



**N.C. DEPARTMENT OF PUBLIC SAFETY
IN-SERVICE TRAINING – ESSENTIAL JOB FUNCTIONS**

Baton Techniques, Mechanical Restraints, Controls, Restraints & Defensive Techniques

1. The trainee is expected to be capable of mentally and physically participating in baton drills requiring the trainee to properly hold the baton, and execute blocks, strikes, and releases with same. This also includes walking, reaching, jogging, bending, stretching, and squatting as well as the dexterity to twist and turn the upper torso and arms in order to execute these techniques during normal and extreme weather conditions.

CAN PERFORM

CANNOT PERFORM

COMMENTS: _____

2. The trainee is expected to stand, bend their knees, and squat down while maintaining their balance, and mentally focus on correct application of handcuffs and leg cuffs to fellow trainees without injury. This training also requires manual dexterity to work with handcuff keys and stand motionless or with very slight movement for five to ten minutes while a fellow trainee places waist chain, handcuffs, and leg cuffs on their person.

CAN PERFORM

CANNOT PERFORM

COMMENTS: _____

3. The trainee must possess emotional stability to be placed in mechanical restraints; i.e., waist chains, handcuffs, and leg cuffs for up to ten minutes as part of a restraint practicum.

CAN PERFORM

CANNOT PERFORM

COMMENTS: _____

4. The trainee must have the stamina to exercise for a minimum of 20 minutes prior to actually performing the required techniques. These exercises require that the trainee bend, twist, turn, squat, walk in place, stand, and lie on the mats, which works virtually every joint, muscle, and limb of the body, including the cardiovascular and respiratory systems.

CAN PERFORM

CANNOT PERFORM

COMMENTS: _____

5. Trainee is expected to be mentally and physically capable of hearing, comprehending, and performing the various defensive techniques and controls to the satisfaction of the instructors.

CAN PERFORM

CANNOT PERFORM

COMMENTS: _____

6. Trainee is then required to demonstrate the specific techniques on a fellow trainee. These control techniques are a series of blocks, strikes, and pressure point controls which cause pain and stunning in order to effect compliance and/or release.

CAN PERFORM

CANNOT PERFORM

COMMENTS: _____

7. The trainee is expected to execute a break fall. Break - falls should be practiced starting from lying on the back and slapping the mat with the forearms and hands, palms down at a 45 degree angle. After practicing from lying down, move to falling back from a seated position. This will allow time to practice keeping the head off the floor while slapping the mat with both hands / arms at 45 degrees. Emphasis is placed on a rocking motion to avoid abdominal strains.

The next step is from the kneeling position. With the strong knee down and the strong foot tucked behind, the officer will fall onto his / her strong side, slapping with both hands palm down at a 45 degree angle. **The officer should ensure that they fall onto their strong side to protect their weapon as well as avoid falling on their tail bone.** To recover from this position, the officer places both hands on the strong side to push themselves up.

The next position is from the crouch position. The officer will tuck their strong foot and fall down onto their strong side while slapping the mat with both hands at a 45 degree angle. Once they fall they return to a vertical base by placing both hands on the strong side to push themselves up.

The final stage is from the standing position (defensive stance). The officer will tuck their strong foot and fall onto their strong side and assume the ground defense position. At the opportune moment, the officer will recover by planting both feet, both hands on the strong side and by moving their body away from the offender / attacker.) which requires the participant to fall backwards and forward from a kneeling and standing position and quickly return to standing position. The trainee must be able to kneel, squat, and push up using both hands.

CAN PERFORM

CANNOT PERFORM

COMMENTS: _____

8. The trainee is then required to participate in ground defense which requires the trainee to be pinned down on the training mats by a classmate while trying to effect a release. The trainee is then required to perform the technique on assisting classmate. Techniques require the participant to bend, twist, squat, kneel, turn, pull, lie, sit, touch, and be touched. It requires the use of two hands in the control techniques. It requires that male and female participants search each other and work as partners.

CAN PERFORM

CANNOT PERFORM

COMMENTS: _____

PHYSICIAN'S SIGNATURE

DATE

PHYSICIAN'S NAME (PLEASE PRINT)