Arrest & Control Course Outline

I. Introduction
   A. Training - Inadequate training causes officers to either under react or over react to stress situations. More training makes officers less aggressive, reduces stress, promotes confidence.
   B. Resistance - The suspect is either actively resisting or they are complying – No passive resisting.
   C. Use of force general order - Reasonable force/available force options
      FCPD Lexipol Policy December 2019
      1. First aid to suspect
   D. Legal issues/case law

II. Principles of arrest and control
   A. Stance and balance
      1. Position of Interview / Position of advantage / Fighting Stance
         - Knees bent, Front foot forward, and rear leg back,
         - Hands up
      2. Mental balance-self-confidence/control emotions
      3. Physical balance-centered, able to move quickly
      4. Stability-strong foundation
      5. Foot work
   B. Control of suspect
      1. Verbal commands
      2. Watch suspect and control hands
      3. Hands on
   C. Body physics and dynamics
      1. Momentum
      2. Weight transfer/displacement
      3. Leverage
      4. Speed

III. Warm-up/safety for practical exercises
   A. Discussion of general safety guidelines
   B. Discussion of training specific safety guidelines

IV. Searches
   A. Cursory Searches
      1. Approach to suspect
      2. Positioning
      3. Searching
      4. Handcuffing
B. Standing modified search
1. Directing/approach/contact with suspect
2. Positioning/searching
3. Position change
4. Move into a rear wristlock
5. Handcuffing

C. High risk kneeling search and handcuffing
1. Voice and command presence
2. Control suspect’s position
3. Approach and contact with suspect
4. Searching
5. Control change
6. Handcuffing

D. High risk prone to handcuffing
1. Voice and command presence
2. Control suspect’s position
3. Approach/obtain rear wristlock
4. Searching
5. Handcuffing position and handcuffing

V. Take down/control holds to handcuffing
A. Twist lock
1. Suspect contact
2. Stance/foot work
3. Hand position and application
4. Handcuffing

B. Twistlock to rear wristlock
1. Suspect contact
2. Stance/foot work
3. Hand position and application
4. Handcuffing

C. Twistlock to prone control
1. Suspect contact
2. Stance/foot work
3. Hand position and application
4. Handcuffing

D. Rear Wristlock
1. Suspect Contact
2. Stance/Footwork
3. Hand position and application
4. Handcuffing

E. Bar Arm Wristlock
1. Suspect Contact
2. Stance/Footwork
3. Hand position and application
4. Handcuffing

VI. Cool down/test/student evaluation