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**SAN RAFAEL POLICE DEPARTMENT
TRAINING UNIT**



INTER-DEPARTMENT MEMORANDUM

DATE: 10/19/98

TO: CAM SANCHEZ, CHIEF OF POLICE
TOM BOYD, CAPTAIN ADMIN.
MICHAEL CRONIN, CAPTAIN PATROL

FROM: OFFICER DAVID CRON
TRAINING MANAGER / INSTRUCTOR

RE: FINAL REPORT
PHASE 1 FIREARMS /C.O.P.S TRAINING

Attached is the attendance roster for the Firearms Training Course just completed. The course consisted of, one-handed handgun shooting, precision shooting, and the PC 832 handgun qualification. This training was conducted held from 0700 - 1100 and was held at Bullseye Shooting Range. An equipment check was also conducted and completed during this training block. No injuries were sustained during this course. All officers who participated in this course qualified with their handgun.

During the equipment check, special attention was made to identify those Officers who carry a Glock Handgun. The Glock handguns were found to have a 4 lb. Trigger that allowed for a lighter trigger pull than required by the 8 lb. SRPD standard. Glock shipped the new "New York" (8lb) triggers free of charge and Mark Baradat at Bullseye has agreed to replace them. At the time of this report one (1) of the seven (7) Glock's have been updated due to the availability of "New York" trigger. This will be done A.S.A.P. The following Officers carry the Glock.

[REDACTED]

The afternoon portion, consisted of C.O.P.S. training with a 1 hour presentation by Leslie Kor from Whistlestop Wheels, a 2 hour presentation by the San Rafael Fire Department, and a short presentation by Sgt. Kelly explaining the Citizens Radar Program. The SRPD C.O.P.S. film produced by Marin 31 was also shown. During the final 2 hours of the day the P.O.S.T. video "Managing Civil Disobedience" was shown.

Officers who did not attend this course are highlighted on the attendance roster.

Overall, all officers did an excellent job.

SAN RAFAEL POLICE DEPARTMENT

TRAINING UNIT

INTER-DEPARTMENTAL MEMORANDUM

DATE: 10/22/98
TO: C. Sanchez, Chief of Police
FROM: David Cron, Training Manager
SUBJECT: **Basic Handcuffing**

Course:

The course will consist of a 1 hour block of instruction and training. The course will concentrate on the basics of SDAT, using review and practice with the officers. All fundamental training is based on this block of instruction.

Justification:

To provide the officer a continuous refresher on the basic building blocks for SDAT. The techniques taught in SELF DEFENSE and ARREST TECHNIQUES are techniques used every day by the officer. These techniques enable the officer to execute his daily duties with the greatest amount of protection available. This includes not only his physical ability, but his mental attitude and judgment in handling his assigned beat.

Objectives:

To allow each officer a physical and mental review of basic laws for effective self defense. To strengthen the officer's understanding of department techniques so he/she can work together as a team on the street. These techniques include, but are not limited to, handcuffing, foot movement, nerve stimulation, and basic control techniques. To help remind each officer of the severity of what can happen if the proper technique is not used, or used too late. In addition to the basic arrest techniques, we will also be introducing the "Hobble". This "Hobble" will be issued to each officer. The instruction will include a video from the manufacturer, and techniques on the application of the "Hobble".

A lecture will also include San Diego's "Final Report of the Custody Death Task Force" and video tape. This lecture will cover topics such as "positional asphyxia", use of force issues, maximum restraints, Carotid restraint holds, Transportation issues, and other such issues addressed by this report.

Logistics:

This training will be conducted at the Pickleweed Recreation Center. All equipment will be provided by S.R.P.D. training staff.

Instruction:

Class will start with 30 minutes of stretching exercises and warm-up. The class will then review and practice the following:

1. Handcuffing (FBI Techniques)
 - a. Standing
 - b. Kneeling
 - c. Modified wall
 - e. Prone

(con't) SRPD Phase II SDAT Training

2. Hobble Techniques
 - a. Application
 - b. Precautions
 - c. "positional asphyxia"
 - d. view video; Hobble Restraint by manufacturer

3. San Diego's "Final Report of the Custody Death Task Force".

Practical Application:

Repetitive practice and review on each section of training. First demonstrated by the instructor, then practiced by the officer ¼ speed, ½ speed and last of all ¾ speed.

Testing:

The practical drill will serve as the testing procedure. There is no minimum score to pass. This course is for training only. Any re-mediation will be done by the instruction staff or forwarded to the Chief of Police and staff for recommendation.

Author: Dave Cron at SRPD
Date: 10/15/98 2:46 PM
Priority: Normal
TO: Mail List - #Administration @ SRPD
TO: Mail List - #Patrol Sergeants
TO: Mail List - #Investigations Unit
Subject: Upcoming Phase 2 Training Dates

----- Message Contents -----

Gentleman:

Listed below are the training dates for the 1998/1999 Phase 2 training schedule. The class will be held at the Pickleweed Recreation Center in San Rafael from 0700-1700 hours. The morning session will be comprised of SDAT training. The training will be advanced ground defense, baton work, and a review of basic handcuffing techniques. In the afternoon session, the C.O.P.S. training will be a two hour block by the City of San Rafael Code Enforcement department, followed by a two hour P.O.S.T. video.

The lead instructor for this phase will be Officer David Cron. The other instructors will alternate days as secondary instructors. Only the morning session will require two instructors. From 1300-1700 hours, one of the two instructors will oversee the training. Instructors are requested to make arrangements with their supervisors for their training days.

PHASE 2
1998/1999
0700-1700 HOURS

FRIDAY	NOV. 06 INSTRUCTOR DAY
THURSDAY	NOV. 12
FRIDAY	NOV. 13
MONDAY	NOV. 16
THURSDAY	NOV. 19
FRIDAY	NOV. 20 SRT TEAM
MONDAY	NOV. 23
THURSDAY	DEC. 03
SATURDAY	DEC. 05

SAN RAFAEL POLICE DEPARTMENT

TRAINING UNIT

PHASE 2 TRAINING

COURSE OUTLINE

700-1200	PICKLEWEED RECREATION CENTER SELF DEFENSE ARREST TECHNIQUES <ol style="list-style-type: none">1. GROUND DEFENSE PART 22. PERSONAL WEAPONS3. HANDCUFFING
1200-1300	LUNCH
1300-1500	C.O.P. TRAINING <ol style="list-style-type: none">1. CODE ENFORCEMENT
1500-1700	P.O.S.T. VIDEO
1700	END OF CLASS

SAN RAFAEL POLICE DEPARTMENT

TRAINING UNIT

INTER-DEPARTMENTAL MEMORANDUM

PHASE 2

1998/1999

0700-1700 HOURS

FRIDAY	NOV. 06	<u>INSTRUCTOR DAY</u>
THURSDAY	NOV. 12	SRT TEAM
FRIDAY	NOV. 13	
MONDAY	NOV. 16	
THURSDAY	NOV. 19	
MONDAY	NOV. 23	
MONDAY	NOV. 30	
THURSDAY	DEC. 03	
SATURDAY	DEC. 05	

10/22/98

SAN RAFAEL POLICE DEPARTMENT

TRAINING UNIT

INTER-DEPARTMENTAL MEMORANDUM

PHASE 2

1998/1999

0700-1700 HOURS

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MON NOV. 30

THURSDAY DEC. 03

SATURDAY DEC. 05

LEAD INSTRUCTOR: OFFICER D. CRON

SAN RAFAEL POLICE DEPARTMENT

TRAINING UNIT

INTER-DEPARTMENTAL MEMORANDUM

PHASE 2

1998/1999

0700-1700 HOURS

FRIDAY	NOV. 06	<u>INSTRUCTOR DAY</u> 10/08 confirmed - 4 days PRC
THURSDAY	NOV. 12	
FRIDAY	NOV. 13	
MONDAY	NOV. 16	
THURSDAY	NOV. 19	
FRIDAY	NOV. 20	<u>SRT TEAM</u>
MONDAY	NOV. 23	
THURSDAY	DEC. 03	
SATURDAY	DEC. 05	

Dec 01

ASP TACTICAL BATON PARTS

TIP

**END
SHAFT**

**MID
SHAFT**

HANDLE

**HANDLE CAP
(QUESTION # 11)**

**RETAINING CLIP
ASSEMBLY**

ASP MAINTENANCE

**The ASP TACTICAL BATON should be maintained in the same manner as a firearm. The baton should be kept dry.
(QUESTION # 6)**

If exposed to water, salt air, or perspiration, the shaft should be opened and the baton dried with a soft cloth.

The HANDLE CAP should be periodically checked to make sure it is tightly screwed onto the handle.

The ASP TIP should also be checked for looseness. If the tip breaks loose, LOC-TITE should be applied to the threads to secure it to the end section.

The baton should be periodically checked for hairline fractures or excessive wear between the sections. Fractures may occur if the baton is continually opened with too much force.

RERAIRS TO BE DONE BY THE TRAINING STAFF ONLY !!!

ASP TACTICAL BATON OPERATION

The ASP TACTICAL BATON is activated by holding the HANDLE and snapping the wrist. This action causes the shaft to extend.

The sudden snap of the wrist locks the shaft in place with a friction lock.

To close the Baton, the Tip must be struck sharply and directly into a non-giving surface.

When closed, the RETAINING SPRING in the HANDLE holds the shaft , preventing its accidental extension.

The force necessary to open the Baton may be adjusted using the RETAINING SPRING inside the HANDLE.

NOTE: EXTENDING THE SIDES OF THE SPRING OUTWARD WILL INCREASE THE AMOUNT OF FORCE NECESSARY TO OPEN THE BATON.

PUSHING THE SIDES OF THE SPRING TOGETHER WILL LESSON THE FORCE NECESSARY TO OPEN THE BATON.

SEVEN COMPONENTS OF POWER

1) BALANCE-

The most basic component of power. It must be automatic, instantly fluid, present during continuous movement, and sustained as momentum increases.

2) ENDURANCE-

Primarily cardio-vascular, a rule of thumb is to run one mile a day for every three minutes of a fight.

3) FLEXIBILITY-

Rigidity presents tremendous problems during a fight. It is tied to fear, tension, nervousness and lack of confidence.

4) FOCUS-

Is the result of proper mind-body coordination and occurs when mental and physical systems compliment each other to the point of total concentration.

5) SPEED-

Is generated through continuous repetition until the technique is both mentally and physically routine.

6) STRENGTH-

The low ranking of strength in the power scale is due to the other factors which can help make it up.

7) SIMPLICITY-

Repetition of fundamentals combined with clear, systematic sequences gives tremendous power.

ASP STRIKES

There are three basic ASP strikes:(CLOSED or OPEN MODE)
(QUESTION # 13)

- 1) WEAPON STRIKE (STRONG HAND SIDE) 45% angle
- 2) REACTION STRIKE (WEAK HAND SIDE) 45% angle
Also used as a clearance strike. (QUESTION # 5)
- 3) STRAIGHT STRIKE (STRAIGHT JAB)

ASP TARGETS

There are three principle ASP TARGET AREA'S:

- 1) ELBOW (CENTER MASS of ARM) (QUESTION # 9)
- 2) KNEE (CENTER MASS of the LEG)
- 3) ABDOMEN (CENTER MASS of TORSO)

THE LAST 3" OF THE SHAFT ARE USED FOR STRIKING
(QUESTION # 1)

These areas were selected for their physiological vulnerability combined with their LESS THAN-LETHAL potential. Strikes to these areas create sensory "overload" in the assailants brain.

AREA'S NOT TO BE STRUCK DUE TO THE POTENTIAL FOR SERIOUS OR FATAL INJURY, HEAD, NECK, SPINE, MAJOR ORGANS [HEART, KIDNEY, GROIN]. IF YOU ARE INVOLVED IN A LIFE THREATENING INCIDENT, OR ONE OF THESE AREA'S IS STRUCK UNINTENTIONALLY, YOU MUST BE ABLE TO ARTICULATE IN A REPORT WHY THIS AREA WAS HIT.

BATON TERMINOLOGY

OPEN TO THE SKY- OPEN BATON IN AN UPWARD MOTION. (QUESTION # 7)

OPEN TO THE GROUND- OPEN BATON IN A DOWNWARD MOTION.

WEAPON HAND- STRONG SIDE , OR GUN SIDE. (QUESTION # 3)

REACTION HAND- WEAK HAND SIDE.

LOADED POSITION- THE BATON IS HELD IN THE WEAPON HAND AT THE POINT OF THE SHOULDER. THIS CAN BE DONE FROM THE OPEN OR CLOSED POSITION. (QUESTION # 8)

READY POSITION- BATON IS HELD BEHIND THE WEAPON LEG, OPEN OR CLOSED POSITION.

OPEN MODE- BATON IS FULLY EXTENDED.

CLOSED MODE- BATON IS FULLY CLOSED.

FIVE BASIC RULES FOR TEACHING

- 1) 90% RULE-** RETAIN 90% OF MATERIAL NOW, 10% PROBABLY ONE YEAR LATER.
 - 2) PRINCIPLE OF TEACHING TO THE 2's-**
WORK OFF OF A SCALE OF 1 - 10.
 - 3) PYRAMID CONCEPT-**
 - 4) FORGIVING TECHNIQUES-**
90% TARGET HIT, 10% MISS.
 - 5) SIMULATION-**
-

**GROSS MOTOR SKILLS vs.
FINE MOTOR SKILLS.**

BATON TRAINING FORMAT

ASP TACTICAL BATON TECHNIQUES ARE TAUGHT USING A FOUR PART, " PROGRESSIVE " FORMAT, DESIGNED TO ENSURE THAT ALL PARTICIPANTS GAIN COMPETENCY DURING THE TRAINING SESSIONS.

EACH OF THE FOUR SEGMENTS IS STRUCTURED TO SET A DELIBERATE PACE OF INSTRUCTION AS FOLLOWS:

- 1) BY THE NUMBERS:** THE FIRST PART OF THE FORMAT BREAKS THE VARIOUS TECHNIQUES INTO INDIVIDUAL STEPS OF MOVEMENT.
- 2) SLOW FOR FORM:** THIS INTERMEDIATE STEP ALLOWS THE TECHNIQUE TO BE EXECUTED AS A SYSTEM OF MOVEMENT, BUT CONCENTRATES ON FORM.
- 3) FULL SPEED AND POWER:** COMBINES THE FIRST TWO STAGES AND ADDS THE NECESSARY DIMENSIONS OF SPEED AND POWER TO THE MOVEMENT.
- 4) SIMULATION:** PROVIDES REALISTIC, JOB RELATED, DYNAMIC USE OF THE ASP BATON UNDER SIMULATIONS OF STRESS DURING A CONFRONTATION