

# Alameda County Sheriff's Office

Charles C. Plummer, Sheriff

"Striving For Excellence Through Public Safety Education"  
Regional Training Center, 6289 Madigan Road, Dublin, CA 94568  
Phone: (925) 551-6970 FAX: (925) 551-6985  
www.sheriffacademy.com

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## Continued Professional Training 2005

### Hours

### Subject

#### Day One

0800-1200	LEDS/FOSI Simulator
1200-1300	Lunch
1300-1700	LEDS/FOSI Simulator

#### Day Two

0800-1200	Defensive Tactics
1200-1300	Lunch
1300-1500	Communications
1500-1700	Domestic Violence

#### Day Three

0800-1200	CPR/First Aid/Bloodborne Pathogens
1200-1300	Lunch
1300-1500	CPR/First Aid/Bloodborne Pathogens
1500-1700	Legal Update

#### Day Four

0800-1200	Racial Profiling
1200-1300	Lunch
1300-1400	Racial Profiling
1400-1700	First Responder

#### Day Five

0800-1700	EVOC
1200-1300	Lunch
1300-1700	EVOC

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## Continued Professional Training 2006

<u>Hours</u>	<u>Subject</u>
<u>Day One</u>	
0800-1200	LEDS/FOSI Simulator
1200-1300	Lunch
1300-1700	LEDS/FOSI Simulator
<u>Day Two</u>	
0800-1200	Defensive Tactics
1200-1300	Lunch
1300-1500	Tactical Communications
1500-1700	Domestic Violence
<u>Day Three</u>	
0800-1200	CPR/First Aid/Bloodborne Pathogens
1200-1300	Lunch
1300-1700	CPR/First Aid/Bloodborne Pathogens
<u>Day Four</u>	
0800-0830	Command Staff Presentation
0830-1000	Health and Wellness
1000-1200	Physical Assessment
1300- 1500	NIMS/SEMS
1500-1700	Legal Update
<u>Day Five</u>	
0800-1700	EVOC
1200-1300	Lunch
1300-1700	EVOC

# Alameda County Sheriff's Office

**Gregory J. Ahern, Sheriff**

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## Continued Professional Training 2007

### Hours

### Subject

#### Day One

0800-1200	LEDS/FOSI Simulator
1200-1300	Lunch
1300-1700	LEDS/FOSI Simulator

#### Day Two

0800-1200	Defensive Tactics
1200-1300	Lunch
1300-1500	Tactical Communications
1500-1700	Legal Update

#### Day Three

0800-1200	CPR/First Aid/Bloodborne Pathogens
1200-1300	Lunch
1300-1700	CPR/First Aid/Bloodborne Pathogens

#### Day Four

0800-0900	Command Staff Presentation
0900-1000	Health & Wellness (Physical Training Clothes)
1000-1200	PT Assessment
1200-1300	Lunch
1300-1500	Domestic Violence (Class D Uniform)
1500-1700	Canine Awareness

#### Day Five

0800-1700	EVOC
1200-1300	Lunch
1300-1700	EVOC

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## Continued Professional Training 2008

<u>Hours</u>	<u>Subject</u>	<u>Location</u>
<b><u>Day One</u></b>		
0800-1200	LEDS/FOSI Simulator	Simulator Class
1200-1300	Lunch	
1300-1700	LEDS/FOSI Simulator	As Directed
<b><u>Day Two</u></b>		
0800-1200	Defensive Tactics	RTC Gym
1200-1300	Lunch	
1300-1500	Tactical Communications	Classroom G
1500-1700	Legal Update	Classroom G
<b><u>Day Three</u></b>		
0800-1200	CPR/First Aid/	Classroom G
1200-1300	Lunch	
1300-1700	CPR/First Aid/	Classroom G
<b><u>Day Four</u></b>		
0800-0900	Command Staff Presentation	Classroom G
0900-1000	Health & Wellness (PT Clothes)	Classroom G
1000-1200	PT Assessment	Classroom G
1200-1300	Lunch	
1300-1500	Domestic Violence (Class D Uniform)	Classroom G
1500-1700	Canine Awareness	Classroom G
<b><u>Day Five</u></b>		
0800-1700	EVOC	Classroom F
1200-1300	Lunch	
1300-1700	EVOC	EVOC Course

- I. Safety orientation and warm-up (a)
  - A. Safety policy review – lecture
  - B. Stretching and calisthenics
  
- II. Policies and legal issues, use of force considerations (g) (j)
  - A. Definition of use of force
    - 1. General Order 1.05
  - B. Factors involved in using force
  - C. The use of force continuum
  - D. Report writing hints for use of force reports
  
- III. Equipment / restraint devices / use and search – in exercises (e) (c)
  - A. Arrest restraint techniques – lecture
  - B. Demonstration – physical application
    - 1. Handcuffing
    - 2. Search techniques
    - 3. Control techniques
    - 4. Applied techniques
  
- IV. Control / takedowns / verbal commands – in exercises, body physics and dynamics (d)(f)(h)
  - A. Takedown / compliance techniques
    - 1. Passive subjects
    - 2. Resistive subjects
    - 3. Combative subjects
    - 4. Verbal commands
  - B. Demonstration / physical application
    - 1. Bar arm takedown to prone
    - 2. Front wrist takedown to prone
    - 3. Joint manipulation
    - 4. Nerve stimulation
    - 5. Physical effects of use of force on suspect
    - 6. Suspect response to use of force
  
- V. Body balance / stance / movement patterns – in exercises (i)

- A. Footwork – physical demonstration
  - 1. Forward shuffle
  - 2. Rear shuffle
  - 3. Normal pivot
  - 4. Progressive pivot
  - 5. Shuffle pivot
  - 6. Position of interview
  - 7. Position of advantage
  
- VI. Recovery / first aid (k)
  - A. Post-incident administration of first aid – all levels of force
    - 1. First aid in the field
    - 2. Transportation to hospital
      - a. Ambulance
      - b. Sheriff's vehicle
    - 3. Monitoring breathing difficulty
      - a. Field detention
      - b. Transportation
      - c. Custodial restraint
      - d. Effects of OC on breathing
      - e. No "hog-tying"
  
- VII. Class exercises / student evaluations / testing (b)
  - A. Written test
  - B. Student evaluation

# FORCE OPTIONS TRAINING

Four Hour Force Options Course

P.O.S.T. COURSE OUTLINE

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**Course Title:        FORCE OPTIONS**

## I.        INTRODUCTION/REGISTRATION (CLASSROOM)

### A.        Administrative Duties

1.        P.O.S.T. Roster
2.        Course Roster
3.        Course Objectives
4.        Safety Protocols / Briefing WEAPON SAFETY
5.        Cardinal Rules of Firearms Safety
  - a.        Treat all firearms as though they were loaded.
  - b.        Keep your finger outside the trigger guard until you are on target and have decided to fire.
  - c.        Point the muzzle in a safe direction at all times.
  - d.        Be sure of your target and what is beyond it.

### B.        Course Overview

1.        Introduction
  - a.        Instructors (All instructors must be P.O.S.T. Certified and two instructors at all times)
  - b.        Regional Training Staff
  - c.        Training Center Orientation
2.        Course Requirements
  - a.        Equipment Needs
  - b.        Safety

### C.        Course Objectives

1.        Current Law and Department Policy
2.        Selection of Appropriate Force Option
3.        Law Enforcement Application

### D.        Needs Assessment

1.        Departmental Legal Update Needs
2.        Departmental Skills in Tactics and Force Options Needs

## II.        COURSE

# FORCE OPTIONS TRAINING

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P.O.S.T. COURSE OUTLINE

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- A. Peace Officer and Agency Liability (Federal)
  - 1. Title 18, USC Section 242 (criminal)
  - 2. Title 42, USC Section 1983 (Civil)
  
- B. Penal Code (State of California)
  - 1. 196 PC Justifiable Homicide by a Public Officer
  - 2. 197 PC Justifiable Homicide by any Person
  - 3. 198 PC Justifiable Homicide / Sufficiency of Fear
  - 4. 198.5 PC Protection of the Home
  - 5. 853&953a PC Method of Arrest & Amount of Restraint
  - 6. Liability issues
    - a. Case Law
    - b. Civil Law
    - c. Department policies
    - d. Officers skill level
    - e. Training records
  
- C. Case Law
  - 1. Garner v. Tennessee
  - 2. Graham v. Conner
  - 3. L.B.P.O.A. v. Long Beach
  - 4. Peterson v. Long Beach
  - 5. Forrester v. San Diego
  - 6. Downs v. U.S.
  - 7. Scott v. Heinrich
  
- D. Departmentally issued Equipment
  - 1. Equipment Needs Assessment
  - 2. Maintenance
  
- E. Skills Assessment
  - 1. Time
  - 2. Familiarity with equipment
  - 3. Multiple target skills
  - 4. Accuracy
  - 5. Safety
  - 6. Motor Skills



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## F. Force Option Drills

1. Reaction Time
2. Familiarity with equipment
3. Accuracy
4. Safety
5. Multiple target skills
6. Motor Skills
7. Verbalization

## G. Equipment Selection

1. Handgun
  - a. Department Policy main dictating factor.
2. Safety Equipment
3. Needs Assessment
4. How equipment is set up on duty belt

## H. Loading, Unloading, Stoppages

1. Loading
  - a. Proper loading methods for static line loading
  - b. Reloads during course
    - 1) Emergency Reload
    - 2) Tactical Reload
    - 3) Combat Reload
2. Unloading
  - a. Proper methods for safely unloading handgun
  - b. Range Safety Protocol
  - c. Weapon type
3. Stoppages
  - a. In-battery – Category one
  - b. Out of battery – Category two
  - c. Double feed – Category three

## I. Assessments

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1. Speed of acquiring target
  2. Speed of threat assessment
  3. Speed of engagement
  4. Accuracy under set time limit
  5. Performance under semi-stressful conditions
  6. Ability to transition between Force Options
  7. Proper use of O.C.
  8. Debrief after each scenario
  9. Marksmanship skill
    - a. Stance
    - b. Grip
    - c. Breathing
    - d. Trigger control
    - e. Sight picture
    - f. Follow through
    - g. Left handed shooting procedures
  10. Multiple targets
    - a. Speed of threat assessment
    - b. Speed moving between targets
    - c. Speed of engagement
    - d. Performance under semi-stressful conditions
    - e. Pausing on each target
- J. Officer tactics
1. Officer Safety
    - a. Field of Fire
    - b. Area of Responsibility
    - c. Covering partner during reloading and weapons clearing
    - d. Backstop for any missed rounds
  2. Communication
    - a. Verbal Challenges
    - b. Proper Communications
    - c. Ability to Recall Circumstances
    - d. Ability to Explain choice of Force Option Used
  3. Movement

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- a. Officer Safety
  - b. Fields of Fire
  - c. Area of Responsibility
4. Use of Cover
- a. Combination
  - b. Slicing the Pie
  - c. Commanding Corner
  - d. Demonstrate proper use of cover
  - e. Difference between cover and concealment

### III. TESTING PROCEDURES

#### A. Demonstrative

1. Performance in Scenarios
2. Written Test
3. Articulation of events in scenario

### IV. COURSE EVALUATION

#### A. Written Evaluations

1. P.O.S.T. Evaluation
2. Individual Instructor Evaluation
3. Debriefing