

CPT 2020 ACB UPDATE

Equipment: CPT BINDER, 10 Max restraints, 15 pairs of training cuffs

*Four Training dummies, four Neck Check devices (please ensure they are charged prior to use)

-Please ensure students bring their duty belts- no ammo, no knives or poking/stabbing instruments

1. Registration/ Safety Orientation (10-15 minutes)

2. Department Use of Force policy & Case Law, and first aid update: (10-15 minutes)

- a. Updated Use of Force Policy
- b. Updated Carotid Manual
- c. Both are printed out-Just read them and have a discussion
 - i. Tennessee v Gardner=Fleeing felon doctrine
 - ii. Terry v Ohio=Terry-pat down search
 - iii. Graham v Connor=Objective reasonableness
- d. The use of CPR on handcuffed subjects is acceptable
 - i. If fire requests the cuffs come off to administer aid, just comply and remove them.

3. Warm up-Dynamic movements (15-20 minutes).

- a. Light jog, with karaoke movements
- b. Lungs-a couple sets back and forth
- c. Leg lifts- opening up the hips with the knee up
 - i. Stretch calves/groin
- d. Trunk twists
- e. Stretch out backs
- f. Arm movements-Circles, across chests, behind the back
 - i. Roll out wrists
- g. Anything else you feel is necessary to get warmed up **(FREE TIME TO STRETCH) PLEASE LIMIT IT TO A MAXIMUM OF 5 MINUTES.**

4. Carotid and Defense (75 minutes)

- a. Rear carotid control hold –
- b. **NECK CHECK Sign off:**
 - i. Students will be pulled in groups of 4-5 during breaks and tested/certified on the neck check device.
 - ii. Instructors will use the class roster to keep track of those certifying on the neck check while in the mat room. Instructors will create neck check

certification sheet at the end of class. This sheet will be turned in to Academy Administration staff to be scanned in to the students training file.

5. Arm Extraction (30 minutes)

The Arm Extraction technique is a method to safely remove a non-compliant prone subjects arms from under their body. This technique should always be conducted with a minimum of two officers.

- a. **Method #1- Arms at Midline Waist**

- b. **Method #2- Arms tucked under chest**

- c. **Two/Three Officer Control Techniques (15 minutes)**

6. Max restraint update (45 minutes)

7. Talking Points (30 minutes)

- a. Suspect attacks officer- ways to mitigate injury
 - i. Distance v. Time
 - ii. Time
- b. If your body cam shuts off/falls off or malfunctions please focus on the threat at hand and when safe to do so fix the camera issue.
- c. Personal body weapons-
 - i. Are a close proximity weapons system
 - ii. Personal body weapons should be used by an officer as a means to defend themselves or others against an assaultive individual in order to overcome resistance.
 - iii. The use of personal body weapons should be used as a means to create space (if doing so is the best option) to transition to an alternative weapons system.

Questions