

# Antioch Police Department(2690)

## Arrest and Control

### ARSTCTL(PSP)

(Perishable Skills PSP)

5-hour presentation

POST Control Number 2690-29503

**Major Subject Area** \_\_\_\_\_ **Topic Category**

**I. Introduction** (A)

- A. Course Objectives
- B. Safety Briefing / Pre-existing Injuries

**II. Policies and Legal Concerns** (G) (J) (K) (P) (Q)

**A. Antioch Police Department Policy #300 (Use of Force)**

- 1) Use of Force Considerations (Policy #300.3)
- 2) PC 835(a) Reasonable force to effect arrest prevent escape (Policy #300.3.1)
- 3) Documentation of Force (Policy #300.5)
- 4) Medical Responses (Policy #300.6)

**B. Antioch Police Department Policy #301 (Handcuffing and Restraints)**

- 1) Use of Restraints Considerations (Policy #301.3)
- 2) Application of Handcuffs (Policy #301.4)
- 3) Application of leg restraints, i.e WRAP (Policy #301.6)

**C. Antioch Police Department Policy #302 (Control Devices and Techniques)**

- 1) Baton Guidelines (Policy #302.5)
- 2) Oleoresin Capsicum (OC) Guidelines (Policy #302.7)
- 3) Post Application Notice (Policy #302.8)
- 4) Documentation (Policy #302.11)

**III. Warm-up Exercises** (A)

**A. Dynamic Warm-up**

- 1) Light jog (100 yards)
- 2) 25 Jumping jacks

- 3) Torso twists
- 4) Shoulder circles

**B. Wrist / Small Joint Stretching**

- 1) Twist Lock stretch
- 2) Reverse Wrist Lock stretch

**C. Individual Warm-up / Stretching**

- 1) Allow Officers to stretch on their own for 5 minutes

**IV. Approach and Contact of Suspects**

**(H)(I)**

**A. Approach of Suspects**

- 1) Reason for Contact
- 2) Critical Distance
- 3) Locate and Watch Suspect's Hands
- 4) Visually Search Suspect
- 5) Associates
- 6) Footing
- 7) Available Cover
- 8) Escape Routes

**B. Basic Concepts of Balance**

- 1) Breath Control
- 2) Body Mechanics

**V. Searching / Handcuffing / Takedowns / De-Escalation**

**(B)(C)(D)(E)(F)**

**A. General Principles and Concepts Common to All Searches**

- 1) Common Places of Concealment For Weapons/Contraband
- 2) Use of Methodical Search Methods
- 3) Standing Modified Searching

**B. Verbal Commands and De-escalation.**

**C. Standing Modified Search to Handcuffing**

- 1) Twist Lock
- 2) Reverse Wrist Lock

**D. High Risk Search to Handcuffing (Kneeling & Prone)**

- 1) High Risk Kneeling
- 2) High Risk Prone

**E. Takedowns**

- 1) Bar Arm Circle Down
- 2) Bar Arm Drag Down
- 3) Reverse Wrist Takedown

**VI. Gun Retention**

**(B)(D)(M)(F)**

**A. In Holster From the Front**

- 1) Suspect Grabs with 1 hand (cross & same side)
- 2) Suspect Grabs with 2 Hands

**B. In Holster from the Rear**

- 1) Suspect Grabs with 1 hand (cross & same side)
- 2) Suspect Grabs with 2 Hands

**C. In Hand**

- 1) Gun Rip
- 2) Officer's Gun Removed from Holster by suspect

**VII. Gun Take Away**

**(B)(D)(M)**

- A. No Movement
- B. Right Hand Front Take Away
- C. Left Hand Front Take Away
- D. Weapon to Back with Right Hand
- E. Weapon to Back with Left Hand
- F. Long Gun Takeaway

**VIII. Personal Body Weapons**

**(B)(I)(M)(H)**

**A. Strikes**

- 1) Palm Heal Strike

- 2) Bottom Fist
- 3) Punch
- 4) Elbow Strike
- 5) Knee Strike
- 6) Foot Strike

**B. Target Areas for Each Strike**

**C. Balance and Movement**

**IX. Introduction To Ground fighting (B)(D)**

- A. Sprawl
- B. Hip Switch
- C. 360 Switch
- D. Figure 4 Leg Lock
- E. Suspect "Turtle" Position

**X. Practice Techniques (B)(C)(D)(F)(H)(I)**

**A. Practice in Pairs at own Pace**

**XI. Impact Weapons Review (B)(I)(L)**

**A. Target Areas**

- 1) Ribs
- 2) Solar Plexus (stomach)
- 3) Collar Bone
- 4) Arms, Legs, Knees
- 5) Hands, Ankles, Feet

**B. Areas to Avoid**

- 1) Head / Spine
- 2) Heart
- 3) Throat
- 4) Groin
- 5) Kidneys

**C. Strike Zones**

- 1) Zones 1-4

**D. Blocking Zones**

- 1) Zones 1-4

**E. Striking Techniques**

- 1) 2 Count Strike
- 2) 3 Count Strike
- 3) 5 Count Strike
- 4) Circle Strike
- 5) Circle Elbow Strike
- 6) Circle Power Chop

**XII. The WRAP Review**

**(E)**

- A. When to Use
- B. Preparation
- C. Application
- D. Storage

**XIII. Learning Activity/ Skill Evaluation/Testing**

**(B)**

- A. Instructor Evaluation of Students
- B. Student Remediation if needed
- C. Course and Instructor Evaluations