

**Event 2 – Force Options – ARCON**  
*Session 19 – Impact Weapons Exercise Test*  
*LD 33 – Arrest and Control*

**Date Revised:** 11/06/19

**Event Goal:** To teach recruit officers when and how to use reasonable force.

**Session Goal:** To evaluate the students' competency in the use of impact weapons.

**Learning Objective:**

- Students will demonstrate the effective use of impact weapons techniques [33.X.H].

**Session Time:** 1 hour

<b>Resources:</b>	
<ul style="list-style-type: none"> <li>• Mat room/First aid kit/AED</li> <li>• Thick pads (1 per pair of students)</li> <li>• Impact Weapons Exercise Test grading sheets (1 per student)</li> <li>• Clipboards (1 per instructor)</li> </ul>	
<b>Session Summary:</b> This module will begin with a review of impact weapons techniques. Next, they will take the impact weapons exercise test.	
Outline	Instructor Notes
There is no new content in this module.	<p>➤ Warm up and stretch</p> <p><b>Review (20 minutes):</b></p> <ul style="list-style-type: none"> <li>• Cross draw/basic carry position</li> <li>• Long extended position</li> <li>• Power chop</li> <li>• Power draw/power stroke</li> <li>• Striking draw</li> <li>• Expanded strikes</li> </ul> <p><b>Run exercise test (40 minutes) – <u>Impact Weapons</u></b></p>

**Event 2 – Force Options – ARCON**  
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*LD 33 – Arrest and Control*  
**Exercise Test – Impact Weapons**

**Purpose:** This activity will evaluate the students' ability to demonstrate competency in the effective use of impact weapons.

**Description:** The instructor will first notify the class that this is an exercise test and ask if there are any final questions before the test begins. The students will then wait outside in pairs to be called in by an instructor. Each available instructor (use as many as are available) will call in a pair of students and test them individually, with one student acting as the suspect, and the other as the officer being evaluated.

The instructor will order the student to demonstrate a power draw and 2 power strokes (striking an axe handle). The instructor will then order the student to demonstrate the long extended position and a power chop. The instructor will then order the student to ring their side handle baton and demonstrate a one handed primary side strike and two handed primary side strike with their collapsible baton (on the thick pads). The instructor will ask the student what follow-up actions they should take immediately following the use of an impact weapon (seeking: first aid assessment). The instructor will use the appropriate impact weapons grading sheet to evaluate the student. After evaluation, the students will switch roles and the new officer will be evaluated in the same manner. Once both students have been evaluated, the instructor will go call another pair of students into the room for testing.

**Resources needed:**

- Mat room/First aid kit/AED
- Thick pads (1 per instructor)
- Clipboards (1 per instructor)
- Impact Weapons Exercise Test grading sheets (1 per student)

**Required Test:**

- An exercise test that requires the student to demonstrate competency in the effective use of impact weapons **[33.X.H]**.
- The student will demonstrate competency in the following performance dimensions:
  - Safety
  - Awareness
  - Balance
  - Control
  - Controlling force
  - Proper techniques
  - Verbal commands/instructions
  - First aid assessment

**Time required:** 1 hour