

## **FOSTER CITY POLICE DEPARTMENT IMPACT WEAPONS (4 Hours) 2019**

### **COURSE GOAL**

The course will provide the trainee with the minimum topics of Impact Weapons required in the POST Perishable Skills Training Program (PSP). The trainee will develop the necessary tactical knowledge and skills to safely and effectively control a suspect through the use of Impact Weapons.

The course consists of a hands-on/practical skills impact weapons training for in-service officers. **The training will be presented in a 4 hour block format allowing for flexibility based upon specific agency or trainee group needs, and as long as the minimum topics are contained within each format independently.**

### **FOUR HOUR BLOCK:**

### **IMPACT WEAPONS**

#### **Topics covered/Practical:**

- a. Safety orientation
- b. Policies and legal issues
- c. Use of Force considerations
- d. De-escalation Techniques / Crisis Intervention
- e. Ethics
- f. Student Evaluation/Testing
- g. First Aid
- h. Verbal commands
- i. Striking methods
- j. Target areas/Critical areas
- k. Weapon retention
- l. Use of the ASP

### **COURSE OBJECTIVES:**

The trainee will:

1. Demonstrate knowledge of Foster City Police Department Use of Force Policy (Impact Weapons). -FCPD Lexipol Use of Force Policy December 2019
2. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to impact weapons.
3. Demonstrate a minimum standard of impact weapons with every technique and exercise, to include:
  - A. Judgment and Decision Making

- B. Officer Safety
- C. Body Balance, Stance and Movement
- D. Verbal Commands
- E. Effectiveness under Stress Conditions
- F. Medical Aid

**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
- B. Course Objectives/Overview, Exercises, Evaluation/Testing

#### II. SAFETY ORIENTATION AND WARM-UP

- A. Review of Safety Policies and injury precautions (Pre-existing injuries)
- B. All Students will participate in warm-up/stretching exercises

#### III. USE OF FORCE POLICIES AND LEGAL ISSUES

- A. Case Law Update, report documentation and policy
  - 1. Graham v Connor
  - 2. Forrester v San Diego
- B. Department Policy – Lexipol Use of force policy 2019.

#### IV. TARGET AREAS AND NON-TARGET AREAS

- A. Surface areas closest to the bone
  - 1. Arms
  - 2. Elbows
  - 3. Legs
  - 4. Shins
  - 5. Knees
  - 6. Shoulders
  - 7. Clavicle
- B. Avoid potential vital areas of the body
  - 1. Head
  - 2. Neck

3. Throat
4. Heart
5. Solar Plexus
6. Kidney
7. Groin
8. Spine

## V. BATON STRIKES

- A. Safety orientation
- B. Mental preparation
- C. Verbal distractions
- D. Zones 1-4
  1. Upper body
  2. Lower body
  3. Diagonal
  4. Top strikes
- C. Strikes
  1. Jab
  2. Elbow/Rear jab
  3. Chops
  4. Yawara strike

## VI. WEAPON RETENTION AND BLOCKING TECHNIQUES

- A. Retention – Baton out
  1. Circle In
  2. Circle Out
- B. Retention – Baton holstered
  1. Front
  2. Behind
  3. Two Handed
- C. Blocks
  1. Zones 1-4

## VII. ASP

- A. Deployment of the ASP
  1. High set strong side
  2. Low set strong side
  3. Front high set
  4. Front low set
  5. High set weak side
  6. Low set weak side
- B. Collapsing of the ASP

1. Eyes remain on the threat
2. Closing of the ASP
3. Recover

VIII. ***Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, tested until standard is achieved.***