



ALAMEDA COUNTY SHERIFF'S OFFICE
REGIONAL TRAINING CENTER

WEAPONS PROFICIENCY TRAINING
OCTOBER 2004

Course Title: October 2004 Weapons Proficiency Training

Instructor(s): Staff

Dates: September 27th, 2004 through October 21st, 2004

Hours: 4.0 hours

Performance Objectives: The Departmental Use of Force Policy and Range Safety Policy will be covered. Weapons Maintenance, disassembly, assembly and the cycle of fire will be covered. Lead instructors will insure students have a good working knowledge of the safe handling and operation of the Sig-Sauer pistol. Students will fire the Shotgun Qualification Course and cover several range drills with their issued service handgun. Students will also receive two (2) hours of crowd control training.

Instructional Techniques: Lecture, group discussion and hands-on

Material & Equipment: Classroom, blackboard, ear and eye protection, ACSO-99 paper targets, ammunition for service handguns, cleaning equipment, bitrex fit testing supplies and gas masks.

Handouts: Supplied prior to class

Lesson Plan: See attached

Hourly Schedule: See attached

Safety Policy: Required for manipulative courses

Test: Method / Performance test required

Evaluation: Written / provided by Training

Lesson Plan
Approved By:

Gary B. Schell

OCTOBER 2004 WEAPONS PROFICIENCY

Firearms Training

Course Outline

1. Use of Lethal Force Policy

- A. Review current Use of Force Policy regarding Firearms and O.C. spray. (G.O. 1.05)
- B. Reiterate the facts about shooting at "Fleeing Felons"
 - 1. Explain the circumstance where an officer is justified in shooting.
 - a. Defending himself or herself against death or the immediate threat of serious bodily injury.
 - b. Defending another person against death or the immediate threat of serious physical injury.
 - c. To apprehend a suspect where there exists a **reasonable** belief that the person has committed a felony and is an immediate threat to another human life.
 - 1. Stress the felony has to be a "violent variety"
 - 2. Always be able to articulate your actions, both verbally and in writing.
 - 3. Cover use of weapons for terminating dangerous or seriously injured animals.
 - a. When other means of disposal are impractical.
 - b. Cover weapons selection and optimum target areas.
 - c. Remind to check the surrounding area prior to dispatching, look at backstop, other persons in the area.
 - d. Has to be authorized by the Watch Commander or his designee.

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2. Range Safety

A. Discuss the following topics:

1. **NO LIVE AMMUNITION ALLOWED IN THE CLASSROOM.**
2. **Everyone** is responsible for Range Safety.
3. Keeping the trigger finger off the trigger and outside of the trigger guard unless the shooter is on target and about to fire, or they feel it needs to be there.
 - a. "On target, on trigger – Off target, off trigger"
 - b. **Finger is always off the trigger when moving.**
4. Muzzle Control
 - a. Never point your weapon at anything you are not willing to destroy.
 - b. Always know what is behind your target. (Backstop)
 - c. In real life there are no misses. All rounds fired will eventually hit something.
 - d. Explain the "Laser" rule.
 1. Treat your weapon as if there was a laser projecting from the barrel. Whatever the laser touches, it destroys.
5. Three Step Weapons Safety Check
 - a. Mechanical – Magazine out, slide locked to the rear.
 - b. Visual – Visual inspection of chamber and magazine well.
 - c. Physical – Physical inspection of chamber and magazine well.

THE WEAPON IS NOT CLEAR UNTIL ALL OF THE ABOVE STEPS HAVE BEEN COMPLETED IN THIS ORDER

3. Weapons

A. The disassembly, assembly, and maintenance procedures for the following weapon(s) will be discussed:

1. Sig-Sauer pistol

B. Discuss proper loading and unloading methods.

1. Proper Loading

- a. Magazine into weapon, tap and tug, make sure it's locked.
- b. Remove weapon from holster and chamber a cartridge.
- c. DECOCK weapon, return to holster.
- d. Remove magazine, top it off, replace magazine into weapon.

2. Proper Unloading

- a. Remove magazine from weapon.
- b. Remove weapon from holster, lock the slide to the rear.
- c. Watch as the round physically ejects from the weapon.
- d. Perform a three-step safety check to ensure the weapon is empty.

4. Cycle of Fire

- A. Access
- B. Withdraw
- C. Present
- D. Muzzle Depressed / Scanning
- E. Decock
- F. Ready gun position / Look
- G. Decock
- H. Recover to the holster

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5. Course of Fire

A. "E" Range

1. Punch Draw – Five (5) Yard Line – ACSO 99 target
 - a. Shooter begins with weapon at the "Ready Gun" position. On turn of the target the shooter will step forward at a 45 degree angle and engage the target with one (1) round. When the target turns away, the shooter will complete the cycle of fire and return to the ready gun position. The shooter will then CAREFULLY return to position at the Five (5) Yard line. This drill will be repeated for a total of twelve (12) repetitions. The tower will vary the procedure by alternating the forward step to the right or left each time.
 - b. Shooter begins with the weapon holstered. On the turn of the target the shooter will step forward at a 45 degree angle, WHILE DRAWING THEIR HANDGUN, and engage the target with one (1) round. When the target turns away, the shooter will complete the cycle of fire and recover to the holster. The shooter will then return to position at the Five (5) yard line. This drill will be repeated for a total of twelve (12) repetitions. The tower will vary the procedure by alternating the forward step to the right or left each time.
 - c. Shooter begins with the weapon holstered. On the turn of the target the student will step forward at a 45 degree angle, WHILE DRAWING THEIR HANDGUN, and engage the target with two (2) rounds. The shooter will cover the target until it turns away. When the target turns away, the shooter will complete the cycle of fire and recover to the holster. The shooter will then return to position at the five (5) yard line. This drill will be repeated for a total of six (6) repetitions. The final repetition will be a failure drill (two (2) rounds to the body of the target and one (1) round to the head.)

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Firearms Training

Course Outline

B. "F" Range

1. Twelve (12) round field course.
 - a. The shooter will begin in the designated starting position for the course. In front of the shooter will be two (2) barricades, one to the right and one to the left. In front of each barricade will be a target array consisting of three (3) non-reactive steel targets. When given the command to begin, the shooter will move to the barricade of their choice and engage the target array at that barricade. The shooters will then move to the remaining barricade and engage the target array in front of it. The shooter will wear their gas mask while shooting this course.

6. Weapons Cleaning and Function Check

- A. Weapons Cleaning and Function Check will be done on "E" Range when finished with the practice drills. Personnel will rotate stations with an empty weapon and no ammunition on their person.

7. Crowd Control

A. Gas Mask Training

1. No. 70 Protective Mask – Millennium
 - a. General Information
 1. Has flexible one piece polyurethane lens with wide field of vision, bonded to a durable super soft Hycar rubber facepiece.
 2. Is NIOSH approved for protection against CN and CS tear gas.
 3. Is effective against, but does not have approval for OC
 4. Is effective against biological agents and chemical warfare agents.
 5. Has dual canister mount to allow weapons firing from either shoulder.
 6. Has drinking tube to allow fluid ingestion in contaminated atmospheres.

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- b. Nomenclature
 - 1. Outlet Valve
 - 2. Voicemitter
 - 3. Inlet Valve
 - 4. Straps/Head Harness
 - a. Head
 - b. Temple
 - c. Cheek
 - 5. Eye Lens
 - 6. Filter
- c. Wearing the carrier
 - 1. Shoulder Carry
 - 2. Leg Carry
- d. Storing the Gas Mask into the carrier
 - 1. Do not put straps over eye lens
 - a. Scratches lens and stretches straps.
- e. Donning the mask
 - 1. Remove headgear
 - a. Helmet on ground
 - b. Ball cap in mask carrier
 - 2. Grasp face piece with opposite hand
 - 3. Slip thumbs under cheek straps
 - 4. Put chin into the chin pocket
 - 5. Pull harness over head
 - 6. Adjust cheek straps
- f. Clearing the mask
 - 1. Seal outlet valve with hands.
 - 2. Blow hard to force air out of the mask.
 - 3. Seal inlet valves with palms of hands
 - 4. Suck in breath and hold
 - 5. Mask should collapse on face.
 - 6. Should be done in 9 seconds.

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B. Introduction to Crowd Control

1. Riots and Crowd Control can happen anytime anywhere.
 - a. Lawrence Livermore Lab – Hiroshima day & Good Friday.
 - b. Berkeley Peoples Park - 1991
2. Be Professional
 - a. Look Sharp
 - b. Don't be the weakest link.
 - c. There are no left-handed people in crowd control.

C. Steps and Marching

1. Normal Marching
 - a. To Go
 1. Preparatory command, "FORWARD"
 2. Command of execution, "MARCH"
 - b. To Stop
 1. Preparatory command, "SQUAD"
 2. Command of execution, "HALT"
2. Double Time
 - a. To Go
 1. Preparatory command, "DOUBLE TIME"
 2. Command of execution, "MARCH"
 - b. To Stop
 1. Preparatory command, "QUICK TIME"
 2. Command of execution, "MARCH"
2. Halt
 - a. Preparatory command, "SQUAD"
 - b. Command of execution, "HALT"
3. Normal Intervals
4. Close Intervals

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D. Squads

1. Positions

- a. Squad Leader
- b. Apex Person/A-Team Leader
- c. A-Team Member
- d. A-Team Member
- e. A-Team Member
- f. B-Team Leader
- g. B-Team Member
- h. B-Team Member
- i. C-Team Leader
- j. C-Team Member
- k. C-Team Member
- l. C-Team Member

2. Squad guides off Apex Person #2

E. Formations

1. Column of One

- a. Preparatory command, "COLUMN OF ONE"
- b. Command of execution, "MOVE"
- c. Squad repeats ALL commands

2. Column of Two

- a. Preparatory command, "COLUMN OF TWO"
- b. Command of execution, "MOVE"

3. Skirmish Line

- a. Preparatory command, "SKIRMISH LINE"
- b. Command of execution, "MOVE"

4. Wedge Formation

- a. Preparatory command, "WEDGE FORMATION"
- b. Command of execution, "MOVE"

5. Vee Formation

- a. Preparatory command, "VEE FORMATION"
- b. Command of execution, "MOVE"

6. Arrest/Rescue Formation

- a. Preparatory command, "ARREST (RESCUE) FORMATION"

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Firearms Training

Course Outline

- b. Command of execution, "MOVE"
 - c. #3 & #4 are Arrest/Rescue Officers
- 7. Squad will repeat all Tactical Commands
- F. Equipment
 - 1. 26" straight baton
 - a. **NOT ASP**
 - b. SRU 36" Riot Baton
 - 2. Riot Helmet
 - 3. Optional Equipment
 - a. Body armor
 - b. Shin, Knee, Elbow Guards/Pads
 - c. Cup
 - d. Black Leather Riot Gloves
 - e. Protein bar
 - f. Canteen
 - g. Sunglasses
 - h. Sunblock
- G. Field Exercises
 - 1. Gas Mask
 - a. Wearing of carrier
 - b. Don and Clear mask
 - 2. Transition formation on the move
 - a. Stomp and Drag
 - 3. Arrest / Rescue / Diamond formation
 - 4. Flying Box
 - 5. Support Teams
 - a. Arrest
 - b. Less Lethal

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Firearms Training

Course Outline

8. Hourly Schedule

GROUP "A" 0800-1200	
0800 – 0830	Use of Force and Range Safety Briefing (classroom)
0830 – 0900	Crowd Control Lecture (classroom)
0900 – 0905	Groups Split – ½ to "E" Range – ½ to Utility Field
0905 – 1020	"E" Range – Firearms Training
0905 – 1020	Utility Field – Crowd Control Exercises
1020 – 1025	Groups Rotate
1025 – 1150	"E" Range – Firearms Training
1025 – 1150	Utility Field – Crowd Control Exercises
1150 – 1155	Both Groups to Classroom for Evaluations
1155 – 1200	Issue Service Ammunition
GROUP "B" 1300-1700	
1300 – 1330	Use of Force and Range Safety Briefing (classroom)
1330 – 1400	Crowd Control Lecture (classroom)
1400 – 1405	Groups Split – ½ to "E" Range – ½ to Utility Field
1405 – 1520	"E" Range – Firearms Training
1405 – 1520	Utility Field – Crowd Control Exercises
1520 – 1525	Groups Rotate
1525 – 1650	"E" Range – Firearms Training
1525 – 1650	Utility Field – Crowd Control Exercises
1650 – 1655	Both Groups to Classroom for Evaluations
1655 – 1700	Issue Service Ammunition



ALAMEDA COUNTY SHERIFF'S OFFICE

NIGHT RANGE 2005 WEAPONS PROFICIENCY TRAINING

Course Title: Night Range 2005 Weapons Proficiency Training

Instructor(s): Staff

Dates: January 10th, 2005 through February 10th, 2005

Hours: 4.0 hours

Performance Objectives: The Departmental Use of Force Policy and the Departmental Range Safety Policy will be covered. Weapons nomenclature, maintenance, disassembly, assembly, and the Cycle of Fire will be covered. Lead instructors will insure that students have a good working knowledge of the safe handling and operation of the Sig-Sauer pistol. Students will meet the minimum standards for weapons proficiency issued handgun in low light conditions. Students will also meet the minimum standards for weapons proficiency with the Remington 870 shotgun.

Instructional Techniques: Lecture, group discussion and hands-on

Material & Equipment: Classroom, blackboard, VCR and television, eye and ear protection, B-21F paper targets, ACSO-99 paper targets, Remington 870 shotguns, shotgun ammunition, cleaning equipment and ammunition for service handguns.

Handouts: Supplied prior to class

Lesson Plan: See attached

Hourly Schedule: See attached

Safety Policy: Required for manipulative courses

Test: Written and Method/Performance test required

Evaluation: Written/provided by Training

Approved by: Gary B. Schell

NIGHT RANGE 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

1. Use of Lethal Force Policy

- A. Discuss current Use of Force Policy regarding Firearms and O.C. spray. (GO 1.05)
- B. Review circumstances of a Justifiable Use of Deadly Force.
 - 1. Discuss the circumstances where an officer is justified in shooting.
 - a. Defending himself or herself against death or the immediate threat of serious bodily injury.
 - b. Defending another person against death or the immediate threat of serious physical injury.
 - c. To apprehend a suspect where there exists a **reasonable** belief that the person has committed a felony and is an immediate threat to another human life.
 - 1. Stress the felony has to be a "violent variety"
 - 2. Always be able to articulate and justify your Use of Force.
 - 3. Use only that force which is reasonably necessary to overcome the actions and affect the arrest of the suspect.
 - 4. Cover use of weapons for terminating dangerous or seriously injured animals.
 - a. When other means of disposal are impractical.
 - b. Cover weapons selection and optimum target areas.
 - c. Remind to check the surrounding area prior to dispatching, look at backstop, other persons in the area.
 - d. Has to be authorized by the Watch Commander or his designee.

2. Range Safety

- A. Cardinal Rules of Firearms Safety
 - 1. Treat all Firearms as if they are loaded.

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Firearms Training

Course Outline

2. Keep your finger outside the trigger guard until you are on target and have made the decision to fire.
 - a. "On Target, On Trigger – Off Target, Off Trigger"
3. Point your muzzle in a safe direction (down range) at all times.
4. Be sure of your target and what's beyond it.
- B. Discuss the following:
 1. **NO LIVE AMMUNITION ALLOWED IN THE CLASSROOM.**
 2. **Everyone** is responsible for Range Safety.
 - a. If a "CEASE FIRE" is called, Please cease firing and repeat the command so everyone can hear it.
 3. Muzzle Control
 - a. Never point your weapon at anything you are not willing to destroy.
 - b. Always know what is behind your target. (Backstop)
 1. In a shooting situation there are no misses. All rounds will hit something.
 4. Never holster a cocked weapon. Follow the steps of the "Cycle of Fire" to minimize the chance of failing to decock.
 5. Three Step Weapons Safety Check
 - a. **FIRST, REMOVE THE MAGAZINE FROM THE WEAPON.** Then lock the slide to the rear. (Mechanical)
 - b. Look into the magazine well and the chamber of the weapon to make sure there is no ammunition in the weapon. (Visual)
 - c. Physically check the chamber and magazine well to insure the weapon is safe and empty. (Physical)

THE WEAPON IS NOT CLEAR UNTIL ALL OF THE ABOVE STEPS HAVE BEEN COMPLETED IN ORDER

6. Show video: Clearing Weapons in the Field

NIGHT RANGE 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

3. Weapons

A. The nomenclature, disassembly, assembly, and maintenance procedures for the following weapons will be discussed:

1. Sig-Sauer pistol

B. Discuss proper loading and unloading methods.

1. Proper Loading

- a. Magazine into weapon, tap and tug, make sure it's locked.
- b. Remove weapon from holster, cycle the slide, chambering a cartridge.
- c. DECOCK weapon, return to holster.
- d. Remove magazine, top it off, replace magazine into weapon.

2. Proper Unloading

- a. Remove magazine from weapon.
- b. Remove weapon from holster, lock the slide to the rear.
- c. Watch as the round physically ejects from the weapon.
- d. Perform a three-step safety check to ensure the weapon is empty.

4. Function Check

A. Begin with a three-step safety check. (Start with slide forward and decocked)

1. Check magazine catch (empty magazine in, slide locked back, magazine out)
2. Check decocking lever and hammer intercept notch.
3. Check double action trigger pull (hold trigger to the rear)
4. Rack the slide, check sear reset and single action pull
5. Do this with all three magazines.

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Firearms Training

Course Outline

5. Cycle of Fire

- A. Access
- B. Withdraw
- C. Present
- D. Muzzle Depressed / Scanning
- E. Decocking
- F. Ready gun position / Looking
- G. Decocking
- H. Proper holstering

6. Low Light Shooting

A. Low Light Vision

- 1. Unaided night vision relies on rod vision.
- 2. Your visual acuity will be reduced.
- 3. Limited color spectrum available.
 - a. Black, white, and shades of gray.
- 4. A 5 to 10 degree central blind spot is present which means objects can be missed.
 - a. An area in the retina called the Fovea Centralis, which is a high concentration of cone cells, causes this blind spot.
- 5. Staring directly at an object will cause the object to gray and fade out of vision.
- 6. Scanning and off-center viewing must be practiced.

B. Flashlight Techniques

- 1. Flashlight Techniques are designed to tie the light and the weapon together to create additional support when searching or shooting the weapon.
- 2. The main purpose of the flashlight at night is to allow you to identify the target.

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Firearms Training

Course Outline

3. Harries Technique
 - a. Flashlight in support hand
 - b. Flashlight passed underneath weapon to avoid sweeping yourself.
 - c. Backs of the hands pressed together to provide support.
 - d. Works best from a bladed stance.
4. Chapman Technique
 - a. Flashlight in support hand, pinched between thumb and index finger, thumb on switch.
 - a. Other three fingers form a cup and establish two-handed grip on weapon.
 - b. Works best with smaller diameter flashlight and from a bladed stance.
5. Ayoob Technique
 - a. Flashlight in support hand, thumb on switch.
 - b. Bring hands up and press thumbs together.
 - c. Least amount of support of the three.
 - d. Flashlight is angled and will be over target past five yards.

7. Course of Fire

- A. Drills and Targets – “B” Range
 1. Dot Drill – 5-yard line – ACSO 99
 - a. Six rounds on left dot – evaluate targets.
 - b. Six rounds on right dot – evaluate targets.
 2. Flashlight Practice drills – 5-yard line – ACSO 99
 - a. Weapon at low ready position.
 - b. Two rounds on each turn of the target.
 - c. Student picks technique they use.

NIGHT RANGE 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

- d. Repeat a total of six (6) times for twelve rounds total.
- 3. Flashlight Practice Drills – 7-yard line – ACSO 99
 - a. Same as above procedure, but incorporate the Step draw procedure into the process.
 - b. Remind students about muzzle direction when moving back into starting position.
- 4. Twenty five yard line position shooting – ACSO 99
 - a. Fire each position a total of four (4) rounds
 - b. Mark and check target in-between each position.

HANG NEW TARGET

- 5. Sixty (60) round HQC – B-21 qualification target
 - a. On duty weapon
- B. Course of Fire – “D” Range
 - 1. 14 round shoot and move field course – Steel targets
- C. Course of Fire – “E” Range
 - 1. Twelve (12) round Shotgun Qualification Course – ACSO 99
- 9. **Weapons Cleaning, Safety Check and Written Testing.**
 - A. Personnel will report to Classroom for written test and course evaluations prior to cleaning weapons.

USE OF STEEL TARGET GUIDELINES

Training with steel targets can be done safely if the following precautions and safety procedures are followed.

Bullet splatter is a primary concern of shooters when using steel reactive targets. Bullet splatter consists of the fragments that are reflected back off the target when it is hit. Shooters can and have been struck by bullet splatter. Most of the time the fragments are small and do not present a serious threat to the shooter, however, even small fragments can cause injuries. When shooting steel targets a "Splatter Zone" is created by the fragmenting bullets. The size and area of this zone is dependant on the following key issues:

1. Angle of deflection
2. Target Hardness
3. Bullet Design
4. Target Placement.

1. Angle of Deflection

The Angle of Deflection is the path in which the bullet, upon impacting the target, fragments and deflects off the target. The type and design of your targets will affect this deflection. The majority of this deflection usually starts at a 20% angle to the targets face. The splatter zone is a thin triangular shaped area that travels out to the right and left of the target. It is unsafe to be in this area while firing. 95% of the bullet fragmentation will travel and fall within this path. The area outside the splatter zone is considered the safe area because very few bullet fragments fall outside of the splatter zone. However, no area is absolutely safe.

2. Target Hardness

Shooters should always find out the rating of the steel targets being used before any firing is done on the steel target. The hardness of the target is measured by the amount of force that can be applied to the steel before deformation occurs. Handgun rated targets should only be engaged with handgun caliber weapons. As long as a target has a rating higher than the caliber of the weapon being used it should be safe to shoot it. Rifle rated targets can be engaged with handgun caliber bullets. Harder and higher rated steel targets last longer and are much safer than softer, lower rated targets. The higher rated targets produce more consistent splatter zones. These targets return very little bullet material towards the shooter. Softer targets deform sooner and often result in extremely unpredictable splatter patterns. Always check with the range staff to determine the rating of the targets you intend to use.

3. Bullet Design

Bullets used on steel targets should be of high quality factory design and manufacture. This type of ammunition will assist in minimizing the size of the splatter zone. Soft, slow moving lead bullets should not be used. Also, factory ammunition will have a higher "correlation factor" referring to how well a bullet holds together. A factory round that will produce consistent splatter is a jacketed, hollow point, with a velocity of 1225 feet per second. Reloaded ammunition shall not be used on steel targets.

4. Target Placement

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Target placement is the most important factor to be considered when using steel targets. Even with the highest rated targets and best bullet designs, shooting at steel targets can be dangerous if the targets are placed incorrectly.

Metal targets should never be placed parallel to each other without a barrier, such as plywood, between them. Splatter from one target could ricochet off another target and return to the shooter. This is called secondary splatter. Targets that are grouped together should always be staggered so as not to be in the angle of deflection of each other. This will insure that the splatter zones do not cross. Also be aware that fragments can also ricochet off of other surfaces such as large rocks or concrete floors or walls that might be in the area. Steel targets should never be engaged or be placed closer than fifteen (15) yards from the shooter.

5. Range Safety Guidelines

Shooters and instructors should always inspect steel targets before shooting on them. Shooters and instructors should look for extensive dimpling on the face of the targets. Dimpling can contribute to an unpredictable and excessive splatter zone.

Whenever shooting steel targets everyone on the range, especially the shooters and instructors, **must be wearing eye and ear protection**. It is strongly recommended that shooters and instructors wear soft body armor when engaging steel targets. It is recommended that shooters and instructors wear long sleeve shirts and hats when engaging steel targets. This will help minimize the chance of injury from bullet splatters.

Instructors should always stand behind the shooters. Observers should be staged away from the shooting area and never be allowed to encroach on the shooting area.

Remember splatter can be minimized, however, it can never be totally eliminated. **SAFETY IS EVERYONE'S RESPONSIBILITY!**



ALAMEDA COUNTY SHERIFF'S OFFICE
REGIONAL TRAINING CENTER

WEAPONS PROFICIENCY TRAINING
JUNE 2005

Course Title: June 2005 Weapons Proficiency Training

Instructor(s): Staff

Dates: June 6th, 2005 through June 30th, 2005

Hours: 8.0 hours

Performance Objectives: The Departmental Use of Force Policy and Range Safety Policy will be reviewed. Weapons Maintenance, disassembly, assembly and the cycle of fire will be covered. Lead instructors will insure students have a good working knowledge of the safe handling and operation of the Sig-Sauer pistol. Students will meet or exceed the minimum proficiency standards for weapons proficiency with on-duty and off-duty weapons. Students will also receive 4 hours of Defensive Tactics/Impact Weapons update training.

Instructional Techniques: Lecture, video, group discussion and hands-on

Material & Equipment: Classroom, blackboard, computer and video projector ear and eye protection, B-21F paper targets, Steel reactive targets, ammunition for service handguns and shotguns, cleaning equipment, handcuffs, and batons.

Handouts: None

Lesson Plan: See attached

Hourly Schedule: See attached

Safety Policy: Required for manipulative courses

Test: Written and Method / Performance test required

Evaluation: Written / provided by Training

Lesson Plan
Approved By:

John D. Baskett, Captain

JUNE 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

1. Use of Lethal Force Policy

- A. Discuss current Use of Force Policy regarding Firearms and O.C. spray. (GO 1.05)
 - 1. Remind students G.O. can be located on issued CD-Rom, Sheriff's Intranet site, and Watch Commanders Office.
- B. Review circumstances of a Justifiable Use of Deadly Force.
 - 1. Discuss the circumstances where an officer is justified in shooting.
 - a. Defending himself or herself against death or the immediate threat of serious bodily injury.
 - b. Defending another person against death or the immediate threat of serious physical injury.
 - c. To apprehend a suspect where there exists a reasonable belief that the person has committed a felony and is an immediate threat to another human life.
 - 1. Stress the felony has to be a "violent variety"
 - 2. Always be able to articulate and justify your Use of Force.
 - 3. Use only that force which is reasonably necessary to overcome the actions of the suspect.
 - 4. Cover use of weapons for terminating dangerous or seriously injured animals.
 - a. When other means of disposal are impractical.
 - b. Cover weapons selection and optimum target areas.
 - c. Remind to check the surrounding area prior to dispatching, look at backstop, other persons in the area.
 - d. Has to be authorized by the Watch Commander or his designee.

2. Range Safety

A. Cardinal Rules of Firearms Safety

1. Treat all Firearms as if they are loaded.
2. Keep your finger outside the trigger guard until you are on target and have made the decision to fire.
 - a. "On target, On Trigger – Off Target, Off Trigger"
3. Point your muzzle in a safe direction (down range) at all times.
4. Be sure of your target and what's beyond it.

B. Discuss the following:

1. **NO LIVE AMMUNITION ALLOWED IN THE CLASSROOM.**
2. **Everyone** is responsible for Range Safety.
 - a. If a "CEASE FIRE" is called, Please cease firing and repeat the command so everyone can hear it.
3. Muzzle Control
 - a. Never point your weapon at anything you are not willing to destroy.
 - b. Always know what is behind your target. (Backstop)
 1. In a shooting situation there are no misses. All rounds will hit something.
 - c. Explain the "Laser" rule.
 1. Treat your firearm as if it is a laser gun with the beam always on: Whatever the laser beam touches, it cuts through.
4. Never holster a cocked weapon. Follow the steps of the "Cycle of Fire" to minimize the chance of failing to decock.

5. Three Step Weapons Safety Check
 - a. **FIRST, REMOVE THE MAGAZINE FROM THE WEAPON.** Then lock the slide to the rear. (Mechanical)
 - b. Look into the magazine well and the chamber of the weapon to make sure there is no ammunition in the weapon. (Visual)
 - c. Physically check the chamber and magazine well to insure the weapon is safe and empty. (Physical)

THE WEAPON IS NOT CLEAR UNTIL ALL OF THE ABOVE STEPS HAVE BEEN COMPLETED IN ORDER

3. Weapons

A. The nomenclature, disassembly, assembly, and maintenance procedures for the issued Sig-Sauer Pistols will be discussed.

B. Discuss proper loading and unloading methods.

1. Proper Loading
 - a. Magazine into weapon, tap and tug, make sure it's locked.
 - b. Remove weapon from holster and chamber a cartridge.
 - c. DECOCK weapon, return to holster.
 - d. Remove magazine, top it off, replace magazine into weapon.
 1. Tap and tug the magazine to insure it is locked into place.
2. Proper Unloading
 - a. Remove magazine from weapon.
 - b. Remove weapon from holster, lock the slide to the rear.
 - c. Watch as the round physically ejects from the weapon.
 - d. Perform a three-step safety check to ensure the weapon is empty.

4. Function Check

- A. Begin with a three-step safety check. (Start with slide forward and decocked)
 - 1. Check magazine catch (magazine in, slide locked back, magazine out)
 - 2. Check decocking lever and hammer intercept notch.
 - 3. Check double action trigger pull (hold trigger to the rear)
 - 4. Rack the slide, check sear reset and single action pull
 - 5. Do this with all three magazines.

5. Cycle of Fire

A. "Access"

- 1. Hand comes to the weapon and establishes the grip.
- 2. Release any thumb snaps or straps.

B. "Withdraw"

- 1. Draw the handgun up until the muzzle clears the top of the holster.
- 2. Rotate the weapon 90 degrees until muzzle is pointed at target.
- 3. Weak hand should come to centerline of the body while doing this.

C. "Present"

- 1. Weapon is pushed toward the target with a controlled punch.
- 2. Weak Hand comes to weapon and establishes two-handed grip as weapon is presented to the target.

JUNE 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

D. "Muzzle Depressed / Scan"

1. After target engagement or "No threat" is perceived, muzzle is depressed to allow a visual scan of the target.
 - a. Depress the muzzle far enough to allow sight of the suspects' waistband and hands.
2. Scan left and right to locate any additional threats that might present themselves.
 - a. Muzzle pointed at what the eyes are looking at. This is the "third eye" concept.
3. If no additional threat is presented, return to center.

E. "Decock"

1. Once you have returned to center, decock the weapon by fully depressing the decocking lever.

F. "Ready gun position / Look"

1. Once decocked, pull the weapon into the centerline of your body by breaking the elbows outward.
2. Look over each shoulder in an attempt to locate any additional threats or suspect(s).
3. Muzzle stays pointed forward during the look.

G. "Decock"

1. Decock the weapon a second time by fully depressing the decocking lever.

H. "Recover to Holster"

1. Place your thumb over the hammer of the weapon.
 - a. This allows a tactile confirmation the weapon is decocked.
 - b. This also prevents the weapon from being pushed out of battery by a tight holster.
2. Holster without looking at the holster or holding the holster open with the weak hand.

JUNE 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

6. Course of Fire

- A. "E" Range
 - 1. 60 rd. HQC – Issued Service Weapon
 - 2. 60 rd. HQC – Issued Service Weapon or Off-duty Weapon
- B. "D" Range
 - 1. Handgun/Shotgun Shoot and Move Field course
 - a. 20 rounds handgun
- C. "Little D" Range
 - 1. Modified Box Drill

9. Testing and Evaluations, Weapons Cleaning and Safety Check.

- A. Personnel will report to Classroom for written test and course evaluations prior to cleaning weapons.

JUNE 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

HOURLY SCHEDULE

- 0800 Split Class into two groups
- ½ class for Firearms Training
 - ½ class to Defensive Tactics Training
- 0800-0845 Use of Lethal Force and Range Safety Lecture
- 0845 Split Class into two groups
- ½ class to "D" Range for Field Course and Box Drill
 - ½ class to "E" Range for Qualification
- 0845-1005 Firearms Training
"D" Range Field Course and Box Drill
"E" Range Duty and Off-Duty weapons qualifications
- 1005-1010 ups Rotate
- 1010-1130 Firearms Training
"D" Range Field Course and Box Drill
"E" Range Duty and Off-Duty weapons qualifications
- 1130-1145 Return to Classroom – Testing and Evaluations
- 1145-1200 Weapons Cleaning and Issue Service Ammunition
- 1200-1300 Lunch
- 1300-1345 Use of Lethal Force and Range Safety Lecture
- 1345 Split Class into two groups
- ½ class to "D" Range for Field Course and Box Drill
 - ½ class to "E" Range for Qualification
- 1345-1505 Firearms Training
"D" Range Field Course and Box Drill
"E" Range Duty and Off-Duty weapons qualifications
- 1505-1510 Groups Rotate
- 1510-1630 Firearms Training
"D" Range Field Course and Box Drill
"E" Range Duty and Off-Duty weapons qualifications
- 1630-1645 Return to Classroom – Testing and Evaluations
- 1645-1700 Weapons Cleaning and Issue Service Ammunition

JUNE 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

USE OF STEEL TARGET GUIDELINES

Training with steel targets can be done safely if the following precautions and safety procedures are followed.

Bullet splatter is a primary concern of shooters when using steel reactive targets. Bullet splatter consists of the fragments that are reflected back off the target when it is hit. Shooters can and have been struck by bullet splatter. Most of the time the fragments are small and do not present a serious threat to the shooter, however, even small fragments can cause injuries. When shooting steel targets a "Splatter Zone" is created by the fragmenting bullets. The size and area of this zone is dependant on the following key issues:

1. Angle of deflection
2. Target Hardness
3. Bullet Design
4. Target Placement.

1. Angle of Deflection

The Angle of Deflection is the path in which the bullet, upon impacting the target, fragments and deflects off the target. The type and design of your targets will affect this deflection. The majority of this deflection usually starts at a 20% angle to the targets face. The splatter zone is a thin triangular shaped area that travels out to the right and left of the target. It is unsafe to be in this area while firing. 95% of the bullet fragmentation will travel and fall within this path. The area outside the splatter zone is considered the safe area because very few bullet fragments fall outside of the splatter zone. However, no area is absolutely safe.

2. Target Hardness

Shooters should always find out the rating of the steel targets being used before any firing is done on the steel target. The hardness of the target is measured by the amount of force that can be applied to the steel before deformation occurs. Handgun rated targets should only be engaged with handgun caliber weapons. As long as a target has a rating higher than the caliber of the weapon being used it should be safe to shoot it. Rifle rated targets can be engaged with handgun caliber bullets. Harder and higher rated steel targets last longer and are much safer than softer, lower rated targets. The higher rated targets produce more consistent splatter zones. These targets return very little bullet material towards the shooter. Softer targets deform sooner and often result in extremely unpredictable splatter patterns.

3. Bullet Design

Bullets used on steel targets should be of high quality factory design and manufacture. This type of ammunition will assist in minimizing the size of the splatter zone. Soft, slow moving lead bullets should not be used. Also, factory ammunition will have a higher "correlation factor" referring to how well a bullet holds together. A factory round that will produce consistent splatter is a jacketed, hollow point, with a velocity of 1225 feet per second. Reloaded ammunition shall not be used on steel targets.

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Firearms Training

Course Outline

4. Target Placement

Target placement is the most important factor to be considered when using steel targets. Even with the highest rated targets and best bullet designs, shooting at steel targets can be dangerous if the targets are placed incorrectly.

Metal targets should never be placed parallel to each other without a barrier, such as plywood, between them. Splatter from one target could ricochet off another target and return to the shooter. This is called secondary splatter. Targets that are grouped together should always be staggered so as not to be in the angle of deflection of each other. This will insure that the splatter zones do not cross. Also be aware that fragments can also ricochet off of other surfaces such as large rocks or concrete floors or walls that might be in the area. Steel targets should never be engaged or be placed closer than ten yards from the shooter.

5. Range Safety Guidelines

Shooters and instructors should always inspect steel targets before shooting on them. Shooters and instructors should look for extensive dimpling on the face of the targets. Dimpling can contribute to an unpredictable and excessive splatter zone.

Whenever shooting steel targets everyone on the range, especially the shooters and instructors, **must be wearing eye and ear protection**. It is strongly recommended that shooters and instructors wear soft body armor when engaging steel targets. It is recommended that shooters and instructors wear long sleeve shirts and hats when engaging steel targets. This will help minimize the chance of injury from bullet splatters.

Instructors should always stand behind the shooters. Observers should be staged away from the shooting area and never be allowed to encroach on the shooting area.

Remember splatter can be minimized, however, it can never be totally eliminated.
SAFETY IS EVERYONE'S RESPONSIBILITY!

**ALAMEDA COUNTY SHERIFF'S OFFICE
REGIONAL TRAINING CENTER**

JUNE 2005 WEAPONS PROFICIENCY TRAINING

Course Title: DEFENSIVE TACTICS UPDATE

Instructor(s): Staff

Dates: Various

Hours: 4.0

Performance Objectives: To update personnel in the Use of Force (G.O. 1.05), Carotid Restraint, and Baton

Instructional Techniques: Lecture, group discussion, hands-on

Material & Equipment: Classroom, black board and supplies

Handouts: Supplied prior to class

Lesson Plan: See attached

Hourly Schedule: See attached

Safety Policy: Required for manipulative courses

Test: Written and Method / Performance test required

Evaluation: Written / provided by Training

Lesson Plan
Approved By:

J. Hardist, Captain 5/31/05

COURSE TITLE: DEFENSIVE TACTICS UPDATE

I. Introduction – Use of Force

A. Definition of Use of Force – (G.O. 1.05)

1. Reportable force
2. Objective reasonable standard
 - a. What another officer would do in the same situation with similar training.

B. Factors which affect selection of force options

1. Officer / Subject factors
 - a. Age
 - b. Size
 - c. Relative strength
 - d. Skill level
 - e. Injury / exhaustion
 - f. Number of officers vs. number of subjects
2. Influence of drugs or alcohol
3. Proximity of weapons
4. Availability of other weapons
5. Seriousness of the offense in question
6. Other exigent circumstances

II. Use of Force Continuum

A. No Force – Subject is cooperative and complies with verbal orders

1. Professional presence
2. Verbalization
3. Restraining
 - a. Hand to arm
4. Detaining
5. Handcuffing

B. Compliance Techniques – Subjects that passively or defensively resists

JUNE 2005 WEAPONS PROFICIENCY TRAINING

Defensive Tactics update

LESSON PLAN

1. Joint manipulation
2. Pressure point application
3. Unarmed striking
4. Take down Techniques
5. Ground fighting

C. Intermediate Force – Subject assumes a fighting stance, charges at officer or verbally/physically indicates intent to commit an assault. Once the subject is prone out and handcuffed, the subject will be placed into a seated/upright position or at least on their side.

1. Carotid Restraint
2. Authorized impact weapons
 - a. Non target areas
 - b. Target areas
 - c. Photographs
3. OC Spray – Oleoresin Capsicum
4. Electrical
 - a. R.E.A.C.T. belt (Remote Electronically Activated control Technology)
 - b. Cell extraction electrical shield

D. Lethal Force – Lethal force is the highest level on the “Use of Force Continuum matrix.” Lethal force may be used under the following circumstances when all other appropriate means of defense have failed or are deemed inadequate and the officer taking action has a reasonable belief that such force is necessary:

1. As a means of defending oneself from death or the immediate threat of serious physical / bodily injury.
2. To defend another person from death or the immediate threat of serious physical / bodily injury.
3. To apprehend a suspect when there exists a reasonable belief that the person has committed a felony and represents an immediate threat to another human life.
4. As a means of terminating dangerous or seriously injured animals when other means of disposal are impractical.

III. Officer’s reporting responsibility when force is used

A. When force is used the officer must:

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Defensive Tactics update

LESSON PLAN

1. Promptly notify a supervisor unless exigent circumstances delay the notification.
2. An oral report, followed by a written report, shall be made available to the immediate supervisor as soon as possible following the incident.
 - a. Document the use of force in an arrest/crime report
3. Route reports pursuant to standard operational procedures.
4. Provide supervisor with and extra copy of the report to include a completed "Use of Force Review form", which is to be placed on top of the report packet.

IV. Report writing hints on the Use of Force

A. Officer Arrival

1. Marked vs. Unmarked
2. Uniform vs. Plain
3. Number of officers / one or two unit(s)

B. Approach

1. What did you observe / hear?
2. Initial verbal commands

C. Subject's Actions

1. Subject's verbal response
2. Subject's body language
3. Subject's physical actions

D. Officer's Actions

1. Type of control method(s) used and/or attempted
 - a. Size of the officer(s) vs. subject(s)
 - b. Be very descriptive in the report without using inflammatory words, i.e. I ***slammed*** the suspect's head against the wall.
2. Duration of resistance
3. Type of De-escalation attempted
4. Subject handcuffed and double-locked

- a. State in report you checked the handcuffs for tightness and double locked.

5. Transport Procedures

- a. Subject's demeanor, actions and/or statements
- b. Additional restraints required (flex cuffs, Body Guard)
 - a. Put in report you placed seatbelts on subject before transporting

3. Where transported

6. Medical Treatment

- a. Put in report any injuries subject(s) received and if subject(s) received and if subject(s) refused medical treatment.
- b. Photograph any injuries to subject(s) and/or officer(s)

V. Carotid Restraint Control Hold (Lecture)

A. Justification for use of the Carotid Restraint Control Hold

- i. The Carotid Restraint Hold is a neck restraint where the officer uses continuing lateral compression of the carotid arteries at the sides of the suspect's neck in order to gain immediate compliance or control of a violent suspect. This gives peace officers an advantage, and they gain immediate control of the suspect.

B. Basic knowledge regarding the structure of the neck in addition to the functioning of the breathing and circulation system to describe the factors which are believed to generate unconsciousness when a Carotid Restraint Control Hold is used.

- 1. The following describes the basic structure of the human neck that can be affected by the use of a Carotid Restraint Control Hold:
 - a. Hyoid Bone – Bone located at the base of the tongue
 - b. Cricoids Cartilage and Thyroid Cartilage – Cartilage protecting the larynx (voice box)
 - c. Thyroid Cartilage Tip – Portion of the thyroid cartilage that is connected to the trachea
 - d. Trachea – Airway (windpipe) extending from the larynx
 - e. Carotid Artery – Primary artery that carries oxygen rich blood to the brain

JUNE 2005 WEAPONS PROFICIENCY TRAINING

Defensive Tactics update

LESSON PLAN

- f. Internal Jugular Vein – Primary vein that carries blood away from the brain
 - g. External Jugular Vein – Vein that carries blood away from the facial vessels
 - h. Carotid Sinus – Network of cardiac nerves
 - i. Vagus Nerve – Nerve that regulates the heart and lungs
- C. Possible hazards associated with the *proper* and *improper* use of a Carotid Restraint Control Hold
 - i. Possible hazards of the *proper* use of the Carotid Restraint Control Hold include:
 - a. Carotid arrest
 - b. Stroke
 - c. Brain damage
 - 2. Possible hazards of the improper use of the Carotid Restraint Control Hold include:
 - a. Maintaining the hold after the suspect has been rendered unconscious
 - b. Tilting, turning, or jerking the suspect's neck
 - c. Pressure applied to the back of the suspect's head or neck
 - d. Pressure applied to the front of the suspect's neck
 - e. Application of the hold while the suspect is standing
- D. Carotid Restraint Control Hold has been used to control that suspect
 - 1. When a peace officer applies a Carotid Restraint Control Hold properly, the suspect may experience a variety of side effects. It may take up to 24 hours for the body to return to normal following the application of the hold. Possible side effects may include:
 - b. Convulsions leading to jerking of the hands, arms, or legs
 - c. Vomiting or gagging
 - d. Salivation or drooling
 - e. Nose bleeds
 - f. Burst capillaries in the suspect's eyes
 - g. Staring with glazed eyes
 - h. Loss of bowel or bladder control
 - i. Disorientation
 - j. Reduced blood pressure, pulse rate, and respiratory rate

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Defensive Tactics update

LESSON PLAN

- E. Appropriate procedures for the subsequent handling of a suspect after a Carotid Restraint Control Hold has been used
1. There are a number of steps peace officers should take if a suspect loses consciousness after the application of a Carotid Restraint Control Hold. These steps include, but are not limited to:
 - a. Release the hold
 - b. Handcuff the suspect & cursory search waistband
 - c. Check vital signs
 - d. Administer first aid, if necessary
 - e. Search the suspect
 - f. Notify any other officers or custodial personnel that the prisoner is turned over to
 - g. Obtain medical clearance
 - h. Post-Carotid responsibilities
 - A) Observation. A two-hour critical observation of the suspect after application of the carotid restraint.
 - B) Twenty-four hour total observation of the suspect after the application of the carotid restraint.
 - i. Documentation
 - A) Document the use of the Carotid Restraint Hold, including justification of the use, reaction of the suspect after application, First Aid if given, name and location of medical personnel conducting examination of the suspect, location and name of custodial facility that was advised the suspect was subjected to a Carotid Restraint Hold and medically cleared for incarceration.

Carotid Restraint Control Hold Hazards

5. Frontal Pressure
 - a. **Do not apply any pressure to the front of the throat.** Pressure should be applied to the sides of the neck in the area of the carotid triangle.
6. Time
 - a. The average person loses consciousness within 12 seconds of application. The average person comes back to consciousness

approximately 40 seconds from release. If the individual is not back to a recognizable level of consciousness in 90 seconds it should be considered a medical emergency. A recognizable level of consciousness is defined as being that the individual displays voluntary movement or is responsive to questions asked.

Maximum application time for the carotid is 30 seconds.

7. Vegus Nerve / Carotid Sinus Reflex

- a. ***The carotid is only applied once in a 24-hour period***, unless there is an emergency circumstance. Note the time of the application and request the individual be placed under observation for a minimum of 2 hours. 5 hours is preferable. ***Always*** have an individual who has been restrained with the carotid cleared for incarceration by medical personnel.

8. Age of the suspect

- a. Do not apply the Carotid Restraint Hold to the very young or the very old.

9. Positioning

- a. The carotid restraint is applied with you behind the suspect. The ideal position is a one or two-knee kneeling position and the suspect seated. Your application arm is around the suspect's neck with the V of your elbow protecting the front of the suspect's neck. Your free hand palm should grip the fist of your application arm. Take out the slack and goose-neck (standard wrap carotid). You can also grip the biceps of your free arm and reach the free arm across and behind the suspect's neck and grip your far shoulder, far side back of the neck, or near side back of the neck (locked carotid).

VI. Takedown Techniques to the Carotid Restraint Control Hold – Practical Application and Demonstration

A. Techniques

- 1. ***Hair Pull / Cross Face***: From behind the suspect, grip the suspect's hair with your non-application hand or apply the forehead sweep and bring the suspect's head back to your application side shoulder. The application arm comes around the suspect's neck, as you step back with your application side foot and push down with your elbow into the suspect's chest. This forces the suspect to the ground. The technique is finished

with the carotid. If need be, apply the technique in a standing position until the suspect is weakened and move the suspect to the ground.

2. ***Neck Nerve Leg Sweep:*** From behind the suspect, as a distraction using both hands, on both sides of the suspect's neck, pluck the neck nerves using your middle or index fingers. Move your hands to the trapezius area of their shoulders. Perform a leg sweep and bring the suspect's back against your chest. Push down on the suspect's shoulders and bring the suspect to the ground in a sitting position. The technique is finished with a carotid.
4. ***Carotid to Prone Control:*** Release the pressure with your application arm and slide down to the suspect's chest. Your free hand grips the suspect's matching side biceps. Your application hand sweeps the suspect's other arm to the side and behind both of you. Your same hand now moves to the suspect's face to protect the face as you roll the suspect to the ground on the application side. Your other hand slides down the suspect's arm to the back of their hand and finish with a prone control.

VII. Weapon Retention

A. Factors involved in securing a peace officer's weapon – 33.06.EO1

1. There are three factors peace officers must recognize and understand in order to safely safeguard their weapon:
 - a. Opportunity
 - b. Equipment
 - c. Training

B. General principles for safely regaining control of a peace officer's weapon if the officer is assaulted by a suspect – 33.06.EO2

1. There is a variety of acceptable techniques in the area of weapon retention. No matter which technique is applied, there are a number of common basic principles to regaining control of a weapon if a suspect assaults the officer. Some of these include, but are not limited to:
 - a. Immediate response
 - b. Secure the weapon in the holster
 - c. Gain a position of advantage
 - d. Effect the release of the weapon

JUNE 2005 WEAPONS PROFICIENCY TRAINING

Defensive Tactics update

LESSON PLAN

- C. Considerations a peace officer should take into account when confronting a suspect who is pointing a firearm in a threatening manner – 33.06.EO3
1. There are a number of considerations peace officers should take into account when confronting or attempting to disarm a suspect who is armed. Before attempting to disarm a suspect, peace officers should consider:
 - a. The danger of injury to themselves and to others in the area
 - b. The type of firearm the suspect is holding
 - c. The distance between the officer and the suspect
 - d. Their own level of skill, physical conditioning, and training
- D. Holsters
1. Holsters should be able to withstand the stress of a suspect pulling violently on your gun. Always maintain your holster in good condition and replace it as necessary.
 2. ***No holster, no matter how securely designed, should be considered reliable enough to be the sole source of security for your gun.***
 3. Holsters, no matter how securely designed, are only as dependable and reliable as you make them. Practice, practice, practice.
- E. General Principles
1. A release is accomplished by providing more physical stress against a suspect than the suspect can withstand. The primary concern is an immediate release of your gun from the suspect's hand. All counter-attacks should be directed against the suspect's arm, including the hand, wrist, forearm, elbow, and shoulder.
 2. Your initial response should be appropriate to the situation and provide the best opportunity to safely secure the weapon and protect yourself.
Remember that if a suspect is trying to take your weapon, you are probably in a fight for your life.
 3. The three-step objective:
 - a. Grab
 - b. Undo
 - c. Neutralize

VIII. Application of Retention Techniques**A. In-Holster Weapon Retention Techniques**

1. ***Cross-hand gun grab from the front bent or straight arm:*** The suspect is facing you and grips your gun with their cross hand (left/left or right/right). Grip the suspect's wrist with your weapon hand and roll up their arm so that you and the suspect are facing in the same direction. Now strike the suspect's closest TMJ with the palm heel of your free hand. A front cross-face takedown will bring the suspect to the ground. At this point, consider a debilitating technique to prevent further attack.
2. ***Matching hand, gun grab from the front bent or straight arm:*** The suspect is facing you and grips your gun with their matching hand (left/left or right/right). Grip the suspect's wrist with your weapon hand and with your free hand strike the suspect in the triangle created by the collar bone, side of the neck, and the trapezius muscle on the side closest to you with the blade of your hand, the bottom of the fist, or the elbow. Your free hand now travels down to the suspect's elbow joint and an arm sweep takedown is performed. Now consider a debilitating technique to prevent further attack.
3. ***Rear gun grab, matching hand grab:*** The suspect is behind you and grips your gun with a matching grip (left/left or right/right). Grip the suspect's wrist with your weapon hand and step out at a forty-five degree angle with your weapon side leg. As the foot of your weapon leg plants, your free hand's elbow should be driven back into the suspect's face or body. Now step around in a one hundred and eighty degree circle with your reactionary leg, pulling the suspect's hand off the gun and into a bar arm wristlock. Now consider a debilitating technique to prevent further attack.
4. ***Rear gun grab cross hand grab:*** The suspect is behind you and grips your weapon with a cross-hand grip (right/left or left/right). Grip the suspect's wrist with your weapon hand and step out at a forty-five degree angle with your weapon leg. As the foot of your weapon leg plants, your free hand's elbow should be driven back into the suspect's face or body. Now step around in a one-hundred and eighty degree circle with your reaction leg and pull the suspect's hand off of the gun and into a reverse wrist takedown. Now consider a debilitating technique to prevent further attack.
5. ***Two-handed gun grab from the front bent or straight arm:*** Divide the suspect's grip and grab the suspect's inside wrist of their hand that is grabbing your gun with your weapon hand. Now roll up the suspect's arm so that you and the suspect are facing in the same direction. Now strike

the suspect's closest TMJ with the palm heel of your free hand. A front cross face takedown will bring the suspect to the ground. Now consider a debilitating technique to prevent further attack.

6. **Elbow Breaks.** For a cross hand grab, as you secure the suspect's hand and your weapon, step away with your weapon side foot and using your reactionary forearm strike the suspects threatening hand. For a same side grab, secure step back and with your reactionary hand reach over the suspects arm, cup around the elbow and rip back. For a two handed grab, first strike the suspect elbow with your forearm then reach over and rip the suspects other elbow. Now consider a debilitating strike to prevent further attack.

B. In-Hand gun retention technique

1. **Gun rip:** The suspect grabs your gun while you have the gun in your hand. The suspect can grab with either one or two hands and can grab the entire gun or any part of the gun and/or your arm. You should bring the gun arm to a ninety-degree angle as you drive the elbow down and forward and in the same motion push the gun up and toward the suspect. Once your bicep is parallel to the ground, the gun should be pulled back quickly to your hip. During the exchange, it is very likely your gun will be out of battery. If so, perform a tap, rack, and ready technique while getting distance from the suspect.

Alternative technique: Using your reaction side forearm as leverage, place it under the suspects weapon holding wrist. Your weapon side hand forces the barrel downward, using your reaction forearm as a brace to displace the weapon.



ALAMEDA COUNTY SHERIFF'S OFFICE REGIONAL TRAINING CENTER

WEAPONS PROFICIENCY TRAINING OCTOBER 2005

Course Title: October 2005 Weapons Proficiency Training

Instructor(s): Staff

Dates: October 3rd, 2005 through October 27th, 2005

Hours: 4.0 hours

Performance Objectives: The Departmental Use of Force Policy and Range Safety Policy will be covered. Weapons Maintenance, disassembly, assembly and the cycle of fire will be covered. Lead instructors will insure students have a good working knowledge of the safe handling and operation of the Sig-Sauer pistol. Students will fire a shotgun shoot and move course and a multiple target static course with their issued handgun. Students will also receive two (2) hours of crowd control training.

Instructional Techniques: Lecture, group discussion and hands-on

Material & Equipment: Classroom, blackboard, ear and eye protection, ACSO-99 paper targets, ammunition for service handguns, Remington 870 shotgun, shotgun ammunition, cleaning equipment, bitrex fit testing supplies and gas masks.

Handouts: Supplied prior to class

Lesson Plan: See attached

Hourly Schedule: See attached

Safety Policy: Required for manipulative courses

Test: Method / Performance test required

Evaluation: Written / provided by Training

Lesson Plan
Approved By:

John D. Wandert, Captain

1. Use of Lethal Force Policy

A. Review current Use of Force Policy regarding Firearms and O.C. spray. (G.O. 1.05)

1. Lethal Force is the highest level on the 'Use of Force Continuum Matrix.' Lethal force may be used under the following circumstances when all other appropriate means of defense have failed or are deemed inadequate and the deputy taking action has a reasonable belief that such force is necessary:

a. As a means of defending oneself from death or the immediate threat of serious physical/bodily injury.

1. Definition of serious physical/bodily injury

a. A physical injury that creates a substantial risk of death, causes serious permanent disfigurement, or may result in long-term loss or impairment of the functioning of any body member or organ.

b. To defend another person from death or the immediate threat of serious physical/bodily injury.

c. To apprehend a suspect when there exists a reasonable belief that the person has committed a felony and represents an immediate threat to another human life.

1. **Felony must be of a "violent variety."**

2. Reasonable belief is a strong suspicion based on facts that can be articulated.

d. As a means of terminating dangerous or seriously injured animals when other means of disposal are impractical.

1. Discuss weapon selection and optimum targets areas.

2. Check the surrounding area prior to dispatching to ensure there is a proper backstop and no other person is in the line of fire.

3. Has to be authorized by the Watch Commander or designee.

OCTOBER 2005 WEAPONS PROFICIENCY

2. Range Safety

A. Discuss the following topics:

1. **NO LIVE AMMUNITION ALLOWED IN THE CLASSROOM.**
 - a. Read attached news story.
2. **Everyone** is responsible for Range Safety.
3. Keeping the trigger finger off the trigger and outside of the trigger guard unless the shooter is on target and about to fire, or they feel it needs to be there.
 - a. "On target, on trigger – Off target, off trigger"
 - b. **Finger is always off the trigger when moving.**
4. Muzzle Control
 - a. Never point your weapon at anything you are not willing to destroy.
 - b. Always know what is behind your target. (Backstop)
 - c. In real life there are no misses. All rounds fired will eventually hit something.
 - d. Explain the "Laser" rule.
 1. Treat your weapon as if there was a laser projecting from the barrel. Whatever the laser touches, it destroys.
5. Three Step Weapons Safety Check
 - a. Mechanical – Magazine out, slide locked to the rear.
 - b. Visual – Visual inspection of chamber and magazine well.
 - c. Physical – Physical inspection of chamber and magazine well.

**THE WEAPON IS NOT CLEAR UNTIL ALL OF THE ABOVE
STEPS HAVE BEEN COMPLETED IN THIS ORDER**

OCTOBER 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

3. Weapons

- A. The disassembly, assembly, and maintenance procedures for the following weapon(s) will be discussed:

1. Sig-Sauer pistol

B. Discuss proper loading and unloading methods.

1. Proper Loading

- a. Magazine into weapon, tap and tug, make sure it's locked.
- b. Remove weapon from holster and chamber a cartridge.
- c. DECOCK weapon, return to holster.
- d. Remove magazine, top it off, replace magazine into weapon.

2. Proper Unloading

- a. Remove magazine from weapon.
- b. Remove weapon from holster, lock the slide to the rear.
- c. Watch as the round physically ejects from the weapon.
- d. Perform a three-step safety check to ensure the weapon is empty.

4. Cycle of Fire

- A. Access
- B. Withdraw
- C. Present
- D. Muzzle Depressed / Scanning
 1. When scanning, look downrange and try to identify object.
- E. Decock
- F. Ready gun position / Look
- G. Decock
- H. Recover to the holster
 1. Only when you are satisfied there are no further threats.

OCTOBER 2005 WEAPONS PROFICIENCY

5. Course of Fire

A. "E" Range

1. Multiple target Drill – Seven (7) yards – three (3) QIT-97 targets per shooter. Shooter will start at the seven yard line in front of target #1. The shooter may lean or side step one step to confirm angles. All targets will be engaged in the numerical order given immediately prior to the initiation of the stage of fire
 - a. Stage #1 – The shooter will fire one head shot only on target #2, target #1 and target #3
 - b. Stage #2 – The shooter will fire two rounds, spread fire, on target #1, target #3 and target #2.
 - c. Stage #3 – The shooter will double tap target #3 and target #2, then perform an emergency reload, then engage target #1 with one head shot.
 - d. Stage #4 – The shooter will double tap target #2, failure drill, two rounds to body and one to head, target #1, and one head shot on target #3.
 - e. Stage #5 – The shooter will double tap target #3, then double tap target #1, strong hand only, then perform a tactical reload.
 - f. Stage #6 – The shooter will fire one head shot on target #2, then spread fire target #3 and target #1 with two rounds each.
 - g. Stage #7 – The shooter double tap target #1, then spread fire target #2, target #1 and target #3 with two rounds each. All rounds will be fired weak hand only.

B. "F" Range

1. Ten (10) round Shotgun Field Course.
 - a. Shooter will wear issued gas mask.

OCTOBER 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

6. Weapons Cleaning and Function Check

- A. Weapons cleaning and Function Check will be done on "E" Range when finished with the practice drills. Personnel will rotate stations with an empty weapon and no ammunition on their person.

7. Crowd Control

A. Gas Mask Training

1. Number 70 Protective Mask – Millennium

a. General information

- 1. Has flexible, one piece, polyurethane lens with a wide field of vision, bonded to a durable super soft Hycar rubber face piece.
- 2. NIOSH approved for protection against CN and CS tear gas.
- 3. Effective against, but does not have approval for OC.
- 4. Effective against biological agents and chemical warfare agents. (CBRN Filter)
- 5. Dual canister mounts to allow the firing of weapons from either shoulder.
- 6. Equipped with a drinking tube to allow fluid ingestion in contaminated atmospheres.

b. Nomenclature

- 1. Outlet Valve
- 2. Voicemitter
- 3. Inlet Valve
- 4. Straps / Head harness
 - a. Head
 - b. Temple
 - c. Cheek
- 5. Eye Lens
- 6. Filter

c. Wearing the mask carrier

- 1. Shoulder Carry
- 2. Leg Carry

OCTOBER 2005 WEAPONS PROFICIENCY

- d. Storing the mask in the carrier
 - 1. Do not pull the harness over the eye lens.
 - a. Doing this scratches the lens and stretches the harness.
- e. Donning the mask
 - 1. Remove headgear.
 - a. Helmet on ground
 - b. Ball cap in mask carrier
 - 2. Grasp face piece with opposite hand.
 - 3. Slip thumbs under cheek straps.
 - 4. Put chin into the chin pocket.
 - a. Make sure chin is seated into the pocket.
 - 5. Pull harness over your head.
 - 6. Adjust the straps pulling straight to the rear.
 - a. Head straps, Temple straps, cheek straps
 - b. Pull the straps back, not out.
- f. Clearing the mask
 - 1. Seal outlet valve with hands.
 - 2. Blow hard to force the air out of the mask.
 - 3. Seal inlet valve with palm of hand.
 - a. Place one hand between the filter and mask to support the filter.
 - b. Place the other hand, palm down, over filter inlet.
 - 4. Suck in breath and hold.
 - 5. Mask should collapse on face.
 - 6. This should be done in nine (9) seconds.

B. Introduction to Crowd Control

- 1. Riots and Crowd Control can happen anytime, anywhere.
 - a. Lawrence Livermore Lab
 - 1. Hiroshima day, Good Friday
 - b. Berkeley – People Park – 1991
- 2. Be Professional
 - a. Look Sharp
 - b. Don't be the weakest link in the chain.
 - c. There are no left-handed people in crowd control

OCTOBER 2005 WEAPONS PROFICIENCY

C. Steps and Marching

1. Normal Marching
 - a. To Go
 1. Preparatory command, "FORWARD"
 2. Command of execution, "MARCH"
 - b. To Stop
 1. Preparatory command, "SQUAD"
 2. Command of execution, "HALT"
2. Double Time
 - a. To Go
 1. Preparatory command, "DOUBLE TIME"
 2. Command of execution, "MARCH"
 - b. To Stop
 1. Preparatory command, "QUICK TIME"
 2. Command of execution, "MARCH"
3. Halt
 - a. Preparatory command, "SQUAD"
 - b. Command of execution, "HALT"
4. Normal Intervals
5. Close Intervals

D. Squads

1. Positions
 - a. Squad Leader
 - b. Apex Person / A-Team leader
 - c. A-Team member
 - d. A-Team member
 - e. A-Team member
 - f. B-Team leader
 - g. B-Team member
 - h. B-Team member
 - i. C-Team leader
 - j. C-Team member
 - k. C-Team member
 - l. C-Team member
2. Squad guides off Apex Person #2

OCTOBER 2005 WEAPONS PROFICIENCY

E. Formations

1. Column of One
 - a. Preparatory command, "COLUMN OF ONE"
 - b. Command of execution, "MOVE"
 - c. Squad repeats ALL commands
2. Column of Two
 - a. Preparatory command, "COLUMN OF TWO"
 - b. Command of execution, "MOVE"
3. Skirmish Line
 - a. Preparatory command, "SKIRMISH LINE"
 - b. Command of execution, "MOVE"
4. Wedge Formation
 - a. Preparatory command, "WEDGE FORMATION"
 - b. Command of execution, "MOVE"
5. Vee formation
 - a. Preparatory command, "VEE FORMATION"
 - b. Command of execution, "MOVE"
6. Arrest / Rescue formation
 - a. Preparatory command, "ARREST (RESCUE) FORMATION"
 - b. Command of execution, "MOVE"
 - c. #3 and #4 are Arrest/Rescue Officers
7. Squad will repeat all tactical commands.

F. Equipment

1. 26" straight baton
 - a. **NOT ASP**
 - b. SRU 36" Riot Baton
2. Riot Helmet
3. Optional Equipment
 - a. Body armor
 - b. Shin, Knee, Elbow Guards/Pads
 - c. Cup
 - d. Black Leather Riot Gloves
 - e. Protein bar / Canteen
 - f. Sunglasses / Sunblock

OCTOBER 2005 WEAPONS PROFICIENCY

Firearms Training

Course Outline

G. Field Exercises

1. Gas Mask
 - a. Wearing of Carrier
 - b. Don and Clear mask
2. Transition formation on the move
 - a. Stomp and Drag
3. Arrest / Rescue / Diamond formation
4. Flying Box
5. Support Teams
 - a. Arrest teams
 - b. Less Lethal / Grenadiers

8. Hourly Schedule

GROUP "A" 0800-1200	
0800 – 0830	Use of Force and Range Safety Briefing (classroom)
0830 – 0900	Crowd Control Lecture (classroom)
0900 – 0905	Groups Split – ½ to "E" Range – ½ to Utility Field
0905 – 1020	"E" Range and "F" Range– Firearms Training
0905 – 1020	Utility Field – Crowd Control Exercises
1020 – 1025	Groups Rotate
1025 – 1150	"E" Range and "F" Range– Firearms Training
1025 – 1150	Utility Field – Crowd Control Exercises
1150 – 1155	Both Groups to Classroom for Evaluations
1155 – 1200	Issue Service Ammunition
GROUP "B" 1300-1700	
1300 – 1330	Use of Force and Range Safety Briefing (classroom)
1330 – 1400	Crowd Control Lecture (classroom)
1400 – 1405	Groups Split – ½ to "E" Range – ½ to Utility Field
1405 – 1520	"E" Range and "F" Range– Firearms Training
1405 – 1520	Utility Field – Crowd Control Exercises
1520 – 1525	Groups Rotate
1525 – 1650	"E" Range and "F" Range– Firearms Training
1525 – 1650	Utility Field – Crowd Control Exercises
1650 – 1655	Both Groups to Classroom for Evaluations
1655 – 1700	Issue Service Ammunition



ALAMEDA COUNTY SHERIFF'S OFFICE

NIGHT RANGE 2006 WEAPONS PROFICIENCY TRAINING

Course Title: Night Range 2006 Weapons Proficiency Training

Instructor(s): Staff

Dates: January 30th, 2006 through March 2nd, 2006

Hours: 4.0 hours

Performance Objectives: The Departmental Use of Force Policy and the Departmental Range Safety Policy will be covered. Weapons nomenclature, maintenance, disassembly, assembly, and the Cycle of Fire will be covered. Lead instructors will insure that students have a good working knowledge of the safe handling and operation of the Sig-Sauer pistol. Students will meet the minimum standards for weapons proficiency issued handgun in low light conditions. Students will also meet the minimum standards for weapons proficiency with the Remington 870 shotgun.

Instructional Techniques: Lecture, group discussion and hands-on

Material & Equipment: Classroom, blackboard, eye and ear protection, B-21F paper targets, ACSO-99 paper targets, Remington 870 shotguns, shotgun ammunition, cleaning equipment and ammunition for service handguns.

Handouts: Supplied prior to class

Lesson Plan: See attached

Hourly Schedule: See attached

Safety Policy: Required for manipulative courses

Test: Written and Method/Performance test required

Evaluation: Written/provided by Training

Approved by:

A handwritten signature in black ink, appearing to read "John W. Harts", is written over a horizontal line.

NIGHT RANGE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

1. Use of Lethal Force Policy

- A. Discuss current Use of Force Policy regarding Firearms and O.C. spray. (GO 1.05)
- B. Review circumstances of a Justifiable Use of Deadly Force.
 - 1. Discuss the circumstances where an officer is justified in shooting.
 - a. Defending himself or herself against death or the immediate threat of serious bodily injury.
 - b. Defending another person against death or the immediate threat of serious physical injury.
 - c. To apprehend a suspect where there exists a reasonable belief that the person has committed a felony and is an immediate threat to another human life.
 - 1. Stress the felony has to be a "violent variety"
 - 2. Always be able to articulate and justify your Use of Force.
 - 3. Use only that force which is reasonably necessary to overcome the actions and affect the arrest of the suspect.
 - 4. Cover use of weapons for terminating dangerous or seriously injured animals.
 - a. When other means of disposal are impractical.
 - b. Cover weapons selection and optimum target areas.
 - c. Remind to check the surrounding area prior to dispatching, look at backstop, other persons in the area.
 - d. Has to be authorized by the Watch Commander or his designee.

2. Range Safety

- A. Cardinal Rules of Firearms Safety
 - 1. Treat all Firearms as if they are loaded.

NIGHT RANGE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

2. Keep your finger outside the trigger guard until you are on target and have made the decision to fire.
 - a. "On Target, On Trigger – Off Target, Off Trigger"
 3. Point your muzzle in a safe direction (down range) at all times.
 4. Be sure of your target and what's beyond it.
- B. Discuss the following:
1. **NO LIVE AMMUNITION ALLOWED IN THE CLASSROOM.**
 2. **Everyone** is responsible for Range Safety.
 - a. If a "CEASE FIRE" is called, Please cease firing and repeat the command so everyone can hear it.
 3. Muzzle Control
 - a. Never point your weapon at anything you are not willing to destroy.
 - b. Always know what is behind your target. (Backstop)
 1. In a shooting situation there are no misses. All rounds will hit something.
 4. Never holster a cocked weapon. Follow the steps of the "Cycle of Fire" to minimize the chance of failing to decock.
 5. Three Step Weapons Safety Check
 - a. **FIRST, REMOVE THE MAGAZINE FROM THE WEAPON.** Then lock the slide to the rear. (Mechanical)
 - b. Look into the magazine well and the chamber of the weapon to make sure there is no ammunition in the weapon. (Visual)
 - c. Physically check the chamber and magazine well to insure the weapon is safe and empty. (Physical)

THE WEAPON IS NOT CLEAR UNTIL ALL OF THE ABOVE STEPS HAVE BEEN COMPLETED IN ORDER

6. Show video: Clearing Weapons in the Field

NIGHT RANGE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

3. Weapons

A. The nomenclature, disassembly, assembly, and maintenance procedures for the following weapons will be discussed:

1. Sig-Sauer pistol

B. Discuss proper loading and unloading methods.

1. Proper Loading

- a. Magazine into weapon, tap and tug, make sure it's locked.
- b. Remove weapon from holster, cycle the slide, chambering a cartridge.
- c. DECOCK weapon, return to holster.
- d. Remove magazine, top it off, replace magazine into weapon.

2. Proper Unloading

- a. Remove magazine from weapon.
- b. Remove weapon from holster, lock the slide to the rear.
- c. Watch as the round physically ejects from the weapon.
- d. Perform a three-step safety check to ensure the weapon is empty.

4. Function Check

A. Begin with a three-step safety check. (Start with slide forward and decocked)

1. Check magazine catch (empty magazine in, slide locked back, magazine out)
2. Check decocking lever and hammer intercept notch.
3. Check double action trigger pull (hold trigger to the rear)
4. Rack the slide, check sear reset and single action pull
5. Do this with all three magazines.

NIGHT RANGE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

5. Cycle of Fire

- A. Access
- B. Withdraw
- C. Present
- D. Muzzle Depressed / Scanning
- E. Decocking
- F. Ready gun position / Looking
- G. Decocking
- H. Proper holstering

6. Low Light Shooting

A. Low Light Vision

- 1. Unaided night vision relies on rod vision.
- 2. Your visual acuity will be reduced.
- 3. Limited color spectrum available.
 - a. Black, white, and shades of gray.
- 4. A 5 to 10 degree central blind spot is present which means objects can be missed.
 - a. An area in the retina called the Fovea Centralis, which is a high concentration of cone cells, causes this blind spot.
- 5. Staring directly at an object will cause the object to gray and fade out of vision.
- 6. Scanning and off-center viewing must be practiced.

B. Flashlight Techniques

- 1. Flashlight Techniques are designed to tie the light and the weapon together to create additional support when searching or shooting the weapon.
- 2. The main purpose of the flashlight at night is to allow you to identify the target.

NIGHT RANGE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

3. Harries Technique
 - a. Flashlight in support hand
 - b. Flashlight passed underneath weapon to avoid sweeping yourself.
 - c. Backs of the hands pressed together to provide support.
 - d. Works best from a bladed stance.
4. Chapman Technique
 - a. Flashlight in support hand, pinched between thumb and index finger, thumb on switch.
 - a. Other three fingers form a cup and establish two-handed grip on weapon.
 - b. Works best with smaller diameter flashlight and from a bladed stance.
5. Ayoob Technique
 - a. Flashlight in support hand, thumb on switch.
 - b. Bring hands up and press thumbs together.
 - c. Least amount of support of the three.
 - d. Flashlight is angled and will be over target past five yards.

7. Course of Fire

A. Drills and Targets – "B" Range

1. Dot Drill – 5-yard line – ACSO 99
 - a. Six rounds on left dot – evaluate targets.
 - b. Six rounds on right dot – evaluate targets.
2. Twenty five yard line position shooting – ACSO 99
 - a. Fire each position a total of four (4) rounds.
 - b. Mark and check targets in-between each position.

NIGHT RANGE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

3. Flashlight Practice drills – 5-yard line – ACSO 99
 - a. Weapon at low ready position.
 - b. Two rounds on each turn of the target.
 - c. Student picks technique they use.
 - d. Repeat a total of six (6) times for twelve rounds total.
4. Flashlight Practice Drills – 7-yard line – ACSO 99
 - a. Same as above procedure, but incorporate the Step draw procedure into the process.
 - b. Remind students about muzzle direction when moving back into starting position.

HANG NEW TARGET

5. Sixty (60) round HQC – B-21 qualification target
 - a. On duty weapon
- B. Course of Fire – “D” Range
 1. 14 round shoot and move field course – Steel targets
- C. Course of Fire – “E” Range
 1. Twelve (12) round Shotgun Qualification Course – ACSO 99

9. Weapons Cleaning, Safety Check and Written Testing

- A. Personnel will report to Classroom for written test and course evaluations prior to cleaning weapons.

NIGHT RANGE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

USE OF STEEL TARGET GUIDELINES

Training with steel targets can be done safely if the following precautions and safety procedures are followed.

Bullet splatter is a primary concern of shooters when using steel reactive targets. Bullet splatter consists of the fragments that are reflected back off the target when it is hit. Shooters can and have been struck by bullet splatter. Most of the time the fragments are small and do not present a serious threat to the shooter, however, even small fragments can cause injuries. When shooting steel targets a "Splatter Zone" is created by the fragmenting bullets. The size and area of this zone is dependant on the following key issues:

1. Angle of deflection
2. Target Hardness
3. Bullet Design
4. Target Placement.

1. Angle of Deflection

The Angle of Deflection is the path in which the bullet, upon impacting the target, fragments and deflects off the target. The type and design of your targets will affect this deflection. The majority of this deflection usually starts at a 20° angle to the targets face. The splatter zone is a thin triangular shaped area that travels out to the right and left of the target. It is unsafe to be in this area while firing. 95% of the bullet fragmentation will travel and fall within this path. The area outside the splatter zone is considered the safe area because very few bullet fragments fall outside of the splatter zone. However, no area is absolutely safe.

2. Target Hardness

Shooters should always find out the rating of the steel targets being used before any firing is done on the steel target. The hardness of the target is measured by the amount of force that can be applied to the steel before deformation occurs. Handgun rated targets should only be engaged with handgun caliber weapons. As long as a target has a rating higher than the caliber of the weapon being used it should be safe to shoot it. Rifle rated targets can be engaged with handgun caliber bullets. Harder and higher rated steel targets last longer and are much safer than softer, lower rated targets. The higher rated targets produce more consistent splatter zones. These targets return very little bullet material towards the shooter. Softer targets deform sooner and often result in extremely unpredictable splatter patterns. Always check with the range staff to determine the rating of the targets you intend to use.

3. Bullet Design

Bullets used on steel targets should be of high quality factory design and manufacture. This type of ammunition will assist in minimizing the size of the splatter zone. Soft, slow moving lead bullets should not be used. Also, factory ammunition will have a higher "correlation factor" referring to how well a bullet holds together. A factory round that will produce consistent splatter is a jacketed, hollow point, with a velocity of 1225 feet per second. Reloaded ammunition shall not be used on steel targets.

NIGHT RANGE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

4. Target Placement

Target placement is the most important factor to be considered when using steel targets. Even with the highest rated targets and best bullet designs, shooting at steel targets can be dangerous if the targets are placed incorrectly.

Metal targets should never be placed parallel to each other without a barrier, such as plywood, between them. Splatter from one target could ricochet off another target and return to the shooter. This is called secondary splatter. Targets that are grouped together should always be staggered so as not to be in the angle of deflection of each other. This will insure that the splatter zones do not cross. Also be aware that fragments can also ricochet off of other surfaces such as large rocks or concrete floors or walls that might be in the area. Steel targets should never be engaged or be placed closer than fifteen (15) yards from the shooter.

5. Range Safety Guidelines

Shooters and instructors should always inspect steel targets before shooting on them. Shooters and instructors should look for extensive dimpling on the face of the targets. Dimpling can contribute to an unpredictable and excessive splatter zone.

Whenever shooting steel targets everyone on the range, especially the shooters and instructors, **must be wearing eye and ear protection**. It is strongly recommended that shooters and instructors wear soft body armor when engaging steel targets. It is recommended that shooters and instructors wear long sleeve shirts and hats when engaging steel targets. This will help minimize the chance of injury from bullet splatters.

Instructors should always stand behind the shooters. Observers should be staged away from the shooting area and never be allowed to encroach on the shooting area.

Remember splatter can be minimized, however, it can never be totally eliminated. **SAFETY IS EVERYONE'S RESPONSIBILITY!**



ALAMEDA COUNTY SHERIFF'S OFFICE

JUNE 2006

WEAPONS PROFICIENCY TRAINING

Course Title: June 2006 Weapons Proficiency Training

Instructor(s): Staff

Dates: June 5th, 2006 through June 29th, 2006

Hours: 4.0 hours

Performance Objectives: The Departmental Use of Force Policy and the Departmental Range Safety Policy will be covered. Weapons nomenclature, maintenance, disassembly, assembly, and the Cycle of Fire will be covered. Lead instructors will insure that students have a good working knowledge of the safe handling and operation of the Sig-Sauer pistol. Students will meet the minimum standards for weapons proficiency issued handgun. Students will also complete a shoot and move field course and movement training drill.

Instructional Techniques: Lecture, group discussion and hands-on

Material & Equipment: Classroom, dry erase board, eye and ear protection, B-21F paper targets, ACSO-99 paper targets, facade walls, steel reactive targets, cleaning equipment, practice ammunition, frangible ammunition, and service ammunition for service handguns.

Handouts: None

Lesson Plan: See attached

Hourly Schedule: See attached

Safety Policy: Required for manipulative courses

Test: Written and Method/Performance test required

Evaluation: Written/provided by Training

Approved by:

John D. Banta, Captain

JUNE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

1. Use of Lethal Force Policy

- A. Discuss current Use of Force Policy regarding Firearms and O.C. spray. (GO 1.05)
 - 1. Remind students G.O. can be located on issued CD-Rom, Sheriff's Intranet site, and Watch Commanders Office.
- B. Review circumstances of a Justifiable Use of Deadly Force.
 - 1. Discuss the circumstances where an officer is justified in shooting.
 - a. Defending himself or herself against death or the immediate threat of serious bodily injury.
 - b. Defending another person against death or the immediate threat of serious physical injury.
 - c. To apprehend a suspect where there exists a reasonable belief that the person has committed a felony and is an immediate threat to another human life.
 - 1. Stress the felony has to be a "violent variety"
 - 2. Always be able to articulate and justify your Use of Force.
 - 3. Use only that force which is reasonably necessary to overcome the actions of the suspect.
 - 4. Cover use of weapons for terminating dangerous or seriously injured animals.
 - a. When other means of disposal are impractical.
 - b. Cover weapons selection and optimum target areas.
 - c. Remind to check the surrounding area prior to dispatching, look at backstop, other persons in the area.
 - d. Has to be authorized by the Watch Commander or his designee.

2. Range Safety

A. Cardinal Rules of Firearms Safety

1. Treat all Firearms as if they are loaded.
2. Keep your finger outside the trigger guard until you are on target and have made the decision to fire.
 - a. "On target, On Trigger – Off Target, Off Trigger"
3. Point your muzzle in a safe direction (down range) at all times.
4. Be sure of your target and what's beyond it.

B. Discuss the following:

1. **NO LIVE AMMUNITION ALLOWED IN THE CLASSROOM.**
2. **Everyone** is responsible for Range Safety.
 - a. If a "CEASE FIRE" is called, Please cease firing and repeat the command so everyone can hear it.
3. Muzzle Control
 - a. Never point your weapon at anything you are not willing to destroy.
 - b. Always know what is behind your target. (Backstop)
 1. In a shooting situation there are no misses. All rounds will hit something.
 - c. Explain the "Laser" rule.
 1. Treat your firearm as if it is a laser gun with the beam always on: Whatever the laser beam touches, it cuts through.
4. Never holster a cocked weapon. Follow the steps of the "Cycle of Fire" to minimize the chance of failing to decock.

5. Three Step Weapons Safety Check
 - a. **FIRST, REMOVE THE MAGAZINE FROM THE WEAPON.** Then lock the slide to the rear. (Mechanical)
 - b. Look into the magazine well and the chamber of the weapon to make sure there is no ammunition in the weapon. (Visual)
 - c. Physically check the chamber and magazine well to insure the weapon is safe and empty. (Physical)

THE WEAPON IS NOT CLEAR UNTIL ALL OF THE ABOVE STEPS HAVE BEEN COMPLETED IN ORDER

3. Weapons

- A. The nomenclature, disassembly, assembly, and maintenance procedures for the issued Sig-Sauer Pistols will be discussed.

B. Discuss proper loading and unloading methods.

1. Proper Loading
 - a. Magazine into weapon, tap and tug, make sure it's locked.
 - b. Remove weapon from holster and chamber a cartridge.
 - c. DECOCK weapon, return to holster.
 - d. Remove magazine, top it off, replace magazine into weapon.
 1. Tap and tug the magazine to insure it is locked into place.
2. Proper Unloading
 - a. Remove magazine from weapon.
 - b. Remove weapon from holster, lock the slide to the rear.
 - c. Watch as the round physically ejects from the weapon.
 - d. Perform a three-step safety check to ensure the weapon is empty.

4. Function Check

- A. Begin with a three-step safety check. (Start with slide forward and decocked)
 - 1. Check magazine catch (magazine in, slide locked back, magazine out)
 - 2. Check decocking lever and hammer intercept notch.
 - 3. Check double action trigger pull (hold trigger to the rear)
 - 4. Rack the slide, check sear reset and single action pull
 - 5. Do this with all three magazines.

5. Cycle of Fire

A. "Access"

- 1. Hand comes to the weapon and establishes the grip.
- 2. Release any thumb snaps or straps.

B. "Withdraw"

- 1. Draw the handgun up until the muzzle clears the top of the holster.
- 2. Rotate the weapon 90 degrees until muzzle is pointed at target.
- 3. Weak hand should come to centerline of the body while doing this.

C. "Present"

- 1. Weapon is pushed toward the target with a controlled punch.
- 2. Weak Hand comes to weapon and establishes two-handed grip as weapon is presented to the target.

JUNE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

D. "Muzzle Depressed / Scan"

1. After target engagement or "No threat" is perceived, muzzle is depressed to allow a visual scan of the target.
 - a. Depress the muzzle far enough to allow sight of the suspects' waistband and hands.
2. Scan left and right to locate any additional threats that might present themselves.
 - a. Muzzle pointed at what the eyes are looking at. This is the "third eye" concept.
3. If no additional threat is presented, return to center.

E. "Decock"

1. Once you have returned to center, decock the weapon by fully depressing the decocking lever.

F. "Ready gun position / Look"

1. Once decocked, pull the weapon into the centerline of your body by breaking the elbows outward.
2. Look over each shoulder in an attempt to locate any additional threats or suspect(s).
3. Muzzle stays pointed forward during the look.

G. "Decock"

1. Decock the weapon a second time by fully depressing the decocking lever.

H. "Recover to Holster"

1. Place your thumb over the hammer of the weapon.
 - a. This allows a tactile confirmation the weapon is decocked.
 - b. This also prevents the weapon from being pushed out of battery by a tight holster.
2. Holster without looking at the holster or holding the holster open with the weak hand.

JUNE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

6. Course of Fire

- A. "E" Range
 - 1. 60 rd. HQC – Issued Service Weapon
 - 2. 60 rd. HQC – Issued Service Weapon or Off-duty Weapon
- B. "D" Range
 - 1. Handgun/Shotgun Shoot and Move Field course
 - a. 20 rounds handgun
- C. "F" Range
 - 1. Basic room entry house.

9. Testing and Evaluations, Weapons Cleaning and Safety Check.

- A. Personnel will report to Classroom for written test and course evaluations prior to cleaning weapons.

JUNE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

HOURLY SCHEDULE

0800	Split Class into two groups <ul style="list-style-type: none">• ½ class for Firearms Training• ½ class to Defensive Tactics Training
0800-0845	Use of Lethal Force and Range Safety Lecture
0845	Split Class into two groups <ul style="list-style-type: none">• ½ class to "D" Range for Field Courses• ½ class to "E" Range for Qualification
0845-1005	Firearms Training "D" Range Field Course and "F" Range scenario "E" Range Duty and Off-Duty weapons qualifications
1005-1010	Groups Rotate
1010-1130	Firearms Training "D" Range Field Course and "F" Range scenario "E" Range Duty and Off-Duty weapons qualifications
1130-1145	Return to Classroom – Testing and Evaluations
1145-1200	Weapons Cleaning and Issue Service Ammunition
1200-1300	Lunch
1300-1345	Use of Lethal Force and Range Safety Lecture
1345	Split Class into two groups <ul style="list-style-type: none">• ½ class to "D" Range for Field Courses• ½ class to "E" Range for Qualification
1345-1505	Firearms Training "D" Range Field Course and "F" Range scenario "E" Range Duty and Off-Duty weapons qualifications
1505-1510	Groups Rotate
1510-1630	Firearms Training "D" Range Field Course and "F" range scenario "E" Range Duty and Off-Duty weapons qualifications
1630-1645	Return to Classroom – Testing and Evaluations
1645-1700	Weapons Cleaning and Issue Service Ammunition

USE OF STEEL TARGET GUIDELINES

Training with steel targets can be done safely if the following precautions and safety procedures are followed.

Bullet splatter is a primary concern of shooters when using steel reactive targets. Bullet splatter consists of the fragments that are reflected back off the target when it is hit. Shooters can and have been struck by bullet splatter. Most of the time the fragments are small and do not present a serious threat to the shooter, however, even small fragments can cause injuries. When shooting steel targets a "Splatter Zone" is created by the fragmenting bullets. The size and area of this zone is dependant on the following key issues:

1. Angle of deflection
2. Target Hardness
3. Bullet Design
4. Target Placement.

1. Angle of Deflection

The Angle of Deflection is the path in which the bullet, upon impacting the target, fragments and deflects off the target. The type and design of your targets will affect this deflection. The majority of this deflection usually starts at a 20% angle to the targets face. The splatter zone is a thin triangular shaped area that travels out to the right and left of the target. It is unsafe to be in this area while firing. 95% of the bullet fragmentation will travel and fall within this path. The area outside the splatter zone is considered the safe area because very few bullet fragments fall outside of the splatter zone. However, no area is absolutely safe.

2. Target Hardness

Shooters should always find out the rating of the steel targets being used before any firing is done on the steel target. The hardness of the target is measured by the amount of force that can be applied to the steel before deformation occurs. Handgun rated targets should only be engaged with handgun caliber weapons. As long as a target has a rating higher than the caliber of the weapon being used it should be safe to shoot it. Rifle rated targets can be engaged with handgun caliber bullets. Harder and higher rated steel targets last longer and are much safer than softer, lower rated targets. The higher rated targets produce more consistent splatter zones. These targets return very little bullet material towards the shooter. Softer targets deform sooner and often result in extremely unpredictable splatter patterns.

3. Bullet Design

Bullets used on steel targets should be of high quality factory design and manufacture. This type of ammunition will assist in minimizing the size of the splatter zone. Soft, slow moving lead bullets should not be used. Also, factory ammunition will have a higher "correlation factor" referring to how well a bullet holds together. A factory round that will produce consistent splatter is a jacketed, hollow point, with a velocity of 1225 feet per second. Reloaded ammunition shall not be used on steel targets.

JUNE 2006 WEAPONS PROFICIENCY

Firearms Training

Course Outline

4. Target Placement

Target placement is the most important factor to be considered when using steel targets. Even with the highest rated targets and best bullet designs, shooting at steel targets can be dangerous if the targets are placed incorrectly.

Metal targets should never be placed parallel to each other without a barrier, such as plywood, between them. Splatter from one target could ricochet off another target and return to the shooter. This is called secondary splatter. Targets that are grouped together should always be staggered so as not to be in the angle of deflection of each other. This will insure that the splatter zones do not cross. Also be aware that fragments can also ricochet off of other surfaces such as large rocks or concrete floors or walls that might be in the area. Steel targets should never be engaged or be placed closer than ten yards from the shooter.

5. Range Safety Guidelines

Shooters and instructors should always inspect steel targets before shooting on them. Shooters and instructors should look for extensive dimpling on the face of the targets. Dimpling can contribute to an unpredictable and excessive splatter zone.

Whenever shooting steel targets everyone on the range, especially the shooters and instructors, **must be wearing eye and ear protection**. It is strongly recommended that shooters and instructors wear soft body armor when engaging steel targets. It is recommended that shooters and instructors wear long sleeve shirts and hats when engaging steel targets. This will help minimize the chance of injury from bullet splatters.

Instructors should always stand behind the shooters. Observers should be staged away from the shooting area and never be allowed to encroach on the shooting area.

Remember splatter can be minimized; however, it can never be totally eliminated.
SAFETY IS EVERYONE'S RESPONSIBILITY!

**ALAMEDA COUNTY SHERIFF'S OFFICE
REGIONAL TRAINING CENTER**

JUNE 2006 WEAPONS PROFICIENCY TRAINING

Course Title: DEFENSIVE TACTICS UPDATE

Instructor(s): Staff

Dates: Various

Hours: 4.0

Performance Objectives: To update personnel in the Use of Force (G.O. 1.05), Carotid Restraint, and Ground Control

Instructional Techniques: Lecture, group discussion, hands-on

Material & Equipment: Classroom, black board and supplies

Handouts: Supplied prior to class

Lesson Plan: See attached

Safety Policy: Required for manipulative courses

Test: Method / Performance test required

Evaluation: Written / provided by Training

Lesson Plan
Approved By:

John W. Daulton, Captain

COURSE TITLE: DEFENSIVE TACTICS UPDATE

I. INTRODUCTION – USE OF FORCE

A. Definition of Use of Force – (G.O. 1.05)

1. Reportable force
2. Objective reasonable standard
 - a. What another officer would do in the same situation with similar training.

B. Factors which affect selection of force options

1. Officer / Subject factors
 - a. Age
 - b. Size
 - c. Relative strength
 - d. Skill level
 - e. Injury / exhaustion
 - f. Number of officers vs. number of subjects
2. Influence of drugs or alcohol
3. Proximity of weapons
4. Availability of other weapons
5. Seriousness of the offense in question
6. Other exigent circumstances

II. USE OF FORCE CONTINUUM

A. No Force – Subject is cooperative and complies with verbal orders

1. Professional presence
2. Verbalization
3. Restraining

a. Hand to arm

4. Detaining
5. Handcuffing

B. Compliance Techniques – Subjects that passively or defensively resists

1. Joint manipulation
 2. Pressure point application
 3. Unarmed striking
 4. Take down Techniques
 5. Ground fighting
- C. Intermediate Force – Subject assumes a fighting stance, charges at officer or verbally/physically indicates intent to commit an assault. Once the subject is prone out and handcuffed, the subject will be placed into a seated/upright position or at least on their side.
1. Carotid Restraint
 2. Authorized impact weapons
 - a. Non target areas
 - b. Target areas
 - c. Photographs
 3. OC Spray – Oleoresin Capsicum
 4. Electrical
 - a. R.E.A.C.T. belt (Remote Electronically Activated control Technology)
 - b. Cell extraction electrical shield
- D. Lethal Force – Lethal force is the highest level on the “Use of Force Continuum matrix.” Lethal force may be used under the following circumstances when all other appropriate means of defense have failed or are deemed inadequate and the officer taking action has a reasonable belief that such force is necessary:
1. As a means of defending oneself from death or the immediate threat of serious physical / bodily injury.
 2. To defend another person from death or the immediate threat of serious physical / bodily injury.
 3. To apprehend a suspect when there exists a reasonable belief that the person has committed a felony and represents an immediate threat to another human life.
 4. As a means of terminating dangerous or seriously injured animals when other means of disposal are impractical.

III. OFFICER’S REPORTING RESPONSIBILITY WHEN FORCE IS USED

- A. When force is used the officer must:

1. Promptly notify a supervisor unless exigent circumstances delay the notification.
2. An oral report, followed by a written report, shall be made available to the immediate supervisor as soon as possible following the incident.
 - a. Document the use of force in an arrest/crime report
3. Route reports pursuant to standard operational procedures.
4. Provide supervisor with an extra copy of the report to include a completed "Use of Force Review form", which is to be placed on top of the report packet.

IV. REPORT WRITING HINTS ON THE USE OF FORCE

A. Officer Arrival

1. Marked vs. Unmarked
2. Uniform vs. Plain
3. Number of officers / one or two unit(s)

B. Approach

1. What did you observe / hear?
2. Initial verbal commands

C. Subject's Actions

1. Subject's verbal response
2. Subject's body language
3. Subject's physical actions

D. Officer's Actions

1. Type of control method(s) used and/or attempted
 - a. Size of the officer(s) vs. subject(s)
 - b. Be very descriptive in the report without using inflammatory words, i.e. I *slammed* the suspect's head against the wall.
2. Duration of resistance
3. Type of De-escalation attempted
4. Subject handcuffed and double-locked

- a. State in report you checked the handcuffs for tightness and double locked.

5. Transport Procedures

- a. Subject's demeanor, actions and/or statements
- b. Additional restraints required (flex cuffs, Body Guard)
 - a. Put in report you placed seatbelts on subject before transporting

6. Medical Treatment

- a. Put in report any injuries subject(s) received and if subject(s) received and if subject(s) refused medical treatment.
- b. Photograph any injuries to subject(s) and/or officer(s)

V. CAROTID RESTRAINT CONTROL HOLD (LECTURE)

A. Justification for use of the Carotid Restraint Control Hold

- 1. The Carotid Restraint Hold is a neck restraint where the officer uses continuing lateral compression of the carotid arteries at the sides of the suspect's neck in order to gain immediate compliance or control of a violent suspect. This gives peace officers an advantage, and they gain immediate control of the suspect.

B. Basic knowledge regarding the structure of the neck in addition to the functioning of the breathing and circulation system to describe the factors which are believed to generate unconsciousness when a Carotid Restraint Control Hold is used.

- 1. The following describes the basic structure of the human neck that can be affected by the use of a Carotid Restraint Control Hold:
 - a. Hyoid Bone – Bone located at the base of the tongue
 - b. Cricoids Cartilage and Thyroid Cartilage – Cartilage protecting the larynx (voice box)
 - c. Thyroid Cartilage Tip – Portion of the thyroid cartilage that is connected to the trachea
 - d. Trachea – Airway (windpipe) extending from the larynx
 - e. Carotid Artery – Primary artery that carries oxygen rich blood to the brain
 - f. Internal Jugular Vein – Primary vein that carries blood away from the brain

- g. External Jugular Vein – Vein that carries blood away from the facial vessels
 - h. Carotid Sinus – Network of cardiac nerves
 - i. Vagus Nerve – Nerve that regulates the heart and lungs
- C. Possible hazards associated with the *proper* and *improper* use of a Carotid Restraint Control Hold
 - 1. Possible hazards of the *proper* use of the Carotid Restraint Control Hold include:
 - a. Carotid arrest
 - b. Stroke
 - c. Brain damage
 - 2. Possible hazards of the *improper* use of the Carotid Restraint Control Hold include:
 - a. Maintaining the hold after the suspect has been rendered unconscious
 - b. Tilting, turning, or jerking the suspect's neck
 - c. Pressure applied to the back of the suspect's head or neck
 - d. Pressure applied to the front of the suspect's neck
 - e. Application of the hold while the suspect is standing
- D. Carotid Restraint Control Hold has been used to control that suspect
 - 1. When a peace officer applies a Carotid Restraint Control Hold properly, the suspect may experience a variety of side effects. It may take up to 24 hours for the body to return to normal following the application of the hold. Possible side effects may include:
 - b. Convulsions leading to jerking of the hands, arms, or legs
 - c. Vomiting or gagging
 - d. Salivation or drooling
 - e. Nose bleeds
 - f. Burst capillaries in the suspect's eyes
 - g. Staring with glazed eyes
 - h. Loss of bowel or bladder control
 - i. Disorientation
 - j. Reduced blood pressure, pulse rate, and respiratory rate
- E. Appropriate procedures for the subsequent handling of a suspect after a Carotid Restraint Control Hold has been used

1. There are a number of steps peace officers should take if a suspect loses consciousness after the application of a Carotid Restraint Control Hold. These steps include, but are not limited to:
 - a. Release the hold
 - b. Handcuff the suspect & cursory search waistband
 - c. Check vital signs
 - d. Administer first aid, if necessary
 - e. Search the suspect
 - f. Notify any other officers or custodial personnel that the prisoner is turned over to
 - g. Obtain medical clearance
 - h. Post-Carotid responsibilities
 - A) Observation. A two-hour critical observation of the suspect after application of the carotid restraint.
 - B) Twenty-four hour total observation of the suspect after the application of the carotid restraint.
 - i. Documentation
 - A) Document the use of the Carotid Restraint Hold, including justification of the use, reaction of the suspect after application, First Aid if given, name and location of medical personnel conducting examination of the suspect, location and name of custodial facility that was advised the suspect was subjected to a Carotid Restraint Hold and medically cleared for incarceration.
- F. Carotid Restraint Control Hold Hazards
5. Frontal Pressure
 - a. *Do not apply any pressure to the front of the throat.* Pressure should be applied to the sides of the neck in the area of the carotid triangle.
 6. Time
 - a. The average person loses consciousness within 5 to 15 seconds of application. The average person comes back to consciousness approximately 20 to 30 seconds from release. If the individual is not back to a recognizable level of consciousness in 90 seconds it

should be considered a medical emergency. A recognizable level of consciousness is defined as being that the individual displays voluntary movement or is responsive to questions asked.

Maximum application time for the carotid is 30 seconds.

7. Vegus Nerve / Carotid Sinus Reflex

- a. *The carotid is only applied once in a 24-hour period*, unless there is an emergency circumstance. Note the time of the application and request the individual be placed under observation for a minimum of 2 hours. 5 hours is preferable. *Always* have an individual who has been restrained with the carotid cleared for incarceration by medical personnel.

8. Age of the suspect

- a. Do not apply the Carotid Restraint Hold to the very young or the very old.

9. Positioning

- a. The carotid restraint is applied with you behind the suspect. The ideal position is a one or two-knee kneeling position and the suspect seated. Your application arm is around the suspect's neck with the V of your elbow protecting the front of the suspect's neck. Your free hand palm should grip the fist of your application arm. Take out the slack and goose-neck (standard wrap carotid). You can also grip the biceps of your free arm and reach the free arm across and behind the suspect's neck and grip your far shoulder, far side back of the neck, or near side back of the neck (locked carotid).

VI. TAKEDOWN TECHNIQUES TO THE CAROTID RESTRAINT CONTROL HOLD – PRACTICAL APPLICATION DEMONSTRATION

A. Techniques

- 1. *Hair Pull / Cross Face*: From behind the suspect, grip the suspect's hair with your non-application hand or apply the forehead sweep and bring the suspect's head back to your application side shoulder. The application arm comes around the suspect's neck, as you step back with your application side foot and push down with your elbow into the suspect's chest. This forces the suspect to the ground. The technique is finished

- with the carotid. If need be, apply the technique in a standing position until the suspect is weakened and move the suspect to the ground.
2. ***Neck Nerve Leg Sweep:*** From behind the suspect, as a distraction using both hands, on both sides of the suspect's neck, pluck the neck nerves using your middle or index fingers. Move your hands to the trapezius area of their shoulders. Perform a leg sweep and bring the suspect's back against your chest. Push down on the suspect's shoulders and bring the suspect to the ground in a sitting position. The technique is finished with a carotid.
 4. ***Carotid to Prone Control:*** Release the pressure with your application arm and slide down to the suspect's chest. Your free hand grips the suspect's matching side biceps. Your application hand sweeps the suspect's other arm to the side and behind both of you. Your same hand now moves to the suspect's face to protect the face as you roll the suspect to the ground on the application side. Your other hand slides down the suspect's arm to the back of their hand and finish with a prone control.
 5. ***Escape from a seated Carotid Restraint Control Hold:*** Use both hands to secure a hold of the suspect's applying arm and create space clearing your airway. Kick your legs to the side away from the applying side of the carotid. As you kick your legs out to the side begin to roll onto your stomach as you pull the arm out from around your throat. Roll with enough force, keeping the applying arm locked down on your chest, so the suspect rolls over your back. As the suspect rolls over you, continue the rolling motion until the suspect continues into the supine position, with you now on top also in a supine. Now bring your feet in close to your body and push, continuing to roll into the suspect. Your back is now buried into the suspect's rib cage. Take the suspect's applying arm and extend it out. You can place the arm in an arm lock by wrapping your inside arm over the top and completing the technique with a figure 4 arm lock. Or you can leave both hands on the applying arm, continue to push back, extend the applying arm and perform an arm break by applying downward pressure as it hyper extends over your shoulder.

VII. GROUND CONTROL

- A. Law enforcement officers, while performing their duties, are confronted with the need to maintain control of situations or persons using force. The force may be as minimal as verbal and can escalate up to and include deadly force.

Quite often during the use of physical force such as the traditionally accepted techniques used to maintain control of resistive subjects, officers may be forced to

control combative persons while on the ground. Law enforcement officers are trained to deal with combative or resistive persons in a standing position, but also need training in maintaining control of these persons while on the ground.

Using proper balance and techniques, officers are afforded an advantage in defending themselves, enhancing their ability to control resistant subjects.

These techniques, designed to provide the officer with a position of advantage, are used to attempt to control a person on the ground. Additionally, they will provide the officer a methodology of defense should a person take the officer to the ground.

VIII. APPLIED GROUND CONTROL TECHNIQUES

A. Techniques:

1. ***Sprawl:*** The purpose of this technique is to diffuse the suspect's direct attack, prevent a tackle, and force the suspect towards the ground. From a standing position, direct your hands towards the suspect's shoulder area on their back. Kick your feet back and place your body weight on the suspect. Stay on your toes and keep your knees off the ground.
2. ***Hip Press:*** The hip press is often used after a sprawl, and when your suspect is in a turtle position or on all fours. From the sprawl, use your body weight and sideways body movement (like a crab) to push your hip into the suspect's hip on the same side. Force your chest down and against the suspect's back. Maintain body contact. Stay on your toes, keeping your knees off the ground. Use your forearm and upper arm to push the suspect's head into the ground.
3. ***Hip Switch:*** The purpose of this technique is to prevent the suspect from coming up from a prone position either to a four-point stance or to his knees. To counter the suspect's attempt to rise on the opposite hip from that being pressured by your hip press. If the suspect tries to get up on the opposite side from your hip press, quickly transfer your weight (hip) to the opposite side of the suspect's body. Quickly switch your hip to the suspect's other hip by moving across the suspect's lower body area. Remember; keep your chest on their back and hands/forearms behind head and neck.
4. ***Ankle Break Down:*** The purpose of this technique is to force the suspect down from a four-point stance to the prone position. From a sprawl attempt position, or when the suspect has attained a four-point stance,

reach back and grab the far side ankle with your inside had. Pull up strongly on the suspect's ankle as you execute a sprawl, breaking the suspect's four-point balance position. Keep the suspect's foot against his buttocks and ride your inside thigh up and over the suspect's shin, trapping the leg.

5. **Figure 4 Leg Lock:** The purpose of this technique is to secure the suspect's legs after you have performed an Ankle Break Down. This is also a transitioning technique as you work your way up to controlling the suspect's hands. After you have completed the Ankle Break Down, do not release the ankle. Take that bent leg and fold it across the flat leg, lay it across the back of the knee of the straight leg. Reach down with your opposite hand and grab the lower leg or ankle of the straight leg. Pull this foot toward the suspect's buttock and place the top of this foot across your thigh, locking in the overlapping leg. Place all your body weight on the back of the suspect. Post your foot to the outside of the knee you performed an ankle break down on. The Other leg will be outstretched to the outside of the opposite leg. At this point you would work a technique to gain to control of the suspect's hands.
6. **2 on 1 Rockout:** The purpose of this technique is to get one arm of the suspect out from under his body and into a control hold on the back. While in any ground control position where you are facing the same direction as the suspect, reach from underneath the suspect's forearm / armpit with your same side arm. Grab the suspect's wrist area. At the same time , take your other elbow and upper arm and force the suspect's head to the opposite side of his body from the hand you are grabbing or drive your elbow point into his mastoid. Push your grabbing elbow into the suspect's same side shoulder. As you push your grabbing elbow towards the ground, begin a 360-degree spin to the opposite side of the suspect's body.
7. **Knee on Stomach:** When the suspect is on their back and the officer has the weapon side knee on the suspect's stomach area. Is opposite leg is extended out towards the suspect's head, but not so close that the suspect can grab it. Most of the officer's weight should be placed on the suspect's torso/stomach area. The purpose of this position is to control the suspect's movement when he is in the supine position and make him roll to his stomach for cuffing.
8. **Crank Over :** The purpose of this technique is to get the suspect from a supine position to the prone position. If the suspect is resisting and has their arms up attempting to strike you, use your inside hand and grab matching side arm. This technique is ideal if you are in the Knee on

Stomach position. Secure the arm by allowing your hand to trap at the wrist and the palm swell. Bend the suspect arm down, flexing it at the elbow. With your outside hand place your palm to the outside of the suspects elbow. Begin to push the elbow towards the suspect's body and rotate the hand towards the back. The suspect will begin to roll to their side and onto their stomach. Complete the technique by placing the stomach into a prone position.

9. **Bridging:** When the officer is in the supine position and the suspect is in the superior position straddling the officer's torso. The officer places both of his feet on the ground about shoulder length apart. If possible, the officer should bring his feet up to the suspect's feet. If he cannot the technique will still work. The officer puts his hands in front of his face with his elbows in tight keeping the suspect from moving up his body. The officer will violently raise his hips into the air as he arches his back. The small of the officer's back should be off the ground causing his shoulder blades to be supporting most of the suspect's weight. As this movement is done the officer will look to the side where he wants to launch the suspect to

IX. PRACTICAL APPLICATION TEST

- A. Techniques that will test the student on the Carotid Restraint Control Hold
1. Takedown to Carotid
 2. Application of the Carotid
 3. Release, to Prone Control
 4. Post Carotid Care
5. Escape from a seated Carotid Restraint Control Hold
- B. Techniques that will test the student on basic Ground Control Techniques
1. Sprawl
 2. Ankle Break Down
 3. 2 on 1 Rockout
 4. Crank Over

X. HEALTH CHECK