

POST PERISHABLE SKILLS PROGRAM (PSP)III – ARREST AND CONTROL

(Santa Cruz County Sheriff's Office 3180)

CCN: 29503 | POST Certification II | Reimbursement Plan__ | 4 hours

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 the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

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. **The training may be presented in a 4 or 6-hour format allowing for flexibility based upon specific agency or trainee group needs, and as long as the minimum topics are contained within each format independently.**

This course complies with the legislative content and mandates of AB 392 and PC 835a.

Date: 03/31/2026

Duration: 4 hours

Instructors: Deputy Eickhoff, Deputy Matthews, Deputy Meyers, Deputy Roberts, Sgt. Spencer

Location: Santa Cruz County Sheriff's Office Headquarters, 5200 Soquel Avenue, Santa Cruz, CA 95062

ARREST AND CONTROL

I. Minimum Topics/Exercises:

- a. Safety orientation and warm-up(s)
- b. Class Exercises/Student Evaluation/Testing
- c. Search - in exercise(s)
- d. Equipment/Restraint device(s) use - in exercise(s)
- e. Verbal commands - in exercise(s)
- f. Use of Force considerations
- g. Body Physics & Dynamics (suspects response to force)
- h. Body balance/stance/movement patterns - in exercise(s)
- i. Policies and legal issues
- j. Recovery/First Aid (as applicable)
- k. WRAP
- l. Shackles
- m. Soft Restraints
- n. Improvised Weapons

COURSE OBJECTIVES:

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II. 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 the presenter, remediation will be provided until the standard is met.

EXPANDED COURSE OUTLINE

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|------|--|--------|
| III. | REGISTRATION AND ORIENTATION | I(a) |
| | <ol style="list-style-type: none">A. Introduction, Registration and OrientationB. Course Objectives/Overview, Exercises, Evaluation/Testing | |
| IV. | SAFETY ORIENTATION AND WARM-UP | I(b) |
| | <ol style="list-style-type: none">A. Review of Safety Policies and injury precautionsB. Students will participate in warm-up/stretching exercises | |
| V. | USE OF FORCE POLICIES AND LEGAL ISSUES | I(g,j) |
| | <ol style="list-style-type: none">A. Case Law Update, report documentation and policy<ol style="list-style-type: none">1. Tennessee v Garner<ol style="list-style-type: none">a. Fleeing felon2. Graham v Connor<ol style="list-style-type: none">a. Reasonableness test3. Forrester v San Diego<ol style="list-style-type: none">a. Pain compliance4. Long Beach v Long Beach POA<ol style="list-style-type: none">a. Name of officers are releasable5. Status of Pepper Spray Cases (Humboldt Co., etc.) | |

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- a. Proper trained application of OC Spray
 - 6. Overview of Penal Code updates AB 392 and PC 835a
 - B. Local Policies
- VI. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE **I(h,i)**
- A. Body Balance, Stance and Movement
 - 1. Foot work (directional shuffle and pivoting)
 - 2. How to fall to the ground safely and assume a position of advantage
 - 3. Access to equipment on duty belt while in numerous positions
 - B. Suspect's actions
 - 1. Compliant
 - 2. Passive Non-compliant
 - 3. Actively Resistant
 - 4. Assaultive
 - 5. Life threatening
 - C. Locking resistance and going limp
 - D. Resisting with apparatus (Chained to objects, using pipes with arms locked inside).
 - E. Use of pain compliance/pressure point and when applicable
 - 1. Overview of pain compliance techniques
 - F. Escorting techniques, hammerlock, rear wrist lock, twist lock, gooseneck
- VII. DE-ESCALATION, VERBAL COMMANDS **I(f)**
- A. Verbal Commands
 - 1. Tone of voice
 - 2. Gain voluntary compliance
 - 3. Single communicator
 - B. Assessment
 - 1. Ability
 - 2. Opportunity
 - 3. Intent
 - 4. Recognize when to escalate vs. de-escalate
 - a. When verbal commands fail
 - b. Use of force warning when feasible
 - C. Tactics
 - 1. Distance plus cover equals time
 - 2. Resources
 - 3. Contiguously Plan
- VIII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING **III(c,d,e,f,k)**
- A. Overview on restraint devices and need to double lock and check for tightness

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1. Suspect cannot be handcuffed due to injuries
 - a. First Aid - Suspect injured, wounds, fractures
 - b. Special circumstances (i.e. Pregnant females)
 - c. Complaint of pain should be documented
 - d. Failure to double lock handcuffs, injury to suspect/liability
 - B. Search
 1. Visual Search/ plain view
 2. Pat down
 3. Complete search (consent, terms, incident to arrest, etc.)
 - C. Unknown Risk Handcuffing techniques
 1. Low Profile twist-lock & two handed small of the back finger control
 - a. Verbal commands
 - b. Twist lock control
 - c. Handcuffing
 2. Standing extended arm twist lock, to a rear wrist lock and handcuffing
 3. Takedown from twist lock, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact wpn., chem agent, etc.) on duty belt.
 - D. High risk prone or kneeling, to a prone control and handcuffing.
 1. High risk kneeling
 - a. Verbal commands
 - b. Low profile twist lock
 - c. Search
 - d. Handcuffing
 2. High risk prone
 - a. Verbal commands
 - b. Prone control
 - c. Search
 - d. Handcuffing
 - E. Takedowns
 1. Arm bar takedown
 2. Hammerlock escort grip and takedown
 3. Hair pull/ Rear takedown
 4. Body lock and leg sweep
 5. Considerations for improvised takedowns
- IX. WRAP, SHACKLES, SOFT RESTRAINTS, SPIT MASKS** **I (e,j,k,l,m,n)**
- A. Medical Considerations
 1. Techniques to avoid "Positional Asphyxia."
 - B. WRAP
 1. Systematic application of the WRAP

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- a. Assigned roles to safely and quickly apply the WRAP correctly
 - b. Checking the fit of the WRAP after applying for safety
 - c. Medical clearance and
 - d. Re-examining of subject in which the WRAP is applied
 - e. Adjust WRAP based on suspect actions and time
- B. Shackles
 - 1. Use and safety
- C. Soft restraints and spit mask
 - 1. Use and safety

X. TESTING/REMEDIATION

Testing: Any student scoring below standard on any exercise, as III(b) established by the presenter, will be remediated, tested until standard is achieved.