

**POST PERISHABLE SKILLS PROGRAM (PSP)
ARREST AND CONTROL**

**SANTA MARIA POLICE DEPARTMENT
ARCON –ARREST AND CONTROL TRAINING
8 hour Format**

PURPOSE

The ARCON program is designed to give sworn officers the necessary skills they need to engage and deal with combative individuals in a safe and efficient manner. An adequately trained officer can more effectively overcome combative resistance and provide a safe environment for both the officer and suspect alike. Well trained officers are less likely to engage in excessive force incidents bringing overall confidence and peace of mind to the department administration, the city and the public in general. The ARCON program is designed to give officers reasonable and ongoing training and tools they can immediately implement when dealing with combative individuals.

SCOPE

The ARCON training program consists of two separate training blocks; **a 4 hour block for ongoing in-service training and a 8 hour block for a complete exposure to** the training curriculum.

TRAINING PLAN

- **4 hour block**; On-going in-service training. Essential training concepts focusing on key self-defense principles for maintained ARCON proficiency.

- **8 hour block**; Complete ARCON program.

TIME DISTRIBUTION

4 Hour Block:

0800-0815	Safety Briefing
0815-0845	Warm Up
0845-0930	Takedowns
0930-1200	Grappling

8 Hour Block:

0800-0815	Safety Briefing
0815-0830	Legal / Policy Review
0830-0900	Warm Up

0900-1000	Handcuffing and Searching
1000-1200	Takedowns
1200-1300	Lunch
1300-1330	Warm Up
1330-1430	Pugilistics
1430-1700	Grappling

MINIMUM TOPICS/EXERCISES: ARREST AND CONTROL

- a. Safety orientation and warm-up(s)
- b. Class Exercises/Student Evaluation/Testing
- c. Search- in exercise(s)
- d. Control/Takedown- 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)

COURSE OBJECTIVES

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control Policy.
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
 - G. Effectiveness under Stress Conditions

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 our department, remediation will be provided until the standard is met.

GENERAL SAFETY

- Each day will begin with a safety briefing. All personnel are to immediately report any injuries. Injuries will be treated according to severity.
 - **Santa Maria (location of training):**
 - IMG Medical Group (less serious injuries): 3070 Skyway Drive, Ste. 106, Santa Maria, CA 93455
 - Central Coast Industrial Care (less serious injuries): 340 East Betteravia Rd., Suite A, Santa Maria, CA 93454
 - Marian Medical Center (serious injury): 1400 E. Church, Santa Maria, CA 93454
 - **Lompoc (location of training):**
 - Clinic: 217 W. Central Ave., Lompoc, CA 93436
 - Lompoc Valley Hospital (serious injury): 1515 E. Ocean Ave., Lompoc, CA 93436

- Safety is EVERYONE'S responsibility. Anyone can call for a "STOP" if a dangerous situation is observed.

- Basic medical supplies are on scene, rescue procedures are in place.

EXPANDED COURSE OUTLINE: 8 hour block

I. Registration and orientation

- A. Introduction, registration and orientation
- B. Course Objectives/Overview, Exercises, Evaluation/Testing **III(b)**

II. Safety Orientation and Warm-up **III(a)**

- A. Safety is EVERYONE'S responsibility.
- B. Always perform movements as directed by the instructor.
- C. Be aware of your surroundings; moving within close proximity of others.
- D. Yell "STOP" to cease all movement. Everyone stops in place.
- E. Report all injuries immediately; treated based on severity.
- F. Emergency evacuation procedure in place; call 911, AMR response.

III. Legal review / Department Use of Force Policy **III(g,j)**

- A. Statutory law, 835a PC; reasonable force to arrest.
- B. Case law; Graham vs Conner, 490 U.S. 386 (1989). Reasonable force.
- C. SMPD Department Policy 300.2; use of force.

IV. Warm up

The warm up block is designed to get officers moving and stretch out before they engage in physical activity. The warm up also provides some basic ways to fall safely in order to minimize injury as well as movements that will be incorporated into later techniques.

- A. WARM UP **III(a,j)**
 - 1. Jog in a circle.
 - 2. Slide step inside / outside.
 - 3. Stretch joints; neck rolls, arm across chest, arm above head, wrist stretch.
- B. ROLLS
- C. MOVEMENTS **III(b,i)**
 - 1. Forward
 - 2. Backwards
 - 3. Side to side
- D. TECHNIQUES
 - 1. Shrimp escape.
 - 2. Stand up technique.
 - 3. Shrimp escape to belly.

V. HANDCUFF AND SEARCH

The handcuff and search block is to teach officers how to effectively and safely search and handcuff individuals. Officers engage in this behavior on a regular basis and there are techniques to better ensure the officers safety while in close proximity of individuals or while taking them into custody.

- A. FIELD INTERVIEW STANCE **III(b,g,h)**
 - 1. Distance
 - 2. Body position, slightly bladed stance.
 - 3. Focus on individual.
 - 4. Be ready.
 - 5. Close the distance.
 - 6. C-Grip position of advantage.
- B. PAT DOWN
 - 1. Control the body.
 - 2. Control the hands.
 - 3. Have a plan to react.

- C. HANDCUFFING
 - 1. Controlling the body.
 - 2. High risk prone, kneeling, seating.

VI. TAKEDOWNS

III(b,d,e,f,g,h,l,k)

This block is to provide officers with techniques to get a resisting suspect on the ground for better control and to prevent escape. Often times, officers encounter people who are actively resisting in a standing position. Getting them to the ground and controlling them is imperative.

A. STANDING TAKEDOWNS

- 1. Straight arm takedown; from C-Grip position of advantage.
- 2. Body fold takedown; from the front.
- 3. Double leg takedown; from the front.
- 4. Side takedown-single leg; from c-grip position of advantage.
- 5. Two-Officer takedown.

B. SEARCH TECHNIQUES/DE-ESCALATION

- 1. Overview on restraint devices and need to double lock and check for tightness.
 - a) First Aid- Suspect injured, wounds, fractures
 - b) Special circumstances (i.e. Pregnant females)
 - c) Complaint of pain should be documented
 - d) Failing to double lock handcuffs can result in injury to suspect and liability to an agency
- 2. Takedown from standing modified, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact weapon, chemical agent, etc.) on duty belt.
- 3. Verbal Commands

VII. PUGILISTIC

III(b,d,e,f,g,h,i)

The goal of this block is to teach officers how to defend themselves from an aggressive and attacking suspect. Defending against and utilizing strikes are an effective tool for increasing distance between the officer and suspect. Officers being able to prevent a suspect from taking them to the ground could prove the difference between life and death. Officers must always maintain control of their weapons.

- A. STRIKES **III(b,d,e,f,g,h,i)**
 - 1. Punch defense; perry defense.
 - 2. Punch defense; cover and absorb.
 - 3. Create distance; palm strike.
 - 4. Create distance; elbow strike.
 - 5. Create distance; knee strike.
 - 6. Create distance; front kick.
- B. TAKEDOWN DEFENSE
 - 1. Clinch position; side single leg takedown.
 - 2. Sprawl; take the back
- C. WEAPON RETENTION **III(b,d,e,g,h,i)**
 - 1. Front grab.
 - 2. Rear grab.
 - 3. Rifle retention.

VIII. GRAPPLING

III(b,d,e,f, g,h,i)

This block is to give officers techniques for surviving an encounter with a combative individual on the ground. The majority of violent encounters between officers and suspects end up on the ground. Officers end up in a variety of positions and needs skills to overcome a suspect's resistance and take control and custody of them. This block provides necessary skills to survive a ground fight.

- A. HIERARCHY OF POSITIONS
 - 1. Mount.
 - 2. Guard.
 - 3. Side control.
 - 4. Back control.
- B. MOUNT – OFFICER MOUNTING SUSPECT
 - 1. Cross face roll-over to handcuffing.
 - 2. Verbal Commands
- C. MOUNT – SUSPECT MOUNTING OFFICER
 - 1. Trap and roll into suspect's guard.
 - 2. Mount escape to guard.
 - 3. Verbal Commands

- D. GUARD – SUSPECT IN GUARD
 - 1. Side control escape to guard.
 - 2. Punch block series.
 - 3. Guard get up.
 - 4. Trap and roll to mount; cross face roll-over to handcuffing.
 - 5. Top mount reversal (from mount, officer is rolled over).
 - 6. Scissor sweep to mount; cross face roll-over to handcuffing.
 - 7. Figure four gun retention.
 - 8. Verbal Commands
- E. GUARD – OFFICER IN GUARD
 - 1. Guard pass; standing.
 - 2. Guard pass; leg on shoulder to side control.
 - 3. Guard pass; knee cut through to side control.
 - 4. Verbal Commands
- F. SIDE CONTROL
 - 1. Knee across belly to mount; cross face roll-over to handcuffing.
 - 2. Verbal Commands
- G. BACK CONTROL
 - 1. Superman.
 - 2. Lateral head displacement.
 - 3. Roll; seatbelt grip.
 - 4. Verbal Commands
 - 5. Carotid restraint. **III(b,d,g,h,i,k,n)**
 - a) Safety Orientation
 - b) Discuss history and body mechanics of technique
 - (1) In custody deaths
 - (2) Specific dangers
 - (a) Pressure to front of trachea
 - (b) Vegas nerve dangers
 - (c) Airway obstruction
 - (d) Multiple applications
 - (3) Discuss importance of following departmental policy
 - (a) Place in escalation of force
 - (b) Documentation
 - (4) Application of technique by students
 - (a) No pressure
 - (5) Medical clearance
 - (a) First Aid
 - (b) Ambulance or hospital
 - (6) Documentation per department policy

IX. Testing/Remediation **III(b)**

Testing: Any student scoring below standard on any exercise, as established by department, will be remediated, and tested until standard is achieved.