

**EI Centro Police Department**  
**DEFENSIVE TACTICS/OFFICER SAFETY**  
**Course Control # 3620-21035-19**  
**Expanded Course Outline**  
**Revised 12/09/2019**

**Purpose**

Students will be able demonstrate their knowledge of their individual department's Use of Force policies. They will be able to demonstrate their knowledge of the importance of physical and mental conditioning as it relates to use of force. Students will demonstrate an understanding of the importance of the principle of escalation and de-escalation of use of force tactics. Students will understand the importance of Verbal Commands and Tactical communications techniques to gain suspect compliance.

- I. Registration and Orientation**
  - A. Instruction, Registration and Orientation
  - B. Course Objectives/Overview, Exercises, Evaluation/Testing **III(b)**
  
- II. Safety Orientation and Warm-up** **III(a)**
  - A. Review of Safety Policies and injury precautions
  - B. Students will participate in warm-up/stretching exercises
  
- III. Use of Force Lecture and Legal Issues** **III(g,j)**
  - A. Lecture on the following:
    - 1. Force Options, Escalation and De-Escalation
      - a. Visual Presence
      - b. Verbal commands
      - c. Firm grip or gesture
      - d. Pain Compliance
      - e. Impact Weapons, Carotid Restraint, OC, etc.
      - f. Lethal techniques
    - 2. Consequences of Unreasonable Force
      - a. Consequences of Excessive Force
      - b. Consequences of Insufficient Force
    - 3. Reasonable Force Standard
      - a. Graham v. Connor
      - b. Tennessee v. Garner
      - c. Forrester v. San Diego
      - d. Long Beach v. Long Beach POA
    - 4. 835a PC
      - a. Four circumstances where Peace Officers may use force
    - 5. Levels of Awareness **III(h)**
      - a. White = relaxed frame of mind
      - b. Yellow = general awareness, minimum level of awareness, uniform
      - c. Orange = specific awareness
      - d. Red = fight or flight

- B. Six Considerations Prior to Contact III(h)
1. Hands
  2. Weapons
  3. Associates
  4. Terrain
  5. Escape Routes
  6. Cover/Concealment

- C. Tactical Communications
1. Verbal commands are used in conjunction with other force options to gain compliance
  2. Verbal commands are used so the suspect knows what is expected of them
  3. The use of verbal commands must be documented in the incident report.
    - a. What verbal commands were used and what was the suspect's response.

- IV. **Stances, Movements, Falling Techniques & Position of Advantage** III(i)
- A. Explanation, demonstration and performance of the following:
1. Interview Position
  2. Self Defense Position
  3. Forward/Rear shuffle
  4. Pivots: Normal, Shuffle, Progressive
  5. Falls: Front, Back, Side

- V. **Searching Philosophy and Cursory Search Techniques**  
III(c,d,f)
- A. Explanation, demonstration and performance of the following:
1. Justification to search (consent, reasonable suspicion, probable cause)
  2. Control the suspect's hands
  3. Communicate with the suspect (reason for the search, ask for the location of contraband)
  4. Search for accessible weapons
  5. Plan for suspect resistance and finding a weapon

- VI. **Takedowns** III(d, f, g, h, k)
- A. Explanation, demonstration and performance of the following:
1. When to take suspects to the ground
    - a. Violent resistance
    - b. Escape attempt
    - c. Possession of a weapon

**B. – F. Redacted**

- G. First Aid
- a. Suspect injured, wounds, fractures
  - b. Officer's injuries
  - c. Documentation

- VII. **Handcuff Lecture and Quick Handcuffing** III(d, e, f, k)
- A. Explanation, demonstration and performance of the following:

1. The importance of documenting and checking for tightness and double-locking
  - a. Reduce suspect injury
  - b. Agency liability
2. Special circumstances
  - a. Pregnant females
  - b. Amputees
  - c. Suspect injuries
3. Suspects complaints of pain must be documented
4. Pros and cons of quick handcuffing
5. Quick handcuffing
  - a. Handcuffs set in non-gun hand
  - b. Suspect's hands positioned back to back
  - c. Handcuffs applied, left handcuff/left wrist, right handcuff/right wrist
  - d. Check for tightness and double lock
  - f. Officer communicates with the suspect to maintain compliance
6. First Aid
  - a. Suspect injured, wounds, fractures
  - b. Officer's injuries
  - c. Documentation

**VIII. Introduction to Control Holds**

**III(c, d, e, f,)**

A. Explanation, demonstration and performance of the following:

1. Twist-lock
  - a. Cursory search position
  - b. Thorough search for readily accessible weapons
  - c. Appropriate reaction to discovering a weapon or suspect resistance
  - d. Effective twist-lock hold
  - e. Effective application of handcuffs while maintaining pain compliance
  - f. Handcuffs checked for tightness and double locked
  - g. If justified, search incident to arrest
  - h. Officer communicates with the suspect to maintain compliance
2. Rear wrist-lock
  - a. Cursory search position
  - b. Thorough search for readily accessible weapons
  - c. Appropriate reaction to discovering a weapon or suspect resistance
  - d. Effective rear wrist-lock hold
  - e. Effective application of handcuffs while maintaining pain compliance
  - f. Handcuffs checked for tightness and double locked
  - g. If justified, search incident to arrest
  - h. Officer communicates with the suspect to maintain compliance

**IX. Standing Modified Search and Handcuff**

**III(d, e, f, k)**

A. Explanation, demonstration and performance of the following:

1. – 5. Redacted
6. Check for tightness and double lock the handcuffs
7. If appropriate, search incident to arrest

8. Constant communication with the suspect to maintain compliance

- X. Kneeling Search and Handcuff** III(d, e, f, k)  
A. Explanation, demonstration and performance of the following:  
1. – 9. Redacted  
10. Constant communication with the suspect to maintain compliance
- XI. Prone Search and Handcuff** III(d, e, f, k)  
A. Explanation, demonstration and performance of the following:  
1. – 10. Redacted  
11. Constant communication with the suspect to maintain control and to motivate the suspect to comply
- XII. Overcoming Resistance to Searching Positions** III(d, e, f, k)  
A. Explanation, demonstration and performance of the following:  
Redacted
- XIII. Ground Tactics** III(d,g,)  
A. Explanation, demonstration and performance of the following:  
1. Sprawl  
2. Guard Positions  
3. Mount Positions  
4. Escape from the mounted positions  
5. Escape from the guard positions
- XIV. Personal Body Weapons Introduction** III(g,i)  
A. Explanation, demonstration and performance of the following:  
1. – 4. Redacted
- XV. Classroom, Carotid Restraint Lecture and Quiz** III(n, b, k)  
A. Lecture on the following:  
1. Hazards of the Carotid Restraint (choke versus Carotid Restraint)  
a. Frontal pressure  
b. Vagus nerve stimulation  
c. Time frames  
d. Age of the suspect  
2. Techniques to minimize the hazards of the Carotid Restraint  
3. Department Policy  
a. Officer justification to apply the Carotid Restraint  
b. Required medical clearance  
c. Documentation  
d. Suspect first aid and monitoring
- XVI. Carotid Restraint** III(n)  
A. Explanation, demonstration and performance of the following:  
1. – 4. Redacted  
5. Officer handcuffs the suspect

6. Officer checks suspects vital signs and for other injuries
7. Officer places suspect into a recovery position
8. If appropriate, officer searches incident to arrest
9. Officer monitors the suspect
10. During classroom practice, no pressure is applied to student's necks

- XVII. Carotid Restraint Escape** **III(n)**  
 A. Explanation, demonstration and performance of the following:  
Redacted
- XVIII. Handgun Retentions** **III(m)**  
 A. Explanation, demonstration and performance of the following:  
Redacted
- XIX. Handgun Takeaways** **III(m)**  
 A. Explanation, demonstration and performance of the following:  
Redacted
- XX. Long Gun Takeaways** **III(m)**  
 A. Explanation, demonstration and performance of the following:  
Redacted
- XXI. Personal Body Weapons**  
 A. Explanation, demonstration and performance of the following:  
Redacted
- XXII. Impact Weapons: Straight Baton, Collapsible Baton, Side-handle Baton** **III(a,k,l)**  
 A. Overview of course and explain which techniques will be tested  
Redacted
- XXIII. Student Skills Testing** **III(b)**  
 A. Explanation, demonstration and performance of the following:  
Redacted