1. REGISTRATION AND ORIENTATION III(b)
   1. Introduction, Registration and Orientation
   2. Course Objectives / Overview, Exercises, Evaluation

and Testing

1. SAFETY ORIENTATION AND WARM-UP III(a)
   1. Review of safety procedures and injury precautions
   2. Student participation in warm-up / stretching exercises
2. USE OF FORCE POLICIES AND LEGAL ISSUES III(g,j)
   1. Case Law Update, report documentation and policy
      1. Tennessee v. Garner
      2. Graham v. Connor
   2. Department policies
      1. Use of Force Lexipol #300
      2. Arrestees; Searching, Handcuffing and Transportation
   3. Use of force options
      1. Low level
      2. Medium level
      3. High level
3. BODY PHYSICS & DYNAMICS – REACTION TO FORCE III(h)
   1. Suspect attacks officer - Redacted
   2. Locking resistance
   3. Going limp (Note: Do not use term passive resistance)
   4. Resisting with apparatus (Chaining to objects, using large pipes

with arms locked inside, and other devices)

* 1. Use of pain compliance / pressure points and distraction techniques
  2. Mental conditioning for arrest control – Color coding:
     1. White = relaxed frame of mind
     2. Yellow = general awareness, minimum level in uniform
     3. Orange = Specific awareness, (75% of attention is focused on the threat, 25% still on general surroundings (Checklist of six used on initial approach with subject)

1. Hands

2. Cover

3. Weapons / bulges

4. Associates, subjects and officers (resources available)

5. Escape routes, subjects – tactical retreat, officers

6. Footing & balance, officer’s ability to stay on his/her feet

* + 1. Red = Fight or Flight
    2. Black = Completely overwhelmed by circumstances, unable to act, irrational freezing, unable to stop use of force.

1. PHYSICAL CONDITIONING III(a)
   1. Three biggest disablers
      1. Heart attacks
      2. Lower back and knee problems
      3. Peptic ulcers
   2. How to reduce individual risk to above disablers
      1. Nutrition
      2. Fitness (Minimum – able to sustain 90 seconds of explosive endurance)
      3. Stress management
2. BODY BALANCE / STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE III(i)

Redacted

1. SEARCH TECHNIQUES/CONTROL HOLDS/TAKEDOWNS/ HANDCUFFING/DE-ESCALATION/VERBAL COMMANDS III(c,d,e,f,k)
   1. Overview on restraint devices (handcuffing and leg restraints)
      1. Handcuffing – proper tightness and double locked
      2. Leg restraint – proper procedure and medical issues
      3. Suspects unable to be handcuffed due to injuries
      4. First Aid – suspect wounds, fractures, pregnant females
      5. Injury documentation – report writing
   2. Unknown risk handcuffing techniques
      1. Low profile twist lock technique
         1. Verbal commands

Redacted

* 1. High risk kneeling, high risk prone to a prone control and handcuffing
     1. High risk kneeling
        1. Verbal commands

Redacted

* + 1. High risk prone
       1. Verbal commands

Redacted

1. TESTING & REMEDIATION III(b)

Testing: Any student scoring below standard on any exercise will be remediated and tested until the standard is achieved.