



POLICE DEPARTMENT GENERAL ORDER

Subject: Hands Free Control

Order No: 208

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208 Policy

The Agency authorizes members to act within the scope and guidelines of the Use of Force policy **GO 201**. This policy identifies authorized hands-free control techniques.

208.1 Authority

- A. Approved Training – Authorization to use specific hands free control techniques will be granted to First Responders and Desk Booking Officers who have successfully completed the Agency approved training course in accordance with Training General Order **GO 405**.
 - 1. Training will include instruction in the Use of Force GO 201, this directive, and demonstrated proficiency in the use of hands free control techniques.
 - 2. First Responders and Desk Booking Officers are required to receive once calendar year refresher training at minimum in hands free control techniques.

208.1 Authorized Use

- A. Primarily Non-Deadly - Hands free control techniques are considered non-deadly force but may be used in deadly-force situations, if necessary.
- B. Type of Control/ Level of Force
 - 1. Pressure Points - Pressure points are pain compliance techniques that force a subject to comply with an officer as a result of the officer inflicting controlled pain upon specific points on the subject’s body. Pressure points include the following locations on a body:
 - a. Hollow behind the ear
 - b. Base of the throat
 - c. Hollow behind the collarbone
 - d. Under the jaw line
 - e. Side of the neck
 - 2. Nerve Motor Points - Nerve motor points are striking areas that cause temporary nerve motor dysfunction. Approved locations on a body include the following:
 - a. Shoulder pocket

- b. Inside of forearm
 - c. Inside of thigh
 - d. Top of calf
 - e. Top of forearm
 - f. Outside of thigh
 - g. Bottom of shin
 - h. Top of shoulder
3. Countermoves - Are considered a response to a subject's resistance. Countermoves are techniques that impede a subject's movements toward an officer or others, such as: blocking, striking, distractions, kicking, parrying, dodging, weaving, redirecting or avoiding, followed by appropriate controlling techniques. These techniques include escape maneuvers and ground defenses.
4. Strikes - Some strikes may be used as distraction techniques. Distraction is a technique that interrupts the subject's concentration so that energy is redirected from the current focus. Distraction techniques can be used to gain space when you are held in a close-quarter body hold and can assist in applying other defensive tactics such as takedowns and transporters. Approved strikes include but are not limited to the following approved techniques:
- a. Palm heel
 - b. Vertical punch
 - c. Angle kick
 - d. Hammer fist
 - e. Front kick
 - f. Knee spike
 - g. Forearm strike
 - h. Punches
 - i. Elbow strike
 - j. Backfist strike
 - k. Back kick
 - l. Side kick
 - m. Head butt
 - n. Foot stomp
 - o. Shin scrape
 - p. Knuckle strike
- *Note - Any strike can be use in certain situations as a distraction.
5. Blocks - Blocks are designed to thwart a subject's aggressive action. Although many blocks are instinctive to subject actions, the Agency also approves the S.P.E.A.R. block.

- a. SPEAR Block - The S.P.E.A.R. Block is a defensive center mass – diagonal across the chest - block.
 - Position your forearms just outside 90 degrees (referred to as the 90-degree rule).
 - Open hand versus closed hand. The open hand is stronger than the closed hand because of the extensor muscles being stronger than retractor muscles (extension versus constricting).
 - Head position - lowering the head allows your axis to be in a forward position. This position also helps protect your head because of the positioning of the arms.
 - Cross Check Theory - the striking surface for the officer is the area between the ulna (wrist) and the elbow allowing for a larger striking surface. The force administered should be equal when using both forearms (full SPEAR). The lead arm should be positioned at eye level with the backhand near the face.
 - Safety and Ideal Point of Contact - Center mass diagonal across sternum and pectorals. Keep in mind closest weapon, closest target (CWCT).
6. Transporters - Transporters are techniques used to control and/or move a subject from one location to another with minimum effort by the officer in order to gain and retain control over the subject. Approved transporter techniques include the following:
 - a. Escort (Straight-arm resistance)
 - b. Elbow up
 - c. Shoulder lock
 - d. Bent wrist
 - e. Hammerlock
 - f. Horn come-along hold
 - g. Z-arm control hold
7. Escape Techniques - The Agency trains officers in techniques to escape/disengage a subject who has applied commonly used restraint mechanisms. Some restraint mechanisms commonly applied on officers by subjects include:
 - a. Extended Rear Choke
 - b. Rear Body Hold (under arms, over arms)
 - c. Front Body Hold (under arms, over arms)
 - d. Football Tackle
 - e. Head Lock
8. Takedowns - Takedowns are techniques that redirect a subject to the ground, in a controlled manner, in order to limit a subject's physical resistance and to

facilitate the application of restraint devices. Approved takedowns include the following:

- a. Escort
 - b. Elbow up
 - c. Bent wrist
 - d. Inside wrist
 - e. Outside wrist
 - f. Two hands on one wrist lock.
9. Ground Defense - Ground defenses are used to escape or stall a subject's aggressive behavior if they succeed in getting officers off their feet and on the ground. Countermoves, if this happens, include but are not limited to the following:
- a. Wiggle defense
 - b. Side rotation
 - c. High mounted rest
 - d. Side headlock escape
 - e. Paint brush
10. Weapon Defense - Weapon defense involves officer responses to a subject attempting to take the officer's weapon or a subject is armed with a handgun, edged weapon or other improvised weapon. Techniques used include, but are not limited to the following:
- a. Evade, cover, and escalate - Officer evades the attack, seeks a barrier between attacker and himself, or if no barrier between he and attacker, utilizes front kicks or hand/arm blocks to disrupt the attacker. Officer escalates to deadly force options (firearm).
 - b. Hand gun assault (front and rear) - Officer, when assaulted with a handgun, executes hands free handgun extraction technique.
 - c. Edged weapon assault (slash, downward thrust, center mass thrust) - Officer steps off the line of the attack, grabs attacker's upper wrist/lower forearm area of the hand holding edged weapon, and executes arm bar or wrist lock disabling technique.

203.8 Unauthorized Techniques

Prohibited Lateral Vascular Neck Restraint and Choke Holds - Neck restraints of any type are not department approved **unless** the officer is in a deadly force situation and the officer deems it necessary to use a neck restraint to defend himself, or another officer or person, from an imminent, life threatening situation and no other technique or weapon is available to the officer.

208.4 Documentation and Review

Refer to **GO 201**