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b. They are materials for which the City of San Rafael does not hold the copyright or have permission to publish.

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<table>
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<tr>
<th>DATES</th>
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<th>CLASS</th>
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SAN RAFAEL POLICE DEPARTMENT

TRAINING UNIT

PHASE IV TRAINING

LOGISTICS
Students will be scheduled to a ten (10) hour work day.

TRAINING: AM (5 hours)
Firearms- Handguns, Rifle, and Baton. GUIDI

LOCATION: San Quentin Range #3

TIME: AM Class will be from 0700-1200 hrs.

UNIFORM: Class C Uniform, including gun belt and ballistic vest.
& Mouth Guard

LUNCH: A one (1) hour lunch will be scheduled around noon.

TRAINING: PM (4 hours)
SART (Sexual Assault Response Team) and BEAN &
MDIT (Multi-disciplinary investigation Team) BOYD

MCDA Victim Witness M. McDONOUGH

14601 VC Program TBA

UNIFORM: “Class C uniform, without Duty belt, will be worn during the
Classroom portion of the Class.” Arrive dressed.

LOCATION: TBA

TIME: PM Class will be from 1300-1700 hrs. Be Prompt!

OPTIONAL EQUIPMENT:
1) Water
2) Towel
3) Dry T-shirt
SAN RAFAEL POLICE DEPARTMENT

TRAINING UNIT

PHASE IV

EQUIPMENT NEEDED:

700-1200 Firearms

Class C uniform,
  gun belt and all weaponry.
Ballistic vest required.
Patrol footwear (no white tennis shoes)
Mouth Guard

1300-1700 Classroom

Class C uniform only
No ballistic vest or gunbelts required 1300-1700.
“Come to class dressed”

Note: only patrol authorized articles of clothing permitted at any training.

OPTIONAL EQUIPMENT:

1) Water
2) Towel
3) Dry T-shirt
4) SRPD ball cap (SRPD only)
5) Sun screen/lotion
SAN RAFAEL POLICE DEPARTMENT

TRAINING UNIT

PHASE IV

LOCATION: SAN QUENTIN RANGE #3
          (80° 00' 00")
          NEW CPO CONFERENCE ROOM 1300-1700
          "CITY HALL AT THE MALL"

TIME: Students will be assigned to a ten (10) hour work day.
      Class will be from 0700-1700 hrs. A one (1) hour lunch
      will be scheduled at 1200 hrs.

OUTLINE: (4 hours) FIREARMS – Handgun, Rifle
         (1 hour) Baton techniques
         (1 hour) Lunch
        4 Hours) Classroom
               SART (Sexual Assault Response Team)
               MDIT (Multi-disciplinary Invest. Team)
               14601 VC G.O., Towing program
               Stress Inoculation

POSTED
5/31
CROW
SAN RAFAEL POLICE DEPARTMENT

TRAINING UNIT

PHASE IV

EQUIPMENT NEEDED:

700-1200 Firearms

Class C uniform, gun belt and all weaponry. Ballistic vest required. Patrol footwear (no white tennis shoes) Mouth Guard

1300-1700 Classroom

Class C uniform only

No ballistic vest or gunbelts required 1300-1700. "Come to class dressed"

Note: only patrol authorized articles of clothing permitted at any training.

OPTIONAL EQUIPMENT:

1) Water
2) Towel
3) Dry T-shirt
4) SRPD ball cap (SRPD only)
5) Sun screen/lotion

5/31/99

POSTED 5/31
CROU
SAN RAFAEL POLICE DEPARTMENT
TRAINING UNIT

PHASE IV TRAINING

LESSON PLAN

700 ATTENDANCE & CLASS OVERVIEW & INSPECTION

USE OF FORCE AND WEAPONS G.O. REVIEW & TEST
BASIC RULES OF WEAPON HANDLING
(Laser rule, Master grip etc.)

0730 PC 832 Handgun Qualification

0745 Speed to Target Drills- Handgun

Course of Fire

1 yd line Holstered and Snapped (Hip Shooting)

On command: "THREAT"

Officer will draw and shoot two rounds (Double Tap), hip shooting position, lunge step back as he/she comes to a two hand shoulder position, and fire one round to the head (failure drill) then de-cock and holster. Officers will de-cock and re-holster when told "NON-THREAT". (Instructor to Demonstrate.)

Tactical Reload-Officer will be instructed to tactically re-load after firing two (2) rounds (double-tap) to the body, lunge step back as he/she comes to two hand shoulder position, shoot one (1) round (failure) to the head, then Tactically exchange magazines, come to ready gun and then de-cock/re-holster on command "NON-THREAT". (Instructor to Demonstrate.)

Emphasize: Speed to Target, Slow to Holster
Course of Fire:

5 yard line. Holstered and snapped (Point shoulder)

On command: "THREAT"

Officer will draw and shoot two rounds (Double Tap), hip shooting position, 
lunge step back as he/she comes to a two hand shoulder position, and fire one 
round to the head (failure drill) then de-cock and holster. Officers will de-cock 
and re-holster when told "NON-THREAT". (Instructor to Demonstrate..)

Tactical Reload—Officer will be instructed to tactically re-load after firing two (2) 
rounds (double-tap) to the body, lunge step back as he/she comes to two hand 
shoulder position, shoot one (1) round (failure) to the head, then Tactically 
exchange magazines, come to ready gun and then de-cock/re-holster on command 
“NON-THREAT”. (Instructor to Demonstrate..)

Equipment: (86) Ammo rnds per officer, B-27 Targets, ear/eye protection

830 RIFLE TRAINING

Review:

Range Commands and Inspection Procedure.

Course of Fire:

(Range #2, 50 yard line, B-27 Targets)

1. Positional shooting  5 rounds per position
   Standing barricade, kneeling, seated, prone.
   Check target after each 5 to see pattern

Equipment: (40) .223 rnds per officer, B-27 Targets, ear/eye protection

915 RIFLE QUALIFICATION

See attached Rifle Qualification sheet
930 BATON BASICS

BASIC DRAWS / CLOSING THE BATON
Weapon Hand
Reaction Hand

ASP STRIKES
Weapon Strike
Reaction Strike
Straight Strike

TWO STRIKING MODES
Open
Closed

TWO POSITIONS FOR STRIKING
Ready Position
Loaded Position

PRACTICE DRILLS (WITH VARIATIONS)
Bag Work, one and two man opponents

1030 COMBAT COURSE

The student/officer will start at the edge of dirt road and run up the road to the range where he will be given a practice baton. The student/officer will then confront 1 or 2 combative subjects. Baton Strikes will be delivered for 30 seconds on the subjects. The student/officer will move to the Patrol vehicle and remove the shotgun. The student/officer will give the command to drop the weapon and then they will deliver (2) BR23 bean rounds to targets from his vehicle. The student/officer will return the shotgun to the rack and secure it. The student/officer will then remove the rifle and deliver (3) rounds (2 to body 1 to head) to a target 40 yards down range. The student/officer will leave the cover of the Patrol vehicle and move quickly down range to a 1st position of cover and deliver two (2) rounds with the handgun to the body on the target. The student/officer holster and then move to the 2nd position of cover and again deliver two (2) rounds with handgun to the body on the target. The student/officer will again holster and then move to the 3rd position of cover and deliver spread fire (2 each to boy 1 each to head) with handgun to two (2) targets.

Time will start from start at the edge of road end on final handgun shot.

Deductions: 5 seconds missed shot ie: outside 7 ring.
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<thead>
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<th>Topic</th>
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6/4/99
832 PC BASIC QUALIFICATION COURSE

Logistics:
36 rounds per person
B-27 Silhouette target

3 yards -(12 shots)
Shooters will load their magazines/speed-loaders with a minimum of 12 rounds.
On command, shooter(s) must check chamber, load, and holster a loaded weapon.
On command, shooter(s) must shoot from the "hip position" a total of 12 rounds in 30 seconds. One magazine/speed loader change is required.
After the 12 rounds, the shooter will holster a loaded weapon.

7 yards - (12 shots)
On command, shooter(s) must fire from a "natural point position", (not using their sights), and shoot 12 rounds in 30 seconds. Again one magazine/speed loader change is required.
After the 12 rounds, the shooter will holster a loaded weapon.

15 yards - (12 shots)
On command, shooter(s) must fire from an “aiming position”, (using their sights), and shoot 12 rounds in 45 seconds. Again one magazine/speed loader change is required.

PASSING SCORE: 80 % = 29 OUT OF 36 HITS

HITS OUTSIDE OF THE 7 RING DO NOT COUNT !!
STAGE 1:  50 YARD LINE:  REDUCED TARGET

STANDING POSITION: [ SUPPORTED ]
[ 5 shots ]
MAGAZINE CHANGE!

KNEELING POSITION:
[ 5 shots ]
MAGAZINE CHANGE!

[ TIME 60 SECONDS ]

STAGE 2:  50 YARD LINE:  REDUCED TARGET

SITTING POSITION:
[ 5 Shots ]
MAGAZINE CHANGE!

PRONE POSITION:
[ 5 Shots ]

[ TIME 60 SECONDS ]
MAKE WEAPON SAFE!! SAFETY ON, MAGAZINE OUT,
BOLT LOCKED BACK, SLING THE RIFLE.

TARGET- Reduced [ 50 Yard range / Simulate 100 Yard range ]

TESTING:
Total rounds fired [ 20 ]
Minimum passing score: [ 80 %, 16 hits out of 20 ]
All hits in the silhouette count as one point.

DOC: FIREARMS, FA013b, 06/12/96, JSC.
Course outline for SRPD Stress Inoculation Class:

I. Compare everyday stress with critical Incident Stress
   a. Video of Officer Involved Shooting

II. Discussion of Stress' Effect on Nervous System

III. Police Culture and Its Effect on Stress
   a. Video on Police Trauma

IV. Stress as a Challenge to our World View
   a. Video on stress reaction

V. Definition of a Defusing

VI. Definition of a Debriefing

VII. Discussion of CISM

VIII. SRPD Policy on CISD's