

MiraCosta College Police Department

Arrest and Control Tactics Update

Block Training



TO: MCCPD Sworn and Non-Sworn Officers
FROM: Carlos Carrizosa (ACT Instructor)
SUBJECT: Arrest and Control Block Training 2024
ATTIRE: Uniform with complete duty belt and/or load bearing vest

SCHEDULE

- **Monday, August 12, 2024**
 - A-Shift officers from 1130-1430 hours, room OC-5307
 - B-Shift officers from 1530-1830 hours, room OC-5307
- **Tuesday, August 13, 2024**
 - A-Shift officers from 1130-1330 hours, room OC-5307 and 5313
 - B-Shift officers from 1530-1730 hours, room OC-5307 and 5313

OVERVIEW & PURPOSE

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)

EXPANDED COURSE OUTLINE

I. Safety Orientation/ Warm Up

- A. Warm-up with stretching
- B. Ensure all students have appropriate training equipment and attire

II. Arrest & Control / Officer Safety Tactics

MiraCosta College Police Department Arrest and Control Tactics Update



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A. General Approach

1. Field Contact: Low risk
 - a) Establish contact/ control with verbal commands
 - b) Maintain safe distance
 - c) Conduct a visual search
 - (1) Hands
 - (2) Waistband area
 - (3) Obvious bulges
 - (4) Stay mentally "alert" as subject reaches for their ID
 - (5) If arrest is necessary, use proper searching and handcuffing techniques
 - (6) If no arrest necessary, use officer safety principles while returning to and entering patrol vehicle
2. Contact with higher risk subject
 - a) Establish contact/ control with verbal commands
 - b) Handcuff subject before conducting a pat-down search
 - c) Immediately let your partner know if a weapon is found
 - d) Remove any contraband or weapons and secure it on your person or with your partner and complete your search
3. Establishing contact distance
 - a) You should be able to look at the subject's eyes and still see their entire body with your peripheral vision
 - b) Beware of the "reactionary gap"
 - (1) Your contact distance should give you time to react to sudden aggressive/ hostile actions by the subject
 - (2) **Remember:** action is faster than reaction

III. Conducting Searches

- A. Pat down search (cursory)
 1. Clear verbal commands
 2. Approach from behind and hook the subject's arms with both hands
 3. Control the subject's wrist and place behind their back
 4. Grip their fingers for control
 5. Clear verbal commands to separate the subject's feet past their shoulder width
 6. One hand controls the subject's hand, the other pushes their hips forward to create distance and lock out the arms
 7. Conduct a pat-down search for weapons (use quadrant concept)
 - a) Back waistband, front waistband, shoulder to hip, under armpits, neck to belly button, side to side

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- B. Search incident to arrest: Searching a subject that has been cuffed
 - 1. General principle - cuff first
 - 2. Ask the subject if they have any weapons, needles or any item that can hurt you on them. If "yes" ask them where it is located and carefully recover the object.
 - 3. Talk to the subject throughout the search, by asking questions; keep them busy answering questions. They will have less opportunity to think about attacking or fleeing from you.
 - 4. Search the body into four quadrants: upper left, upper right, lower left, lower right.
 - 5. Grasp the clothing
 - 6. Overlap your search areas
 - 7. Take your time and conduct a thorough search.
 - 8. Watch out for casts, prosthetics devices, crutches and wheelchairs.

- C. Searches of the opposite gender
 - 1. Policies and procedures on searches by officers of the opposite gender.
 - a) Step-by-step guidelines for conducting searches
 - b) Use of same-gender officers when possible
 - c) Documentation and reporting requirements
 - 2. Rights of the individuals during searches.
 - 3. Ethical considerations to address:
 - a) Respecting privacy and dignity
 - b) Addressing potential biases and discrimination
 - c) Ethical dilemmas and decision-making
 - 4. Effective communication techniques
 - 5. Use of BWC and other recording devices
 - 6. Consequences of unlawful searches

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Block Training

MAT ROOM RULES

The rules will be read verbatim to each class by the instructor during the first session. These rules apply to all ACT events, regardless of location. Each student will sign a copy and it will be maintained by the ACT staff.

1. Absolutely no ammunition, no magazines or weapons other than batons allowed.
2. Students will not wear jewelry including watches, rings, necklaces, or earrings while on the mats.
3. Students will wear outdoor PT shoes in the restrooms. There will be no contact between the mats and shoes worn into the restroom.
4. Students will wear either mat shoes or socks on the mats. No running shoes or bare feet on the mats. Mat shoes are optional.
5. No horseplay.
6. All injuries (however slight) must be reported to the ACT staff at the time they occur.
7. The partner submission rule will be respected. On pain compliance techniques, pressure will be relaxed when the partner "taps."
8. All techniques are half power and half speed unless students are told otherwise.
9. Students who use an inhaler must bring it with them to the mat room.
10. For any scored event, the instructor's word is final.
11. Any student who has a pre-existing condition/injury that will prevent them from participating in any exercise must tell the ACT staff about it prior to the beginning of the session.
12. At the end of each training day, students are required to assist ACT staff in cleaning/disinfecting the mats and any training equipment used.
13. Cell phones must be turned off or on vibrate unless expecting an emergency phone call.

STUDENT'S NAME: _____
CLASS: _____
DATE: _____
INSTRUCTOR: _____

Handwritten signature and date: 08/25/22