

POST PERISHABLE SKILLS PROGRAM (PSP)
III – GROUND CONTROL AND SURVIVAL
San Francisco Bay Area Rapid Transit Police Department (3700)
CCN: 20996 | POST Certification II | Plan N/A | 8 hours

COURSE GOAL:

The course will provide the trainee with the basics of ground control and survival. The trainee will develop the necessary tactical knowledge and skills to safely and effectively control a suspect and survive an attack while on the ground.

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.

ARREST AND CONTROL

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– in exercise(s)
- f. Escaping from dangerous positions – in exercise(s)
- g. Positional control of suspect – in exercise(s)
- h. Control and handcuffing – in exercise(s)
- i. Subject's Actions and Officer's response to force
- j. Class exercises/Student Evaluation/Testing
- k. Recovery/First Aid (as applicable)

COURSE OBJECTIVES

The trainee will:

1. Demonstrate knowledge of their individual Department Arrest and Control Policy and current case law.
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. Ground survival/escaping mounted or guard positions
 - e. Positional Control of Suspect
 - f. Control into Handcuffing
 - g. De-escalation/Verbal Commands
 - h. Effectiveness Under Stress Conditions

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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

I. REGISTRATION AND ORIENTATION

- A. Introduction, Registration and Orientation
 - 1. Instructor and Student Introductions
 - 2. Course Roster
 - 3. Facility Overview
- B. Course Objectives/Overview, Exercises, Evaluation/Testing
 - 1. Course Objectives
 - a. Judgment and Decision Making
 - b. Officer Safety
 - c. Body Balance, Stance, and Movement
 - d. Escapes
 - e. Positional Control of Suspect
 - f. Control to Handcuffing
 - g. De-escalation/Verbal Commands
 - h. Effectiveness Under Stress Conditions
 - 2. Safety Policy/Orientation

II. USE OF FORCE POLICIES AND LEGAL ISSUES

III (a,b)

- A. Case Law Update, report documentation and policy
 - 1. Tennessee v Garner
 - 2. Graham v Connor
- B. Overview of Penal Code Updates
 - 1. AB 392
 - 2. PC 835a
 - 3. PC 196
- C. Local Policies
 - 1. SB 230 guidelines
 - 2. Use of Force policy updates
- D. Report Writing
 - 1. Proper documentation of use of force incidents
 - 2. Articulation of events
 - 3. Documentation of injuries/aid rendered to subjects, officers, bystanders

III. SAFETY ORIENTATION AND WARM-UP

III (c)

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- A. Review of Safety Policies and Injury Precautions
 - 1. Review safety policy
 - 2. Emergency exits
 - 3. AED
 - 4. Avoiding injury
- B. Warm-up
 - 1. Stretching exercises
 - 2. Mental preparation
- C. Physical Conditioning
 - 1. Three Biggest Disablers
 - a. Heart attacks
 - b. Lower back and knee injuries
 - c. Peptic Ulcers
 - 2. How to Reduce Individual Risk to Above Disablers
 - a. Nutrition
 - b. Lifetime Fitness

IV. SUBJECT'S ACTIONS AND OFFICER'S RESPONSE

III (l, j)

- A. Subjects Actions
 - 1. Compliant
 - 2. Passive non-compliant
 - 3. Actively resistant
 - 4. Assaultive
 - 5. Life threatening
- B. Officer's Response to Resistance
 - 1. Non-deadly
 - 2. Intermediate force
 - 3. Deadly force
- C. Students will participate in a scenario-based exercise to demonstrate
 - 1. Safety
 - 2. Awareness
 - 3. Balance
 - 4. Control
 - 5. Controlling Force
 - 6. Proper Techniques
 - 7. Verbal Commands/Instructions

V. BODY BALANCE AND MOVEMENT

III (e)

- A. Body Balance and Movement
 - 1. How to fall to the ground safely
 - 2. How to safely return to a standing position

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- VI. ESCAPE FROM DANGEROUS POSITION **III (f, i)**
- A. Trap and Roll
 - 1. Standard Variation
 - 2. Punching Variation
 - 3. Headlock Variation
 - B. Guard Pass
 - 1. Punch Defense
 - 2. Positional Control
 - 3. Guard Pass to Mount
- VII. POSITIONAL CONTROL OF SUSPECT **III (g, i)**
- A. Mount Retention
 - 1. Hips and hands
 - 2. Anchor base
 - 3. Low swim
 - 4. High swim
 - 5. Weapon retention
 - B. Side Control
 - 1. Roll prevention
 - 2. Weapon retention
 - 3. Mount Transition
- VIII. CONTROL TO HANDCUFFING **III (h, i)**
- A. Americana Arm-Lock Control Hold
 - 1. Basic application
 - 2. Standard variation
 - 3. Neck hug variation
 - B. Twisting Arm Handcuffing Procedure
 - 1. Standard variation
 - 2. Americana Variation
- IX. DE-ESCALATION OF FORCE **III (d)**
- A. Verbal Commands
 - 1. Tone of voice
 - 2. Gain voluntary compliance
 - 3. Mitigate need for higher level of force
 - B. Assessment
 - 1. Ability
 - 2. Opportunity

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- 3. Intent
- 4. Recognize when to escalate vs.de-escalate
 - a. When verbal commands fail – time to take action
 - b. Use of force warning when feasible

C. Tactics

- 1. Manage distance
- 2. Assess situation
- 3. Continuously plan

X. STUDENT RECOVERY

III (k)

A. Cool Down

- 1. Stretching
- 2. Hydration

B. Injuries

- 1. Treat
- 2. Document

XI. TESTING/REMEDICATION

III (j)

Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, and tested until competency is demonstrated to the satisfaction of the presenter.