

Corona Police Department Arrest & Control (PSP) Training

SAFETY PROCEDURES

GENERAL PROCEDURES:

Emergency and health information: Students should know where to find the first aid kit, telephones, and drinking water. They should also be aware of the location of restrooms and disinfecting procedures for training mats.

Identify pre-existing medical restrictions. Students involved in training should report any medical conditions, injuries, or physical limitations which might potentially affect their ability to perform the techniques safely. The Supervisor in charge of the training will evaluate the extent of the injury and determine whether to eliminate them from training for their safety, or whether to allow them to continue in a modified manner.

Pay attention to the instructor. The instructor's explanations have to do with the correct application of the techniques as well as safety precautions for the technique or exercise.

During the class, limit your activities to only those techniques or exercises being taught. There is a lot of material to be covered in a short time and your physical performance skills will be evaluated. It is vital for you to pay attention in order to develop an acceptable level of skill and knowledge to pass this course. Failure to achieve an acceptable skill level will result in course remediation.

Do not experiment. If you have a question about a technique or exercise, ask the instructor. Variations of the techniques could cause injury or result in ineffective techniques. The instructor will not tolerate experimentation and/or horseplay.

Begin with slow application. Apply techniques and exercises slowly at first. Make certain your muscles are ready to make those particular movements. Slow application is important to learn proper control and execution of a technique. Develop good form. Attempting to apply techniques with speed and power before learning the correct application may result in an ineffective, even dangerous, technique.

Wear recommended safety equipment.

Report injuries to the instructor immediately.

Do not bring firearms, ammunition, knives, tasers or chemical agents into the training environment. When wearing your duty leather/nylon gear, there should be no weapons or ammunition other than your handcuffs and baton on your duty belt. There will be a weapons check at the beginning of each class.

Bring potentially hazardous situations to the attention of an instructor immediately.

Follow your instructor's directions in all cases.

WHEN WORKING WITH A PARTNER:

Start slow and use control. Make certain that both partners understand who is applying and who is receiving the technique. All techniques should be applied with control.

Offer only passive resistance. The partner being worked on should offer only passive resistance. Protect yourself from injury and help your partner learn the technique properly by giving with the pressure. This applies to all techniques that you practice.

Do not anticipate or counter applications of the techniques. Doing so may cause injury to one or both partners and only serves to impede the learning process. Since the person being worked on knows what to expect and since the technique is being applied slowly, it may be possible to counter or escape the technique without force. Avoid this pitfall, cooperate, and learn. If you have any questions about the effectiveness of a technique, consult with the instructor.

Use a slap release or yell "Stop!" to indicate pain or excessive pressure. If you feel pain or excessive pressure when a technique is applied, slap the mat, yourself or your partner to make a slapping sound. The partner applying the technique should release pressure **immediately.**

Train seriously. Train with a serious attitude and a sense of obligation to help your partner and others learn.

CONTROL OF THE TRAINING SITE:

Indoor mat room facilities: Only those students registered as participants or instructors should be allowed in the training environment (on the mats). Any visitor, administrator or other non-participant should be directed to an area outside the immediate training area.

Turn off or place cell-phones and pagers to vibrate. These items may be only be used during scheduled break times.

FIRST AID AND MEDICAL EMERGENCIES:

Report any injuries to the instructor immediately.

A first Aid kit is available for minor injuries such as scratches, minor cuts, etc.

Any student who requires medical aid beyond the scope of the instructor(s) will be treated by the Corona Fire Department/Paramedics, Corona Regional Hospital, Riverside Community Hospital or any appropriate medical facility as dictated by the circumstances of the emergency.

CORONA POLICE DEPARTMENT

~TRAINING SAFETY POLICY & GENERAL GUIDELINES ~

It shall be the policy of the Corona Police Department to conduct all training in such a manner as to promote an attitude of safety among instructors and students alike. Concern for safety is contagious and can only result in a reduction of risk.

The efforts of all personnel involved in training shall be directed toward ensuring a safe atmosphere within which maximum training benefit can be realized.

I. STAFF/ADMINISTRATIVE RESPONSIBILITIES

A. The training staff shall provide advance notice to prospective trainees (and their agencies where applicable) regarding anticipated physical demands and/or physical performance expectations.

B. Instructors shall be provided with a copy of the specific safety guidelines pertaining to their course of instruction prior to the commencement of their class.

C. The training staff shall ensure that emergency communications (phone, radio or other means) are accessible at all training sites.

D. At least one member of the instructional staff, either directly involved in the training event or immediately available at the training site, shall be trained in first aid and CPR.

E. Student emergency notification information will be maintained at the Corona Police Department.

F. When planning a training event, the training staff shall identify which medical facilities and emergency services are available or subject to call in the event of an emergency or student injury.

II. INSTRUCTIONAL STAFF-TO-STUDENT RATIOS

A. Instructional staff-to-student ratios for each psychomotor skill area have been established. (The span of control ratio for each instructor will normally be 1 trainer per 5 students) Factors considered in establishing these ratios included, but were not limited to:

- ▶ the intensity or pace of the training experience
- ▶ student familiarity with the material
- ▶ characteristics of the training site
- ▶ injury potential
- ▶ active versus passive participation

B. For the purposes of establishing an instructional staff-to-student ratio, the following personnel titles and descriptions are viewed as exerting functional supervision over students in training:

- ▶ Training Specialists
- ▶ Defensive Tactics Instructors
- ▶ Firearms Instructors
- ▶ Other instructors as designated by the training sergeant

C. Reassessment of the staff-to-student ratio will be initiated when curriculum changes are proposed or when course structure is otherwise modified.

III. INSTRUCTOR RESPONSIBILITIES

A. The primary instructor or designee shall be responsible for conducting safety inspections of students and facilities used for training.

B. Instructors should be aware of environmental factors such as weather or air quality and adjust the instruction as necessary.

C. The primary instructor or designee shall verbally review specific safety rules with students.

D. Specific safety rules shall be incorporated into lesson plans. A copy of the safety rules, either in writing or verbally, will be distributed to students as part of the course handouts.

E. Instructors shall adhere to the expanded course outline as submitted to P.O.S.T. Instructors shall also adhere to their lesson plan as approved by the Corona Police Department Personnel and Training Commander.

F. Instructors shall display an attitude of safety and a professional demeanor at all times.

G. Instructors shall advise students of their responsibility to report and/or stop unsafe actions during training.

IV. STUDENT RESPONSIBILITIES

A. Students shall immediately notify the primary instructor of any known pre-existing medical condition which is likely to be aggravated by, or effect performance during training.

B. Students shall be excluded from training when doubt exists as to the student's medical fitness unless evidence of medical or physical fitness is provided.

C. Students shall immediately notify a member of the training staff of any injury sustained during training.

D. Students are responsible for adhering to all safety requirements of individual courses.

V. RESPONSE TO INJURIES

A. In the event of an injury, the following actions shall be taken as necessary:

1. Render First Aid

2. Obtain appropriate medical assistance. In all cases where a student loses consciousness, an evaluation shall be sought from a competent medical authority before the student is allowed to return to training.

3. Initiate student emergency notification information and agency notification requirements.

4. Investigate and complete an accident report using CPD approved reporting procedures.

B. Students who sustain an injury which requires treatment by a physician must obtain a medical release before they will be allowed to resume training.

VI. COURSE-SPECIFIC SAFETY RULES

A. Specific safety rules for each domain taught will be covered prior to each course offered. Specific rules vary due to difference in subject matter, tasks to be performed and the particular training environment or site.