitive principles/theories and psychomotor skills. The student will partner with another student, equally roleplaying as both the law enforcement agent/official and the suspect to the satisfaction of the instructor.

**POST PERISHABLE SKILLS PROGRAM (PSP)**

**III – ARREST AND CONTROL**

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan \_\_\_ | 8 hours

Rev. 7-24-2025

- IX. OPEN GUARD CONCEPTS AND SWEEP II(j)
  - A. Actions vs Standing attacker
    - 1. Managing distance
      - a. Access to your weapon(s)
      - b. Tracking subject
      - c. Use of strikes
    - 2. Sweep options
      - a. Discuss various positions and associated risks
  
- X. CLOSED GUARD CONCEPTS AND ESCAPES II(k)
  - A. Actions vs attacker in Officers closed guard
    - 1. Controlling subject's posture
      - a. Access to your weapon(s)
      - b. Preventing strikes from subject
      - c. Use of strikes
    - 2. Escape options
      - a. Discuss various positions and associated risks
    - 3. Discuss various escapes/sweeps and associated risks
  
- XI. SIDE CONTROL CONCEPTS AND ESCAPES II(l)
  - A. Actions vs attacker holding officer in side control
    - 1. Managing distance
      - a. Access to your weapon(s)
      - b. Use of strikes
    - 2. Escape options
      - a. Discuss various positions and associated risks
    - 3. Discuss various escapes/sweeps and associated risks
  
- XII. MOUNT CONCEPTS AND ESCAPES II(m)
  - A. Actions vs attacker in full-mount on Officer
    - 1. Controlling subject's posture
      - a. Access to your weapon(s)
      - b. Use of strikes
    - 2. Escape options
    - 3. Discuss various positions and associated risks
    - 4. Discuss various escapes/sweeps and associated risks
  
- XIII. WEAPON RETENTION FROM THE GROUND II(n)
  - A. Handgun
    - 1. Holstered
    - 2. Out of holster
  - B. Demonstration and testing

## **POST PERISHABLE SKILLS PROGRAM (PSP)**

### **III – ARREST AND CONTROL**

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan \_\_\_ | 8 hours

Rev. 7-24-2025

1. The student will demonstrate their understanding of weapon retention, either holstered or un holstered while on the ground. The student will cover all cognitive principles/theories and psychomotor skills. The student will partner with another student, equally roleplaying both the law enforcement agent/official and the suspect to the satisfaction of the instructor.

#### **XIV. 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.

#### **XV. COOL-DOWN AND RECOVERY**

**II(p)**

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

**POST PERISHABLE SKILLS PROGRAM (PSP)**

**III – ARREST AND CONTROL**

Folsom Police Department (5990)

CCN: 29503 | POST Certification II | Reimbursement Plan \_\_\_ | 8 hours

Rev. 7-24-2025

XVI. REMEDIATION, EVALUATION, AND CONCLUSION

**II(o)**

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