

Manhattan Beach Police Department  
ARREST AND CONTROL (PSP)  
Safety Guidelines

A. Facility Guidelines

1. The risk of injury can be reduced dramatically by training in a suitable location. Training mats or carpeted areas will be used to provide minimal risk of student injury. Training mats shall be connected side-by-side or end to end to avoid injury. Exceptions to this may be for scenario training that cannot be confined to indoors. Also, outdoor training areas that offer sufficiently reasonable cushioning may be used during warm weather.
2. The training facility must be of adequate size for the number of students.
3. Environmental factor shall be considered when selecting a safe training location. Indoor facilities shall have adequate lighting and proper ventilation. Adequate cooling capability and hydration systems shall also be considered.
4. The training site shall be reasonably free from outside distractions.

B. Equipment Guidelines

1. Students shall be required to meet clothing and footwear standards established by the presenter. Clothing shall allow for flexibility of movement. Students wearing glasses shall use shatter resistant lenses and eyeglass retainers for impact weapons training and gloves shall be made available.
2. A pre-training inspection will be conducted by the instructional staff to ensure students have correct clothing and equipment.
3. Equipment used for training shall be cleaned regularly.
4. The instructional staff shall conduct periodic equipment inspections to ensure their safety and suitability.
5. Presenters shall provide or require specific safety equipment for any high intensity or full contact training.

C. Instructor Qualifications

1. Instruction will be provided by POST certified defensive tactics instructors only.

D. Instructional Staff-to-Student Ratios

1. Generally, an adequate student to instructor ratio is six to one. A different ratio may be appropriate for instructor level training, refresher training or introductory training for example.
2. Presenters shall consider reducing the instructional staff-to-student ratio when high risk techniques are involved. Intense supervision shall be considered when teaching certain high risk training

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techniques such as "combat-high stress scenarios" or take-downs for example.

E. Presentation Guidelines

1. Instructors shall maintain an appropriate level of discipline over students at all times. A professional atmosphere shall be maintained where all rules of conduct are abided by. Overly aggressive students shall be identified and corrective steps taken to ensure student safety.
2. Instructors shall be made aware of physical fatigue factors that affect the ability of the student to perform safely. Instructors shall be aware that long periods of training, environmental conditions or other factors could unduly fatigue students and increase injury potential.
3. Strenuous exercise shall be avoided during periods of poor air quality in accordance with Air Quality Management Board guidelines.

F. Specific Safety Rules

1. Minimum conditioning guidelines for in-service training shall be considered whenever defensive tactics and arrest control techniques training is included.
2. Complete warm-up and stretching exercises shall be conducted prior to commencement of training. This also should be done periodically throughout the day if the training period is broken into workout and class lecture sessions.
3. A systematic physical cooling-down and stretching will be initiated at the conclusion of training.
4. Each technique should be divided into two phrases. By practicing these two separately and then in sequence, the technique can be mastered with comparative safety.

FIRST PHASE - This consists of all steps or maneuvers and actions necessary to place your opponent in a position where the techniques can be applied (takedowns, strikes, pressure, etc.)

SECOND PHASE - This consists of actually executing the technique.

5. Slow application - the person performing the technique should always apply the pressure slowly and be extremely careful to

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simulate the striking of all blows. The slow application of pressure allows his/her partner to give with the pressure and thus avoid being injured. Once the mechanics have been mastered, the first phase can be practiced at "full speed".

6. Minimal resistance - the person being "worked on" should offer only passive resistance during the first phase only. He/she should permit his/her partner to execute the techniques, and he/she should always be ready to "give with the pressure". Acts of resistance during the first phase not only lead to injury, but prevent the initial learning of correct technique application.
7. Be aware and minimize the possibility of hyperextension of joints in the application of control techniques.
8. The individual being "worked on" should indicate excessive pressure or pain with a "slap" release which indicates to the individual applying the technique that he/she has reached a point where he/she should stop.
9. Pull all blows and kicks - all blows and kicks should not be delivered with full power force, but pulled at the last moment to prevent injury to your partner and yourself. Full power and kicks sometimes lead to hyperextension of joints until the students learn the correct application and cut off procedures in delivering such blows.
10. Overexertion during physical exercise and stretching exercises should be avoided to prevent injuries initially during the class, until the student reaches a point of being able to maintain the training program requirements.
11. Always have a first aid kit on hand for minor injuries and know procedures for handling serious injuries (such as: emergency transportation availability, nearest medical facility, doctor, telephone or radio, basic first aid/CPR procedures, etc.) The Force Training Unit will have a first aid bag on-site during training. In case of serious injury, the Manhattan Beach Fire Department shall be notified immediately.
12. In the event of exposure to blood or bodily fluids, adhere to the following procedures:
  1. Stop training
  2. Address Medical Need
    - a. Assess Injury and level of first-aid response needed
      - i. Self-Aid
      - ii. Buddy Aid
      - iii. Paramedics
  3. Ascertain any continued exposure risks

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- a. Dangerous Equipment
- b. blood / body fluids on:
  - i. Training Equipment
  - ii. Training Mats
  - iii. Other Students or Instructors (If so, see #2)
- 4. Clean / Sterilize Area
  - a. Minor cases (drop of blood)
    - i. Staff addresses issue with appropriate cleaning solutions and appropriate bio-hazard disposal
  - b. Moderate to major incidents
    - i. Coordinate with EMS services
      - 1. In rare incidents also utilize outside resources (private company)
- 5. Administrative Issues
  - a. Employee Injury / Exposure Report
  - b. Supervisor Investigation into Injury / Exposure
  - c. Coordinate with Department Infectious Disease Coordinator and City HR
- 6. Implement new strategies to reduce/eliminate reoccurrence of similar incidents

**G. Student Injuries**

- 1. In the event of an injury to student or staff, the instructor or trained staff member will immediately evaluate the injury, assure the appropriate EMT response is requested and provide basic first aid.
- 2. All injuries will be reported to the Course Coordinator. If an injury requires more than basic first aid, the Coordinator will be responsible for documenting the injury on the approved online POST Student Injury Report Form and/or Agency Form <https://post.ca.gov/Regulation-1052-Injury-Report-Form>. The POST Regional Consultant shall also be notified in writing within 5 business days.
- 3. Medical Release for "Return to Training:"  
The Coordinator will document non-participation due to injury. Proof of fitness to continue training will be supplied by the student or their agency after any injury requiring EMT or M.D treatment.
- 4. Emergency Medical Treatment / First Aid  
At all times during the course, a fully stocked first aid kit shall be on the training premises. Should the need for immediate medical care arise, Emergency medical assistance will be obtained through the Manhattan Beach Fire Department by calling 911.

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A secondary number for the Manhattan Beach Fire Department is  
(310) 802-5202