

## **22-302: CONTROL TACTICS**

# Appendices Document

## TABLE OF CONTENTS

Teaching Concepts	Pg. 3
Student Requirements	Pg. 5
Instructor: Recommendations for Class	Pg. 6
Temporary MIST Instructor: MPOETC Requirements	Pg. 7
Academy MIST Instructor: MPOETC Requirements	Pg. 8
Reference & Contact Information	Pg. 9

## **TEACHING CONCEPTS:**

To enhance the speed of learning and to decrease the student's reaction time, physical practice sessions should be designed and taught in three sequential stages, *static, fluid, and dynamic*. (Siddle, 2005)

### **STATIC TRAINING-**

- Student is introduced to the physical components of a skill.
- Break the task into three basic components
  - Beginning
  - Middle
  - End
- Each component is practiced separately and in succession.
- The skill should be practiced in slow motion, without any simulated resistance.
- The average student should be able to attain basic technique proficiency within 25 repetitions.

### **FLUID TRAINING-**

- Second stage of practicing a physical skill
- Majority of a skills practice repetitions should occur.
- Fluid training should be restricted to 50% or less of full speed and/or power to allow the student to properly process the subcomponents of the skill.
- The student should practice the skill as a response to a specific type of resistance (referred to as the Condition/Stimulus Response Training Principle).

### **EFFECT OF STRESS-**

- In a threatening situation, stress and heart rate levels increase
- Difficult or complex tasks become harder to perform efficiently
- High or moderate levels of stress negatively affect decision-making skills
- Gross motor skills are minimally affected in stressful situations

### **KEEP IT SIMPLE – LESS IS BEST**

- An officer's reaction time increases proportionally to the number of skills to be learned in a technique.
- More time is required to process, select, and organized a response to a threat.
- With an officer's life on the line – *Simpler is Better!*

## **MOTIVATION TO LEARN**

### **STUDENT-**

- Student sees that the skill
  - will be needed in the future on the job.
  - will contribute to his/her survival.
  - makes sense.
  - will control a specific threat behavior.
  - will contribute to the survival of the officer.
  
- Students must have a positive experience in training
- Students do best with techniques that are simple to learn
  - Learned within three (3) minutes or 25 practice reps
- Students must see learning the skill is achievable for them – if it's too hard for the instructor to do – what chance do they have?
- Students must personally experience the technique when possible
- Students gain technique confidence when they have practiced enough to be competent and fluid with the technique.
- Student sees that what they have learned, is needed, they've used it on the street, and it works - shares information with others.

### **INSTRUCTOR-**

- Skills are first learned by observation of the instructor's demonstration (speed and skill level is directly related to the ability of the instructor to create a clear picture that the student can replicate.)
- Instructor should never demonstrate a technique or a skill beyond 50% in speed or power.
  - By demonstrating a skill at half speed, the student's eye will have a better opportunity to track the components of a skill. In essence, the mind's eye will have a better chance of capturing a complete picture for motor program replication.
  
- Instructor should teach each skill in three separate components
  - the beginning, the middle, and the end.
- Instructors should provide verbal feedback directed at clarifying the mental process.
- Instructor should focus on one mistake at a time.

## **STUDENT REQUIREMENTS**

- Students taking Use of Force #22-301 online will need to bring proof of completion – Certificate provide through PAVTN.
- Per normal MPOETC rules, none of the class can be missed. If you must miss a portion (i.e., for court, etc.), reschedule with another class.

### Prior to class students are expected to:

- Shower before class
- Don't wear strong perfumes or aftershave
- Trim your fingernails
- Dress comfortably for class – loose fitting clothes (BDU's, t-shirt or polo, casual footwear)
- Do not wear any jewelry in class.

### Students will need to bring the following to class:

- Chain Link Handcuffs w/ Keys
- Gun Belt w/ Cuff Case – NO LIVE WEAPONS, OC SPRAY, ECD
- Baton

**\*INSTRUCTORS SHOULD PROVIDE ABOVE INFORMATION TO ALL STUDENTS PRIOR CLASS.**

## **INSTRUCTOR: RECOMMENDATIONS FOR CLASS**

### Materials needed for class:

- Instructor Guide (Power Point version or Handheld copy)
- Student Handouts (you are responsible for making copies)
- Student Checklists
- Class Roster/ Survey form
- Practice Cuffs, Chain Link Handcuffs w/ Keys
- Batons
- Floor mats
- Lysol Disinfectant & paper towels
- White Cloth Surgical Tape (to prevent injury to wrists)
- First Aid Kit
- 3-in-1 oil
- Nail Clippers
- Water

### If you are going to use the Control Tactics PowerPoint:

- Projector
- Screen
- Computer

### Other optional equipment:

- Training Rules written on a board or Post-It type paper
- Flip Chart with handcuffing techniques listed in order being taught.
- Secure place for live weapons to be kept during class.
- Red guns to replace weapons in gun belt for students. (You will not be using red guns otherwise.)

## **MPOETC REQUIREMENTS FOR TEMPORARY MIST INSTRUCTORS**

1. Instructor's must verify that all students have taken 2022 MIST #22-301 Use of Force prior to participating in Control Tactics either by seeing a Certificate of Completion from PAVTN or receiving confirmation from the sponsoring Academy.
2. Instructor's should complete a "Student Evaluation" for each student and maintain those checklists for one (1) year from the date of the class. The sponsoring Academy and MPOETC can request to view those checklists at any time. These checklists will assist the instructor to capture overall information for the survey found on the back of the roster form (below). Students that are only observing the handcuffing techniques can assist the Instructor by filling out the forms as the class moves along.
3. Instructors will ensure that students will participate to the level of their ability. Students do not have a written or practical test. Students will get credit for the class by being present and participating to the best of their ability.
4. All students in a class must sign the "Control Tactics Roster" indicating they were present in class. Information on the form should be legible. The Roster will be turned in to the Academy to give the students credit for attending the class.  
: The Roster only has 12 spaces for student names. This is a reminder that there should be no more than 12 students per instructor. If you are using more than one roster form, that may be an indication that you need more instructors.
5. The Instructor will use the information obtained from the "Student Evaluations" (stated above) to complete the back side of the "Control Tactics Roster" for the class. MPOETC is only interested in overall stats from the class, NOT individual achievements, or lack thereof.
6. The Instructor will provide the "Control Tactics Roster" (both sides completed) to the sponsoring Academy.

## **MPOETC REQUIREMENTS FOR ACADEMY MIST INSTRUCTORS**

1. Academy MIST Instructors will comply with the above rules (given to the Temporary MIST Instructors) established for teaching the 22-302 Control Tactics course to student officers.
2. Academy MIST Instructors teaching Temporary MIST Instructors must verify that all Temporary Instructors have taken 2022 MIST #22-301 Use of Force prior to participating in Control Tactics either by knowing the course was completed just prior to the Control Tactics course, confirming through TACS, or seeing a Certificate of Completion through PAVTN.
3. Academy Instructor's should complete a "Student MIST Instructor Evaluation" for each Temporary Instructor taught. Each Temporary Instructor should be able to instruct each technique proficiently. For techniques that indicate multiple options, instructors should be able to proficiently perform at least two options (slight alterations that are in line with what their Department may use are acceptable as long as no safety issue exists with it.)

Academy Instructor's should note that the "Student MIST Instructor Evaluation" form requires their signature stating that the person they are passing can sufficiently teach the technique and can safely conduct training. A failure in any technique category or documented unsafe behavior will be considered an overall failure of the class.

All Temporary Instructors taught in a class must sign the "Control Tactics Roster" indicating they were present in class. Information on the form should be legible. The Academy Instructor will also complete the information on back side of the roster for each Student Instructor's class. **Note:** The Roster only has 12 spaces for student names. This is a reminder that there should be no more than 12 students per instructor. If you are using more than one roster form, that may be an indication that you need more instructors.

4. The "Control Tactics Roster" (both sides completed), as well as, the "Student MIST Instructor Evaluation" forms will be turned in to the Academy to give the Student MIST Instructor's credit for attending the class and becoming a "Temporary MIST Instructor." Temporary MIST Instructors will be eligible to teach Control Tactics upon passing. They will also receive a Certificate from MPOETC indicating that they are a Temporary MIST Instructor at a later date.



## **REFERENCE & CONTACT INFORMATION**

A webpage has been created for Instructor's and Academies ONLY.

You will find the following:

- ❖ Control Tactics Roster & Survey
- ❖ Control Tactics Power Point
- ❖ Control Tactics "Instructor" Pull Out
- ❖ Student Handbook
- ❖ Student Checklist
- ❖ Instructor Checklist (for Academy Instructors only)
- ❖ Handcuffing Techniques Pull Out
- ❖ Instructor Guide Appendix Pull Out

The Control Tactics information for your class will be available at the below webpage:

<https://mpoetc.psp.pa.gov/training/Pages/Curriculum-Content.aspx>

In addition, you have been provided a thumb drive with this Instructor's Guide. You will find all the above material on that thumb drive. In addition, we have provided you with a set of videos that you may use to refresh your memory when you start to teach the Control Tactics techniques that we showed you in class. We hope that this will be helpful.

General information about the Control Tactics Course and requirements to become a Temporary MIST Instructor can be found on the below webpage:

<https://mpoetc.psp.pa.gov/training/Pages/Control-Tactics-MIST.aspx>

If you have any questions about the content of the Control Tactics course, how you should teach the course to the officers/ students in your Department, or you need a resource that was lost or not provided. Please feel free to contact:

### **Jeanne Crawmer**

MPOETC Training Specialist

Retired Sergeant, West Manchester Twp. PD, York County

Phone: 717-346-7759

Email: [jcrawmer@pa.gov](mailto:jcrawmer@pa.gov)