

**Course: Arrest and Control (PSP)**

**Agency: Los Angeles Port Police**

**POST ID#: 8260**

**Course Control #: 29503**

## ***Expanded Course Outline***

**Instructional Hours: 8 hours**

### **Purpose**

The purpose of this course is to provide perishable skills update training for arrest and control and knowledge regarding use of force (UOF) laws and policy. The course will emphasize the importance of voluntary compliance and de-escalation, along with the skills and ability to effect an arrest, prevent escape, or overcome resistance using the minimum amount of force necessary to safely accomplish those objectives.

### **Objectives**

To continue and update the knowledge and skills police officers have in UOF laws and physical abilities. Students will engage in lecture and discussion regarding new or updated UOF laws and will participate in physical activity in applying arrest and control tactics for both compliant and non-compliant subjects.

### **Student Activities**

The student will safely perform the following skills:

- Verbal de-escalation/voluntary compliance
- Stances and Movements
- Handcuffing and Searching
- Striking and Blocking/evading
- Impact weapons
- Standing and Ground Control
- T.A.R.P. and Hobble
- Scenarios

### **Methods of Learning**

Students will participate in large group activities (LGA), small group activities (SGA), and individual activities (IA).

- (LGA) Students will attend classroom instruction on UOF laws and policy and verbal de-escalation.

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- (IA) Student will physically participate in movements, stances, striking a bag using personal weapons (hands, elbows, knees, shins, foot), and impact weapons striking bags.
- (SGA) Students will participate in handcuffing and searching other students in the standing, kneeling, and prone position.
- (SGA) Students will participate in scenario based training exercises in which they must determine a lawful encounter, attempt to verbally de-escalate the situation, and proceed with the proper defensive tactics and UOF if necessary.
- (SGA) Students will participate in a debrief of each scenario to determine if the course of action and UOF was lawful, within policy, and if there was any other options that could have been taken.

### **ONE DAY (8-Hours)**

#### **Introduction**

1. Instructor introduction & qualifications
  - Administration
  - Registration
  - Course material handouts
  - Facility orientation
  - Training-mat rules
  - Personal hygiene (COVID-19 protocols- i.e. health screen/Temperature/Masks)
2. Safety Briefing
  - Injury reporting procedures
  - Hospital locations
  - Medical treatment
  - Onsite First Aid Kit

#### **Use of Force Overview**

It is the philosophy of the Los Angeles Port Police to have great reverence for life in everything we do. The concepts of proportionality, de-escalation, and disengagement, are to be constantly regarded and utilized as much as possible throughout all interactions with the public. These principles ensure that we shall only use the minimal amount of force that is necessary to accomplish our mission of ensuring public safety.

1. Federal UOF cases that shaped California's Penal Code
  - Graham vs. Conner – 835(a) PC
  - Wise vs. Brown – 242 & 245 PC

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2. LAPPD's UOF Policy
  - Situational UOF Options Chart
    - a) Define the four suspect categories & officers force options
  - Reporting requirements of UOF
    - a) Pointing of firearm, CEW, or any less-lethal projectile at a person with no discharge.
  - Force Options Chart
    - Command presence (non-verbal skills)
    - Verbal commands (verbal skills)
  - Empty hand control
  - Authorized impact weapons. (Review type and dimensions of authorized impact weapons per LAPP policy)
  - Deadly force
  - Discuss removal of carotid
  
3. De-escalation – “the process of using strategies and techniques intended to decrease the intensity of a situation.” Our goal is for voluntary compliance.
  - Pre-planning
  - Command presence (non-verbal skills)
  - Verbal commands (verbal skills)
  - Recognizing impairment
    - a) Intoxicant (Alcohol/Drugs)
    - b) Emotions (Anger/Fear/Anxiety/Depression/5150)
  - Defusing the Conflict
    - Active listening skills
    - Paraphrasing
    - Demonstrating empathy
    - Building rapport
      - i. Consider disengagement or new officer as contact if needed
    - Providing options
      - i. Benefits for right choice
      - ii. Consequences for the wrong choice
    - Redirection of negative feelings
      - i. Focusing their attention on something else
      - ii. Family picture on the wall, job, etc.
  - Our Goal
    - a) To gain voluntary compliance.

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- Negative results
  - Make one final statement. "Is there anything I can say or do to convince you to comply with my request?"
  - Statement lays foundation for use of physical force
- Attitude
  - Want to convey attitude of assistance through proper - Body language, tone of voice, and words you use.
  - Yelling or screaming "Calm down!" is ineffective
  - It isn't what we say, but how we say it that people remember
- Situations where immediate threats or danger exist may not allow one to employ de-escalation techniques
- Conclusion
  - Remember reverence for life (this is somebody's mother, father, child, etc.)
  - There is more than one way to resolve conflicts
  - The more options you have, the more flexible you are in resolving situations

### **Arrest and Control – Each topic will have example and physical drill**

#### 1. Stances

- Field Interview Stance
- Self-Defense Stance
- Self-Defense Grab
  - c) C-grip
  - d) Blanket suspect's shoulder

#### 2. Movement

- Standing in Base
- Falling back/Getting up
- Shuffle
- Lunge
- Sidestep
- Pivot
- Two zones

##### 1. Inside & Outside

#### 3. Handcuffing, Searching & Restraining

- Pistol Grip
- Speed Cuffing
- Visual Search

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- Cursory Search for Weapons (Hands Behind Back)
  - Cursory Search for Weapons (Hands Behind Head)
  - High-Risk Kneeling
  - High-Risk Prone
4. Standing Control and Take downs
- Rear Arm Finger Flex
  - Straight Arm Lock
  - Rear Arm Lock (hammer lock)
  - Single & Double Leg Takedown
  - Body Fold Takedown
  - Clinch Takedown
  - Arm Shoulder Lock Takedown
  - Rear Arm Control Takedown
  - Team Takedown
  - Sprawl
5. Baton
- Carry positions
  - Drawing out
  - Strikes
  - Retention
  - Advantages/Disadvantages and LAPP policies regarding different types (i.e. ASP/PR-24/Straight)
6. Personal Weapons
- Head
  - Hand
  - Elbow
  - Knee
  - Shin
  - Foot
7. Striking & Kicking
- Head Butt (Front, Rear & Side)
  - Fist (Jab, Cross, Hook, Upper Cut)
  - Palm Heel Strike
  - Hammer Fist
  - Elbow
  - Knee (Weak, Strong & Switch-Step)
  - Front Kick
  - Roundhouse Kick
  - Side Kick

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- A-frame kick
8. Blocking & Evading
    - Fists (Face & Neck)
    - Shoulders (Jaw)
    - Forearms (Abdomen)
    - Elbows (Kidneys & Ribs)
    - Shin (Legs)
    - Boxing drill
  9. Total Appendage Restraint Procedure (T.A.R.P.)
    - Lecture
    - Level I & II
    - Recovery position and monitoring
    - Positional asphyxiation
    - Assisting restrained person to standing
    - Transporting
  10. Ground Control
    - Side Control
    - Side Control Escape to Guard
    - Guard
    - Guard Pass
    - Guard Simple Sweep
    - Guard to Arm Shoulder Lock
    - Guard Figure Four Weapon Retention
    - Guard Cross Grab Shoulder Roll Weapon Retention
    - Top Control/Top Control Reversal
    - Top Control Arm Cross Face Rollover to Cuffing
    - Twisting Arm Cuffing
    - Back Control/Back Control to Handcuffing
  11. Weapon retention
    - Un-holstered
    - Holstered front and back
    - Backups (Advantages/disadvantages of carry location)

### **Review, Testing & Debrief**

1. Program recapitulation
2. UOF test
  - Grading
  - Remediation
  - Retest
3. Debrief