



MiraCosta College Police Department

Arrest and Control Tactics Block Training



TO: MCPD Employees
FROM: A/Sgt. Carrizosa
SUBJECT: Arrest and Control Block Training
ATTIRE: Uniform with complete duty belt and/ or vest carrier

SCHEDULE:

- **Tuesday, August 8, 2023**, A-Shift officers will have training after working their assigned schedule for the day from 1500-1830 hours and meet in Room T200 (Board Room)
- **Wednesday, August 9, 2023**, B-Shift officers will have training from 1100-1430 hours and meet in the EP Shed at the Oceanside Campus. Afterwards, officers will report to their assigned campus and work their assigned shift for the evening.

STATEMENT OF PURPOSE AND COURSE OBJECTIVES:

The purpose of this training is to refresh officers in the application of searching/ handcuffing techniques, control holds/ takedowns and de-escalation/ verbal commands. The training will develop the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

The training 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.

Minimum Topics/Exercises:

- a. Policies, legal standards, and report writing
- b. Use of Force considerations
- c. Safety orientation and warm-up(s)
- d. De-escalation/Verbal commands– in exercise(s)
- e. Body balance/stance/movement patterns – in exercise(s)
- f. Search – in exercise(s)
- g. Equipment/Restraint device(s) use – in exercise(s)
- h. Subject's Actions and Officer's response to force
- i. Control/Takedown - in exercise(s) Verbal command
- j. Class exercises/Student Evaluation/Testing
- k. Recovery/First Aid (as applicable)

COURSE OBJECTIVES

1. Demonstrate knowledge of their individual Department Arrest and Control Policy and current case law.



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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

- **POSITION & STANCE**
 - Position of Interview (FI Stance)
 - Position of Advantage (Escort)
 - Defensive Stance
- **MOVEMENT**
 - Shuffle Step
 - Forward; Backwards; Left; Right
 - Step Off Line ¼ Turn
 - Quick Step Back
 - Turn in Place
- **CONTROL HOLDS**
 - Top Hand Grip
 - Bottom Hand Grip
 - Side Wrist Lock
 - Rear Wrist Lock
 - Inverted Rear Wrist Lock
 - Elongated Rear Wrist Lock
 - Two Hand Twist Lock
 - Palm Up Twist Lock



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- **HANDCUFFING**
 - Top Hand (Low Profile)
 - Kneeling
 - Prone
 - Quick Cuffing

- **SEARCHES**
 - Visual
 - Full Body - Incident to Arrest
 - Custody (Terry)
 - High Risk

- **COOLDOWN**
 - Stretching

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