



Emeryville Police Department
III-Arrest and Control Training (10 Hours)
CCN: 1690-29503-19

Course Goal: The course will provide the trainee with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP). The trainee will develop tactical knowledge and skills to arrest and control a suspect safely and effectively. This course provides updated legislative content regarding PC 835(a).

The course consists of arrest and control hands-on/practical skills. This course also covers de-escalation considerations for in-service police officers. The training will be in a 5-hour format.

Course Objectives:

The trainee will-

1. Demonstrate knowledge of the Emeryville Police Department Use of Force Policies.
2. Demonstrate the ability to document a use of force report. (Report Writing)
3. Demonstrate knowledge of the importance of mental resiliency and physical conditioning as it relates to effective arrest and control techniques.
4. Demonstrate a minimum standard of arrest and control techniques and de-escalation knowledge, to include:
5.
 - A. Use of force policy review and case law
 - B. 835 (a) PC
 - C. Duty to Intercede
 - D. Force Options and Force Continuum
 - E. De- Escalation Conflict Resolution, Verbal Commands
 - F. Stress and Performance
 - G. Body Physics and Dynamic/ Suspect Reaction to Force
 - H. Personal Body Weapons/ Control Holds/ Take Downs
 - I. Passive Resist/ Pain Compliance
 - J. Ground Control
 - K. Legal Updates
 - L. Searching/Handcuffing Techniques
 - M. Officer Handgun Retention
 - N. Control Devices
 - O. Use of force and de- escalation scenarios
 - P. Officers articulate the totality of the circumstances



Emeryville Police Department
III-Arrest and Control Training (10 Hours)
CCN: 1690-29503-19

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

Expanded Course Outline

I. Registration and Orientation III(b)

- A. Introduction, Registration, Safety Guidelines and Orientation
B. Course Objectives/Overview, Exercises, Scenario testing, Evaluation.

II. Use of Force Policies and Legal Topics

- A. Review the following policies III(g)
1. Use of force
2. Handcuffing and Restraints
3. Control Devices
4. Search and Seizure
5. Custodial Searches
B. Report documentation
1. Comprehensive reporting
2. Supervisor notification
3. Report excessive force
4. Body Worn Camera
C. Reasonable Force Standard
1. Graham v. Connor
D. 835(a) P.C.
1. Circumstances where Peace Officers may use force
 - Any peace officer who has reasonable cause to believe that the person to be arrested has committed a public offense may use objectively reasonable force to effect an arrest, to prevent escape, or to overcome resistance.
2. Reasonable Officer/Totality of the Circumstances
 - That the decision by a peace officer to use force shall be evaluated from the perspective of a reasonable



Emeryville Police Department
III-Arrest and Control Training (10 Hours)
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officer in the same situation, based on the totality of the circumstances known to or perceived by the officer at the time, rather than with the benefit of hindsight, and that the totality of the circumstances shall account for occasions when officers may be forced to make quick judgments about using force.

3. Respect of human life

- That the authority to use physical force, conferred on peace officers by this section, is a serious responsibility that shall be exercised judiciously and with respect for human rights and dignity and for the sanctity of every human life. The Legislature further finds and declares that every person has a right to be free from excessive use of force by officers acting under color of law.

4. Persons with disabilities

- That individuals with physical, mental health, developmental, or intellectual disabilities are significantly more likely to experience greater levels of physical force during police interactions, as their disability may affect their ability to understand or comply with commands from peace officers. It is estimated that individuals with disabilities are involved in between one-third and one-half of all fatal encounters with law enforcement.

E. Duty to Intercede

1. Observing- A requirement that an officer intercede when present and observing another officer using force that is clearly beyond that which is necessary, as determined by an objectively reasonable officer under the circumstances, considering the possibility that other officers may have additional information regarding the threat posed by a subject.

2. Supervisor notification - A requirement that officers report potential excessive force to a superior officer when present and observing another officer using force that the officer believes to be beyond that which is necessary, as determined by an objectively reasonable officer under the circumstances based upon the totality of information known to the officer.



Emeryville Police Department
III-Arrest and Control Training (10 Hours)
CCN: 1690-29503-19

F. Supervisors Responsibilities

- a. Ensuring the Use of Force evaluation steps are completed per Use of Force General Order after force is applied.
- b. Citizen complaints
- c. IA reporting and tracking IA PRO and Blue team
- d. State Required Reporting /Department of Justice Reporting
- e. Use of Force committee

G. Medical Assistance -A requirement that officers promptly provide, if properly trained, or otherwise promptly procure medical assistance for persons injured in a use of force incident, when reasonable and safe to do so.

1. Evaluation
2. C.A.B
3. Medical Staging
4. Evidence Documentation

III. Force Options and De-Escalation Officers utilize de-escalation techniques, crisis intervention tactics, and other alternatives to force when feasible.

A. Force Options

1. Visual Presence
2. Command Presence
3. Verbal Commands
4. Pain Compliance
5. Takedowns
5. Personal Body Weapons
6. Impact Weapons, OC, Taser etc.
7. Restraint Devices
8. Lethal Force
9. Imminent Threat
10. Totality of Circumstances
11. Environmental Factors
12. Use of available resources

B. De-escalation

1. Self-Control and Situation awareness
2. Effective Communication skills that offer solutions with no force
3. Proper scene assessment (Using cover, time, and distance to assist with scene management)



Emeryville Police Department
III-Arrest and Control Training (10 Hours)
CCN: 1690-29503-19

4. Gaining voluntary compliance
 5. Use of available resources, Crisis Intervention Officers, Mobile Crisis Team, medical professionals, translation services,
 6. Un-bias policing, cultural competency, and stigmas
Dispatcher Contribution
- C. Force Continuum
1. Cooperative
 2. Passive or Low-Level Resistance
 3. Active Resistance or Assaultive Behavior
 4. Life Threatening Assault or likely to cause great bodily harm
 5. Deadly Force Guidelines
 5. Articulation of Totality of the Circumstance
 6. BWCs
 7. Evidence Gathering

D. Stress and Performance

1. Sympathetic vs. Parasympathetic
 - a. Fight or Flight
2. Fear and Emotional Strength
 - a. Breathing Control – Box Breathing
 - b. Heart Rate
 - c. Tunnel Vision
 - d. Controlling Arousal and Attention
3. Optimal Performance
 - a. Performance Curve

IV. Body Physics and Dynamic/Suspect Reaction to Force

III(a)

- A. Suspect attacks Officer
- B. Locking Resistance
- C. Going limb
- D. Use of pain compliance/pressure points/distraction techniques.
- E. Six considerations used on initial approach with subject:
 1. Hands
 2. Cover
 3. Weapons/Bulges
 4. Subject's body language (pre-contact ques)
 5. Associates, subjects, and officers' available resources
 6. Escape routes, subjects – tactical retreat, officers
 7. Footing/balance officer's ability to stay on his/her feet
- F. Excited Delirium is a medical emergency.



Emeryville Police Department
III-Arrest and Control Training (10 Hours)
CCN: 1690-29503-19

- G. Physical Conditioning
 - 1. Officers' mental conditioning for arrest/control:
 - a. Awareness, Balance & Control
 - b. Fatigue
 - c. Know your physical limitations
 - d. Importance of good cardio and core strength

V. Safety Orientation and Warm-Up III(a)

- A. Review of Safety Policies and injury precautions
- B. Students will participate in warm-up/stretching exercises
- C. Body Balance/Stance Fighting Stance, and Verbal Commands

D. Footwork III (d, g, h, i, f, k)

- 1. Position of Interview
- 2. Forward Shuffle
- 3. Rear Shuffle
- 4. Normal Pivot
- 5. Shuffle left and right (Side-Step)
- 6. Shuffle Pivot
- 7. Break Fall
- 8. Ground Fighting Position
- 9. Base up

VI. Personal Body Weapons/ Control Holds/ Take Downs III (d, g, h, i, f, k)

- A. Fighting Stance
- B. Palm Heel Strike
- C. Bottom Fist Strike
- D. Elbow Strike
- E. Under Punch
- F. Side Knee Lift
- G. Extended Side Knee Lift
- H. Rear Cross Kick
- I. Front Kick
- J. Clinch
- K. Verbal Commands

VII. Control Holds III (d, g, h, i, f, k)



Emeryville Police Department
III-Arrest and Control Training (10 Hours)
CCN: 1690-29503-19

- A. Twist lock
- B. Rear wrist lock
- C. Bar Arm wrist lock
- D. Elongated Rear Wrist Lock
(Entries from the front and rear)

VIII. Takedowns

III (d, g, h, i, f, k)

- A. Front and rear reap throws
 - 1. Front reap throw
 - 2. Rear reap throw
- B. Takedown from the rear
- C. Reverse Wrist takedown
- D. Bar Arm take downs
 - 1. Bar Arm Drag down
 - 2. Bar Arm Circle Down
 - 3. Bar takedown Radial Nerve takedown to the front
 - 4. Bar Arm under arm takedown

IX. Ground Control

III (d, g, h, i, f, k)

- A. Sprawl (Hip Press)
- B. Hip Switch
- C. 360 degree
- D. 360 Shoulder Wrap
- E. 360 degree with kick defense
- F. Figure Four
- G. Leg Trap
- H. Outside Grab
- I. Inside Grab
- J. 2 on 1 rock out
- K. Calf and Shin Roll
- L. Foot Assist Roll over to prone
- M. Bridging
- N. Shrimping
- O. Table-top break down
- P. Full mount escapes
 - 1. Reverse escapes
 - 2. Shrimp to hips

X. Searching, Handcuffing, De-Escalation, and Verbal Command III (c, e, f)



Emeryville Police Department
III-Arrest and Control Training (10 Hours)
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A. cursory Searches

1. Hands behind back w/ fingers interlock
2. Standing Modified
3. Overview of restraint devices and need to double lock and check for tightness

(Searches were conducted on a male and female during training)

B. Handcuffing

1. Quick cuffing
2. Kneeling
3. High Risk Prone Handcuffing

C. Wrap

1. Control Devices Policy Review
2. Gear Inspection
3. Deployment considerations
4. Safety Concerns
5. Transportation
6. Cleaning and storing

Further considerations when using the WRAP: III (n)

1. Once secured, the person should be placed in a seated or upright position, secured with a seat belt, and shall not be placed on his/her stomach for an extended period, as this could lead to Positional Asphyxia which could significantly reduce the person's ability to breathe.
2. The restrained person should be continually monitored by an officer while in the leg restraint. The officer should ensure that the person does not roll onto and remain on his/her stomach.
3. The officer should look for signs of labored breathing and take appropriate steps to relieve and minimize any obvious factors contributing to this condition.
4. When transported by emergency medical services, the restrained person should be accompanied by an officer when requested by medical personnel. The transporting officer should describe to medical personnel any unusual behaviors or other circumstances the officer reasonably believes would be potential safety or medical risks to the person (e.g., prolonged struggle, extreme agitation, impaired respiration).



Emeryville Police Department
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XI. Scenarios

- A. Low Frequency
- B. High Risk
- C. Non- use of force
- D. Force option decision making
- E. Totality of Circumstance and articulation

Class Evaluation

- A. Debrief
 - 1. Student question and answer