

Law Enforcement

Defense Tactics Training – Risk Reduction

➤ **Program Evaluation**

- Internal or contract instructor. Check references for contract instructors.
- Training provided to all new recruits
- Commit one type of training program, Avoid “PT of the day” program
- Review program outline in detail
- Review program safety/injury rate
- Develop program specific safety guidelines and require sign off or verbal acknowledgement. Ask if there are any current injuries other participants need to be aware of as part of the introduction to the safety guidelines.
- Consider alternative programs in evaluation
- Training moves practiced at 25% speed/force
- Train for varying scenarios
- Conduct on consistent basis (Quarterly)

➤ **Attendee Evaluation**

- Medical questionnaires required. Identify any past participant injuries.
- Further medical required, if indicated by questionnaire
- Evaluate if attendee is in need of further training, if so, find a proper training program for them
- Ask if there are any injuries before and after training session

➤ **Trainer Selection/Evaluation**

- Conducted reference checks
- Instructor Training of 80 hours or greater
- Observe trainer performance on a regular basis
- Require signed trainer agreement with indemnity provision

➤ **Training Facility/Room**

- Floor Mats (Use an Athletic Mat not Wrestling Mats - standard gym shoe sticks to wrestling mats)
- 1-1½ minimum thickness
- Clean after every use at the beginning of the training and after each class/session
- Shoes sticking on Mat (knee, leg & fall injuries)
- Officers required to clean athletic footwear before entering program

➤ **Clothing/Attire**

- Mandate exercise apparel
- No street clothes
- No additional participant pads used
- Athletic footwear in good condition with little wear to sole required
- Prohibit wearing of jewelry (may consider allowing some wedding rings without sharps)

➤ **Program Requirements**

- Stretch / warm-up period for all programs
- Begin with safety specifics for each move
- Stop once technique is applied / demonstrated at low intensity (25% rule)
- Lower intensity higher repetitions
- Incorporate win-win scenarios
- Officer should verbalize their actions during technique demonstrations
- Train for different scenarios
- Senior management review of any injury to determine prevention actions

➤ **Safety Officers (Trained)**

- 1 non-participating safety officer present for every 3-4 participants
- Authority to shut down program regardless of rank, All participants should be allowed to shut down training if they observe a safety hazard/issue – everyone is a safety officer
- One safety officer for each group, area or exercise
- Program safety is their only role
- Ensure all pairs know each other's past injuries
- Limit class sizes based on staff and instructors (12 or under)

Summary

Fully implement the chosen training program. Avoid changing a training technique unless it has been completely evaluated and will be implemented for the next 5 years (not a training of the day). Program should have full support of training officers and department senior leadership prior to implementation. Then drill, drill, drill on the changes and commit to the chosen techniques. Use the least amount of force as possible after the technique had been applied. Remain consistent in the language you are using, "consistent language by technique."