

SECTION **2**  
**Officer Safety Procedures**

**2.1 – 2.3**    **COMPETENCY REQUIREMENTS**

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**In this section:**

- [2.1](#)    Contact and Cover
- [2.2](#)    Body Armor
- [2.3](#)    Officer Survival

**SECTION 2 OFFICER SAFETY PROCEDURES**

- Phase 1    Phase 2    Phase 3    Phase 4    Phase 5

Trainee \_\_\_\_\_ FTO \_\_\_\_\_

**2.1 CONTACT AND COVER**

**2.1.01 Contact Officer Tactics and Responsibilities**

The trainee shall explain and safely demonstrate contact officer tactics and responsibilities, including:

- |   |  |
|---|--|
| <p>A. Primary responsibility dealing with the situation, suspect(s), victim(s), witness(es), and reporting party(ies)</p> <p>B. Documenting incident information (reports, field interviews (FIs), etc.)</p> <p>C. Performing pat down and custody search of suspect(s)</p> | <p>D. Issuing all citations</p> <p>E. Recovering evidence and contraband</p> <p>F. Handling routine radio communications</p> <p>G. Relaying pertinent information to cover officer and medical personnel</p> |
|---|--|

Reference(s):

	Received Instruction		Competency Demonstrated		How Demonstrated?	Remedial Training		How Remediated?
	Signature	Date	Signature	Date		Signature	Date	
FTO:					<input type="checkbox"/> Field Perform <input type="checkbox"/> Role Play <input type="checkbox"/> Written Test <input type="checkbox"/> Verbal Test			<input type="checkbox"/> Field Perform <input type="checkbox"/> Role Play <input type="checkbox"/> Written Test <input type="checkbox"/> Verbal Test
Trainee:								
Comments:						Incident #: _____ Case Report #: _____ <i>(If applicable)</i>		

2.1.01 Additional References / Agency-Specific Information:

**CONTACT OFFICER**

The contact officer is the officer initiating the action who becomes responsible for conducting the contact, including dealing with the situation, suspect(s), victim(s), witness(es) and reporting party(ies). Officer safety is a primary responsibility of all peace officers at all times. The contact officer should never rely solely on the cover officer for protection. The officers may decide to switch roles if it is tactically advantageous or one officer has specialized training in a particular area, such as drug recognition, rapport with the suspect, or bilingualism.

- Responsibilities of contact officer

- o Initiating action and handling the situation
- o Conducting the essential business required, including
- ? Alerting cover officer that a weapon or contraband is located on the suspect
- ? Conducting thorough systematic pat and/or custody searches
- ? Maintaining control of the suspect
- ? Recovering evidence and contraband
- ? Recording necessary suspect or incident information
- A field interview is the temporary detention of a person for the purposes of investigating an unusual activity which reasonably infers criminal activity.
- A field interview occurs when a officer uses legal authority to either compel an individual to halt, to remain in a certain place, or to perform some act (such as walking to a nearby location where the contact officer can use a radio).
- Since a field interview is typically based on suspicious activity that relates to a crime, officers should fill out a field interview card.
- Officers initiating a field interview should maintain a detailed record of the specific facts and circumstances that justify the stop. All facts, circumstances and observations should be recorded.
- Officers shall carry and use FI cards when on patrol or conducting investigations. Anytime an officer detains a suspect and an incident report is not required, an FI card should be filled out for each subject.
- Officers shall turn in completed FI cards to the Watch Commander before going off-duty.
- ? Handling radio communication
- The contact officer is responsible for the radio communications with dispatch to advise of location and status, run subjects, and receive information.
- ? Writing traffic or misdemeanor citations
- Citations may be issued when an officer believes it is appropriate. It is essential that officers fully explain the rights and requirements imposed on motorists upon issuance of a citation for a traffic violation.
- ? Writing required incident reports
- Reports: As the officer initiating the action, the contact officer is responsible for writing all required reports arising from the contact if force is used or a crime is charged.
- ? Advising medical personnel of pertinent information (victim(s) injury(ies))
- Briefing the cover officer
- o Observations made or evidence obtained
- o Whether or not a search for weapons has already been conducted
- o The reason for the contact and suspected criminal activity
- o The contact officer's immediate plans
- o Any previous knowledge of the suspect(s) and/or an appraisal of their potential for violence
- o Any other suspicious persons or activity in the area
- Positioning
- o Avoid moving between the cover officer and the suspect(s)
- o Not place self in a position of vulnerability

## CONTACT AND COVER PRINCIPLES AND POSITIONING

The Position of interview (POI) is a position that an officer assumes whenever addressing a person during a routine questioning or during a routine exchange of information. It is usually a talking situation or an interview which may, or may not, result in a physical arrest. The officer's gun leg would be positioned to the rear. This makes the gun inaccessible to a quick grab. The feet are approximately shoulders distance apart with the officer's center line turned away from the subject in a bladed stance (do not lock the knees-keep them flexed). The officer should be approximately 8" to 10" outside of the subject's reaching/kicking range.

Position of Advantage: The POA may be approached using a shuffle pivot, progressive pivot, walking up behind the subject or by asking the subject to turn around. It is also knowing your surroundings and positioning yourself out of danger. For example: stairs, curbs, traffic, loose gravel, etc.

- Foot Movement
  - o Forward Shuffle: From the POI the officer pushes forward off of the rear leg, sliding the front leg forward, as the front leg plants, the rear leg steps up to the POI. The hand motion is similar to grabbing a rope and pulling forward.
  - o Rear Shuffle: From the POI the officer pushes back off of the front leg, sliding the rear leg back, as the rear leg plants, the front leg steps back into the POI. The hand motion is like pushing off of a wall.
  - o Right Shuffle: From the POI the officer's right leg takes a side step to the right and the left leg slides as the right leg plants. The officer should finish in a POI.
  - o Left Shuffle: From the POI the officer's left leg takes a side step to the left and the right leg slides as the left leg plants. The officer should finish in a POI.
  - o Shuffle Pivot: From the POI, the front leg steps forward and to the outside at a 45 degree angle, the front hand passes across the front of the face, from the off to the on side, the rear leg circles behind the front leg, moving the body to a POI facing 90 degrees from the original POI.

The Field Training Officer (FTO) shall evaluate the trainee's ability to safely and effectively demonstrate the responsibilities of both the contact and cover officer positions during the following scenarios:

- Calls for Service
- "In-Progress" Calls
- Pedestrian Stops
- Traffic Stops
- High-Speed Pursuits, Felony Stops, and/or Foot Pursuits

## CONTROL/SEARCHING OF PERSONS

### PERSON SEARCHES

- Arm blade cursory

The officer moves to a position slightly off set and behind the suspect. Maintaining a bladed stance, the officer places the forearm of the arm closest to the suspect just above the suspect's elbow at the triceps. The officer's free hand searches for readily available weapons. Once on side is completed, the officer moves to the other side and completes the search. If the suspect becomes resistant, the officer applies a straight arm circle down by gripping the suspect's wrist with his/her search hand and keeping pressure against the elbow. A shoulder lock to prone control finishes the technique.

- Top handed twist lock cursory

The officer moves to a position slightly off set and behind the suspect. Maintaining a bladed stance, the officer places the suspect into a top hand twist lock and brings the suspect's hand and arm behind the suspect's back. The officer's free hand searches for readily available weapons. Once one side is complete, the officer moves to the other side and completes the search. If the suspect becomes resistant the suspect's wrist is flexed as the officer's free hand grips the suspect's elbow and moves into an elongated rear wrist lock.

- Interlocked finger standing search/Standing Pat Search

The suspect has his/her fingers interlocked behind the head with his/her back to the officer, feet separated and knees locked back. The officer moves into the suspect gripping the fingers of the suspect's hand with the officer's matching hand. The officer's thumb goes under the suspect's fingers and the officer's fingers grip over the suspect's thumbs. The officer's free hand is placed in the small of the suspect's back and the suspect is bowed forward, the officer steps into the suspect's calf/knee area with the foot that's matching the pushing hand to hold the bow. The officer now searches one side of the suspect. The officer now grips the suspect's fingers on the other side starting with his/her thumb under the suspect's fingers and switching finger for finger until the grip is completed. The officer now switches sides and completes the search. If the suspect becomes resistant the officer grips the suspect's wrist on the search side with his/her searching hand and pulls down on the suspect's fingers with the other hand to bring the suspect to the ground. The officer's hand gripping the suspect's fingers now moves to the suspect's elbow as the officer pulls the suspect's hands apart with the wrist gripping hand into a crank over prone control. If the suspect pulls his/her hands over the head and starts to turn toward the officer, the officer does a reverse wrist take down to prone.

- Handcuffed standing search

From a standing handcuffed position the officer grips both locking mechanisms of the handcuffs and pushes down slightly with the palms of his/her hands. The elbow of this hand should run up the suspect's back to support the suspect. The officer's free hand completes the search on the one side of the suspect's body. The officer now switches sides and completes the search.

- Handcuffed prone search

The suspect is handcuffed in a prone position. The officer faces one side of the suspect's upper body and reaches across the suspect's back to grip the inner elbow of the arm with the officer's hand closest to the suspect's head. The suspect is rolled to his/her side as the officer searches the upper body with the free hand. The officer moves to the other side of the suspect and completes the upper body search. The officer now kneels across both of the suspect's hamstrings just above the knee with the leg closest to the suspect's feet. The officer now searches the legs, feet and groin of the suspect. The suspect is now rolled to a seated position and stood up with an elongated rear wrist lock.

## EVIDENCE COLLECTION AND PRESERVATION

### EVIDENCE COLLECTION

#### Direct Evidence and Circumstantial:

- Direct Evidence: Stands alone and based on fact, this includes physical evidence, testimony and can directly be tied to the crime. Direct evidence does not rely on assumption or inference.
- Circumstantial Evidence: Can be physical or drawn upon from deduction and provides proof through inference.

Chain of custody: The sequential order of documented possession of evidence from one person to another, including the times places and purposes of the handling, until it is offered into evidence at trial.

- Initials and star number are the most effective manner to mark evidence
- Documentation should be reported in chronological order in your report
- In the case of violent crimes such as an assault resulting in great bodily injury (GBI), or a sexual assault ISU personnel should be consulted to determine if additional technical support is required to process the crime scene.

#### Handling Evidence:

- Evidence found at the crime scene should be handled with gloves and properly booked into evidence.
- Always use latex gloves and change gloves from one item to the next
- Bio-hazardous material should be labeled on all packaging
- Label all evidence with your name star number and date before booking as evidence
- Photograph evidence all pictures should be listed in the property tab of the incident report. Originals should be booked into evidence. Copies should be sent to records. Photographs of injuries should use scale and should be labeled w/victim information, date time place and photographer.

XEROX copy of evidence is a good back-up if a camera is not available.

- Photographing evidence - “three-step approach”:
  - o Present the overall scene with overview photographs including photos of the interior and exterior in their entirety and from different angles.
  - o Present the location of evidence with mid-range photographs establishing the location and relationship of evidentiary items.
  - o Present details of the evidence with close-up photographs with and without scale such as a standard metric ruler.
  - o Writings including statements, confessions, and/or diagrams should be forwarded as part of your report in its original form as evidence. Originals are evidence and good clear copies should be included w/original incident reports that go to records.
  - o Weapons(photograph w/scale, label, document where the weapon was recovered)
  - ? Firearms should be left alone if conditions allow. CSI should be contacted in order to get the best possible latent fingerprints and/or DNA results.
  - ? Other Weapons, Jail made weapons (shanks) should always be handled carefully by the least number of staff and with gloves in order to preserve any latent fingerprints.

#### Booking evidence:

- Use correct envelope:
  - o Property for Identification Envelope for most evidence (paper bag or tag larger items)
  - o Analyzed Evidence Envelope for narcotics
  - o Money for Identification Envelope for money

**2.1.02 Cover Officer Tactics and Responsibilities**

The trainee shall explain and safely demonstrate cover officer tactics and responsibilities to include:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>A. Approach</li> <li>B. Cover positions with vehicles(s)/person(s)</li> <li>C. Position of advantage</li> <li>D. What to watch for:                             <ul style="list-style-type: none"> <li>1. Hands in pockets or otherwise concealed</li> <li>2. Weapons or contraband</li> <li>3. Hostility or anger</li> <li>4. Approach of other persons or vehicles</li> <li>5. Symptoms of intoxication or illness</li> <li>6. Potential reactions and escape</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>E. Communications with contact officer (hand signals, other verbal and nonverbal signals)</li> <li>F. Provide assistance, if needed, during arrest</li> <li>G. Provide assistance as directed by contact officer</li> </ul> |
|---|--|

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Trainee:								

Comments:

Incident #: \_\_\_\_\_  
 Case Report #: \_\_\_\_\_  
*(If applicable)*

*2.1.02 Additional References / Agency-Specific Information:*

**COVER OFFICER**

The cover officer is the officer responsible for surveillance and control of a suspect in order to free the contact officer to perform a thorough investigation. Officer safety is a primary responsibility of all peace officers at all times. The contact officer should never rely solely on the cover officer for protection. The officers may decide to switch roles if it is tactically advantageous or one officer has specialized training in a particular area, such a drug recognition, rapport with the suspect, or bilingualism.

- Responsibilities of cover officer (the cover officer’s vehicle should be positioned as to provide concealment and/or protection from passing traffic or other hazards if necessary but not in a position as to block the officers from safely performing their duties)
  - o Ensuring the suspect(s) are keeping hands out of pockets and/or otherwise attempting to conceal items (weapons or contraband)
  - o Alerting the contact officer if the cover officer notices signs of intoxication or symptoms of illness on the suspect(s)
  - o Protecting the contact officer from possible interference (e.g. onlookers or associates of the suspect(s))
  - o Alerting the contact officer that a weapon or contraband is located on the suspect

- o Maintaining constant observation of the overall situation and being aware of the possible dangers and potential interferences, such as the approach of other persons or vehicles
- o Providing a command presence to discourage hostile acts, interference from angry persons, and assaults or escapes by the suspect
- o Securing any weapons or contraband (this allows the contact officer to continue searches)
- o Preventing the destruction of evidence
- o Intervening with appropriate force to protect the contact officer if a suspect reacts violently during an arrest or at the direction of the contact officer
  - Briefing the contact officer
- o Previous knowledge of the suspect(s)
- o Observations made while approaching the scene
- o Any significant radio communications the contact officer may have missed
- o Establish hand signals or verbal cues with contact officer for communication safety purposes
- Position self in a position of advantage (POA)
  - o Have a clear and unobstructed view of the suspect(s) and the contact officer
  - o Have the best peripheral view of the surrounding areas
  - o Avoid crossfire situations between officers
  - o Control the likeliest route of escape

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#### SFSD SPU TRAINING DIRECTIVE 12.01.037: CONTROL/SEARCHING OF PERSONS

##### PERSON SEARCHES

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- Handcuffed standing search

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- Handcuffed prone search

The suspect is handcuffed in a prone position. The officer faces one side of the suspect’s upper body and reaches across the suspect’s back to grip the inner elbow of the arm with the officer’s hand closest to the suspect’s head. The suspect is rolled to his/her side as the officer searches the upper body with the free hand. The officer moves to the other side of the suspect and completes the upper body search. The officer now kneels across both of the suspect’s hamstrings just above the knee with the leg closest to the suspect’s feet. The officer now searches the legs, feet and groin of the suspect. The suspect is now rolled to a seated position and stood up with an elongated rear wrist lock.

<b>2.1.03 Roles During and After Pursuits and Stops</b>											
The trainee shall discuss the roles of the contact and cover officers during and after a pursuit, felony car stop, or foot chase. These shall include:											
A. Radio responsibilities		C. Position to assume after the vehicle or person is stopped									
B. Firearms/weapons systems		D. Officer to officer communication									
Reference(s):											
	<b>Received Instruction</b>		<b>Competency Demonstrated</b>		<b>How Demonstrated?</b>		<b>Remedial Training</b>		<b>How Remediated?</b>		
	Signature	Date	Signature	Date			Signature	Date			
<b>FTO:</b>					<input type="checkbox"/> Field Perform <input type="checkbox"/> Role Play				<input type="checkbox"/> Field Perform <input type="checkbox"/> Role Play		
<b>Trainee:</b>					<input type="checkbox"/> Written Test <input type="checkbox"/> Verbal Test				<input type="checkbox"/> Written Test <input type="checkbox"/> Verbal Test		
<b>Comments:</b>							Incident #: _____ Case Report #: _____ (If applicable)				

2.1.03 Additional References / Agency-Specific Information: SLTPD Manual section 314

**RESPONSIBILITIES OF CONTACT AND COVER DURING AND AFTER PURSUITS**

Contact Officer Responsibilities

- Conducts the business of the pullover (notifications to dispatch, responding units)
- Directs the driver and occupant(s) of the target vehicle
- Takes necessary actions related to the investigation (e.g. obtaining identification, searching suspects, etc.)

Cover Officer Responsibilities

- Protect the primary officer who is conducting the business of the pullover
- Place their own patrol vehicles in a proper position to avoid silhouetting other officers with the vehicle's headlights or other lighting equipment
- Take and maintain proper positions of cover and concealment
- Maintain their firearms at the ready, using shotguns or other weapon systems as necessary
- Maintain visual contact with the vehicle occupant(s) at all times
- Avoid crossfire situations

#### Communication between Officers

- Advising cover officer of any critical occurrences or safety issues (movement within vehicle, someone approaching outside the cover officer's field of vision, possible crossfire situations, etc.)
- Avoid inappropriate interruptions
- Avoid giving directions which conflict with those given by the cover officer
- Cover officer is normally the only person giving commands

The responsibilities for the contact and cover officers during and after a foot chase would be nearly identical to those of vehicle pursuits and felony car stops, except for the lack of an involved vehicle. Another additional consideration for the contact and cover officers is triangulation on the suspect(s) to prevent further escape.

#### Vehicle Pursuit Procedures (SLTPD 314: Vehicle Pursuits.)

- Communications:
  - o Upon notification that an SLTPD vehicle is involved in a pursuit, police dispatch will request an SLTPD sworn supervisor to come up on the air and monitor the pursuit. The pursuing sworn employee will provide police dispatch with the following information:
    - ? unit identifier;
    - ? location/direction of pursuit;
    - ? reason for pursuit;
    - ? color, make, model of pursued vehicle;
    - ? pursued vehicle's license plate number;
    - ? speed of pursued vehicle;
    - ? roadway conditions;
    - ? number of occupants in the pursued vehicle;
    - ? identity/description of occupants;
    - ? weapon(s) identified;
    - ? other pertinent information;
    - ? other agencies involved in the pursuit and/or
    - ? end location of pursuit
- Pursuit
  - o The vehicle whose driver initiated the pursuit shall be designated as the primary pursuit vehicle unless a pursuit supervisor designates another vehicle as the primary pursuit vehicle.

- o No more than three SLTPD vehicles may participate in a pursuit unless specifically directed by the SLTPD pursuit supervisor.
- o Supervisory Control
- ? The SLTPD pursuit supervisor monitoring the pursuit will coordinate with police dispatch and outside jurisdictions on the details of the pursuit.
- ? The officers involved in the pursuit shall assess risk factors associated with the pursuit and monitor the pursuit to its abandonment or termination.
- o Termination of a Pursuit
- ? The pursuit shall end when
  - The pursuit supervisor orders the pursuit to be terminated
  - Sworn employees determine that the danger involved in continuing the pursuit outweighs the goal of apprehending the individual and/or
  - The vehicle has stopped and the subject(s) is in custody.

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- Pedestrian Stops
- Traffic Stops
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## CONTROL/SEARCHING OF PERSONS

### PERSON SEARCHES

- Arm blade cursory

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- Top handed twist lock cursory

The officer moves to a position slightly off set and behind the suspect. Maintaining a bladed stance, the officer places the suspect into a top hand twist lock and brings the suspect's hand and arm behind the suspect's back. The officer's free hand searches for readily available weapons. Once one side is complete, the officer moves to the other side and completes the search. If the suspect becomes resistant the suspect's wrist is flexed as the officer's free hand grips the suspect's elbow and moves into an elongated rear wrist lock.

- Interlocked finger standing search/Standing Pat Search

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- Handcuffed prone search

The suspect is handcuffed in a prone position. The officer faces one side of the suspect's upper body and reaches across the suspect's back to grip the inner elbow of the arm with the officer's hand closest to the suspect's head. The suspect is rolled to his/her side as the officer searches the upper body with the free hand. The officer moves to the other side of the suspect and completes the upper body search. The officer now kneels across both of the suspect's hamstrings just above the knee with the leg closest to the suspect's feet. The officer now searches the legs, feet and groin of the suspect. The suspect is now rolled to a seated position and stood up with an elongated rear wrist lock.

**2.1.04 Contact/Cover Officer Positions**

The trainee shall safely and effectively demonstrate the responsibilities of both the contact and cover officer positions during the following:

- A. Calls for Service
- B. "In-progress" calls
- C. Pedestrian stops
- D. Traffic stops
- E. High-speed pursuit, felony stops, and/or foot chases

Reference(s):

	Received Instruction		Competency Demonstrated		How Demonstrated?	Remedial Training		How Remediated?
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2.1.04 Additional References / Agency-Specific Information: This will be evaluated through real-world calls for service or scenario role playing.

<b>2.2 BODY ARMOR</b>								
<b>2.2.01 Protective Body Armor</b>								
The trainee shall discuss the benefits, limitations, and characteristics of protective body armor, including:								
A. Wearing versus not wearing		C. Level of protection against firearms						
B. Types of body armor		D. Level of protection against knives and other penetrating weapons						
Reference(s):								
	<b>Received Instruction</b>		<b>Competency Demonstrated</b>		<b>How Demonstrated?</b>	<b>Remedial Training</b>		<b>How Remediated?</b>
	Signature	Date	Signature	Date		Signature	Date	
FTO:					<input type="checkbox"/> Field Perform <input type="checkbox"/> Role Play <input type="checkbox"/> Written Test <input type="checkbox"/> Verbal Test			<input type="checkbox"/> Field Perform <input type="checkbox"/> Role Play <input type="checkbox"/> Written Test <input type="checkbox"/> Verbal Test
Trainee:								
<b>Comments:</b>						Incident #: _____ Case Report #: _____ (If applicable)		

2.2.01 Additional References / Agency-Specific Information: SLTPD Manual section 1023

SFSD SPU TRAINING DIRECTIVE 02.02.006: BODY ARMOR  
 PROTECTIVE BODY ARMOR

The use of the appropriate body armor enhances survivability and is the single most effective item of safety equipment that a peace officer can use. Peace officers should remember that although body armor greatly reduces their survivability in a lethal confrontation, it should never replace proper tactics when handling high-risk incidents.

There are different levels of body armor available on the market, each providing different levels of protection. The South Lake Tahoe Police Department purchases level III-A ballistic vests with trauma plates for sworn personnel. This level of protection provides the highest level of protection currently available for concealable body armor and is suitable for routine wear in many situations. Body armor designed to protect against firearms is NOT suitable for protection against knives and other penetrating weapons.

Soft personal body armor is the single most effective piece of personal safety equipment that a officer can utilize. Soft body armor is generally rated by resistance level (IIA, II, IIIA) and resistance to non-firearm penetration (knives and other penetrating weapons). Although soft body armor aids in officer survival, it does not make a officer invulnerable. To function properly, a officer’s soft body armor must be sized to fit properly, be worn according to the manufacturer’s recommendations, allow movement and body flexibility, and be cleaned and maintained in conformance with the manufacturer’s recommendations.

Firearms are one of the most dangerous threats faced by law enforcement officers in the United States. During the past three decades, ballistic-resistant soft body armor has saved the lives of more than 3,000 police officers. Body armor is critical safety equipment that law enforcement and corrections officers need for personal protection.

NIJ establishes and updates voluntary minimum performance standards for body armor, conducts testing against these standards to ensure that body armor complies with the standards, and sponsors research to improve body armor.

NIJ's predecessor, the National Institute of Law Enforcement and Criminal Justice, began developing lightweight body armor in 1971 and testing it in 1978. Today, police body armor is one of the best-known products resulting from NIJ-funded research.

NIJ's police body armor performance standard for ballistic resistance, most recently updated in 2008, is the only national standard for police body armor. Recognition and acceptance of the NIJ standard has grown worldwide, making it the performance benchmark for ballistic-resistant body armor.

Unfortunately, there is no such thing as bullet- or stab-proof armor. However, ballistic-resistant body armor can protect against a significant number of types of handgun and rifle ammunition, and stab-resistant body armor can help protect against knives and other sharp weapons.

A study published in the *Journal of Occupational and Environmental Hygiene* found that officers who do not routinely wear body armor are 3.4 times more likely to suffer a fatal injury from a torso shot than officers who routinely wear body armor.

Protective vests for law enforcement officers include ballistic-resistant and stab-resistant body armor that provides coverage and protection primarily for the torso. Different kinds of armor protect officers against different kinds of threats. Ballistic-resistant body armor protects against bullet penetrations and the blunt trauma associated with bullet impacts. These vests include soft body armor that protects against handgun bullets and less flexible tactical armor composed of soft and hard components that protect against rifle bullets. Stab-resistant body armor protects against knives and spikes. Manufacturers also make combination armor that protects against both types of threats. When purchasing body armor, law enforcement agencies must consider the kinds of threats their officers will likely face and choose body armor with suitable properties to protect against those threats.

Law enforcement officers rarely wear protective vests that are only stab resistant. In the United States, law enforcement officers are more likely to wear ballistic-resistant armor, whereas correctional officers are more likely to wear stab-resistant armor. In other countries, such as the United Kingdom, law enforcement officers wear combination armor.

Law enforcement personnel must keep in mind that armor is categorized and rated for different threat levels. They should select the appropriate level of protection based on an officer's role. SWAT members, for example, might need body armor that offers a higher level of protection than the body armor worn for regular duty.

Firearms are one of the leading causes of deaths for law enforcement officers feloniously killed in the line of duty. Armor vests can only save lives when they are actually worn. While there is no such thing as a totally bulletproof vest, research has shown that armor vests do save lives.



**2.3 OFFICER SURVIVAL**

**2.3.01 Physical, Mental, and Emotional Conditioning**

The trainee shall identify and explain the importance of physical, mental, and emotional conditioning in officer survival, and shall understand the organizational resources available to assist in counseling due to traumatic incidents. This discussion shall minimally include:

- A. Concept of tactical retreat
  - 1. Pre-planning (mental scenarios)
  - 2. Reduction of unnecessary risks (stress management, “keeping cool”)
- B. Mental conditioning
  - 1. Will to live
  - 2. Continue to fight, regardless of odds
  - 3. Mental alertness
  - 4. Self-confidence
- C. Physical conditioning
  - 1. Agency policy on physical fitness and officer standards
  - 2. Role of good health and nutrition
- D. Weapon retention
- E. Employee Assistance Program
  - 1. Counseling through Human Resources and/or contracted professionals
  - 2. Critical incident stress debriefings
  - 3. Law Enforcement Chaplains
- F. Peer Counseling

Reference(s):

	Received Instruction		Competency Demonstrated		How Demonstrated?	Remedial Training		How Remediated?
	Signature	Date	Signature	Date		Signature	Date	
FTO:					<input type="checkbox"/> Field Perform <input type="checkbox"/> Role Play <input type="checkbox"/> Written Test <input type="checkbox"/> Verbal Test			<input type="checkbox"/> Field Perform <input type="checkbox"/> Role Play <input type="checkbox"/> Written Test <input type="checkbox"/> Verbal Test
Trainee:								

Comments:

Incident #: \_\_\_\_\_  
 Case Report #: \_\_\_\_\_  
 (If applicable)

2.3.01 Additional References / Agency-Specific Information:

PHYSICAL, MENTAL AND EMOTIONAL CONDITIONING

The will to live in officer survival involves trained responses the officer has developed through training and mental preparation. The first minute after arrival is the deadliest to peace officers. The use of contact and cover principles, in conjunction with officer safety tactics, are critical to officer survival. Physical conditioning and self-discipline through on-going training are keys to officer survival. Officers must continue the fight, regardless of the odds, when they find themselves in such a situation; failure to do so will certainly result in death or serious bodily injury whereas continuing to fight can save their life.

Mental alertness and preparation is necessary for officer survival. Officers should never assume a call is a false alarm or become complacent and overconfident in what seem like “routine” calls for service. Nothing is routine in law enforcement. Officers should prepare for the worst case scenario and have a plan for a tactical retreat in place in any given situation; these plans should be dialogued with their partner or cover officer. Being prepared for the worst reduces stress as it allows a officer to consider nearly every conceivable scenario.

Being in good physical condition and remaining up-to-date on training and current trends such as tactics, equipment and techniques will boost an officer’s self-confidence in the field, particularly when they are working as a solo unit or back-up is responding from a distance.

There are many benefits of a personal fitness program that includes regular exercise. A well designed personal fitness program can strengthen cardiovascular and respiratory systems; improve muscle strength, endurance, posture and personal appearance; enhance flexibility and reduce the risk of lower back problems; decrease the risk for chronic diseases including heart disease, cancer, stroke, high blood pressure, lung disease and arthritis; and allow tension relief and improved ability to cope with stress. Along with these specific benefits, officers should consider that most people report they feel better when they exercise regularly.

Nutrition plays a critical role in lifetime fitness. Proper nutrition provides energy for activity, supplies nutrients for body growth and repair, plays an essential part in body composition management and helps combat disease and injury. The purpose of good nutrition is to provide the body with what it needs for growth, maintenance and repair. Officers who recognize nutrition as a key part of lifetime fitness use nutritional planning to maintain or improve body composition, decrease risk of disease and injury and manage stress.

#### CRITICAL INCIDENT RESPONSE – ADMINISTRATIVE ACTION

When a critical incident occurs that may overwhelm a South Lake Tahoe Police Department employee’s usual ability to cope, the Department will ensure that the employee is given access to necessary resources (Employee Assistance Program, Peer Support Unit, Chaplains, etc.) and to ensure continuity of administrative action.

#### EMPLOYEE ASSISTANCE PROGRAM

The Employee Assistance Program (EAP) is a voluntary, confidential and no cost counseling and information program for County employees, their family members and their significant others. EAP staff are licensed counselors who provide assessment, short-term therapy (up to six sessions), referrals and follow-up for individuals, couples, families and groups regarding personal or work-related issues such as stress, work performance issues, emotional difficulties, or any other concern that becomes a problem in one’s life. The EAP staff is also available for mediation/conflict resolution sessions, workplace violence prevention and Critical Incident Debriefing following a traumatic event.

All contact with the EAP is voluntary, confidential and free. Your first appointment with an EAP counselor usually takes place within 48 hours of a phone consult. After a discussion of your concerns, your counselor will help you to identify your issues and make a plan of action to help you resolve your problems. Short-term counseling and referrals may be recommended.