



Kern County Sheriff's Office
Policies and Procedures

TITLE: TRAINING RULES, DEFENSIVE TACTICS, AND BATON		NO: M-220	
APPROVED: Donny Youngblood, Sheriff-Coroner			
EFFECTIVE: December 13, 1991	REVIEWED: 03/09/2018	REVISED: 02/06/2014	UPDATED: 03/09/2018

POLICY

DIRECTIVE A

Only defensive tactics instructors who are approved by the Training Section may train Kern County Sheriff's Office personnel in defensive tactics and use of impact weapons. All internal defensive tactics instruction will be done from an approved lesson plan and in accordance with Sheriff's Office policy, POST, and STC safety guidelines.

Students will:

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

Limit activities during class to only those techniques or exercises being taught: Lesson plans have been approved which include techniques and methods determined to be essential, effective, and acceptable. Students will be expected to perform at a standard which has been determined to be consistent with job requirements. Students will take a physical performance evaluation and written test to measure skill and knowledge.

Begin with slow application: Apply techniques and exercises slowly at first. Make certain that 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 prior to learning correct application may result in an ineffective, even dangerous technique.

Wear safety equipment: In classes where safety equipment is recommended, it will be provided.

Report injuries immediately: Report any injury to the instructor immediately.

Wear leather gear and other equipment during training: It is important that students become familiar with the location of all equipment and how it feels.

Students will not:

Experiment: Any questions about a technique or exercise, will be directed to the instructor. Variations of the techniques could cause injury or result in ineffective techniques. Experimentation and/or rough housing will not be tolerated.

Live ammunition during training: In classes involving firearms techniques, students will train with duty weapons. There will be no live ammunition in the facility where the training is being conducted. There will be no simulated or dry firing in any firearms exercise. Weapons, ammunition pouches, and other equipment inside the facility will be inspected at the beginning of each class.

Partners in exercises will:

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. Use particular care when twisting joints, applying arm bars, practicing takedowns, and training with the baton.

Offer only passive resistance: The person to whom the technique is being applied should offer only passive resistance, and give with the applied pressure. The objective is to prevent injury and to learn the proper application of the technique.

Use a slap and the word “really” to indicate pain or excessive pressure: When pain or excessive pressure is felt as a result of a control hold, a slap of the mat, or any nearby surface to cause a “slapping sound” or the use of the word “really” as in “that really hurts” is a signal that the person applying the technique should release pressure immediately.

Train seriously: Train with a serious attitude and an effort toward helping each person in the class learn.

Partners in exercises will not:

Anticipate or counter applications of the techniques: Doing so may cause injury to one or both of the 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, without force, it may be possible to counter or escape. The objective is to learn the proper application of the technique. Cooperate and learn.

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