

**Event 2 – Force Options – ARCON**  
*Session 25 – Carotid Restraint Control Hold 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 carotid restraint control hold technique.

**Required Test:** An exercise test that requires the student to demonstrate competency in the carotid restraint control hold **[33.X.E]**.

**Session Time:** 1 hour

<b>Resources:</b> <ul style="list-style-type: none"><li>• Mat room</li><li>• Clipboards</li><li>• Carotid Restraint Control Hold grading sheets (1 per student)</li><li>• First aid kit/AED</li></ul>	
<b>Session Summary:</b> The students will demonstrate a carotid restraint control hold for evaluation.	
Outline	Instructor Notes
There is no new content in this module.	➤ Warm up and stretch  <b>Review</b> (30 minutes): Carotid Restraint Control Hold  <b>Run exercise test</b> (30 minutes) – <u>Carotid Restraint Control Hold</u>

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*Session 25 – Carotid Restraint Control Hold Exercise Test*  
*LD 33 – Arrest and Control*  
**Exercise Test – Carotid Restraint Control Hold**

**Purpose:** This activity will evaluate the students' ability to demonstrate proper carotid restraint control hold technique.

**Description:** The instructor will first notify the class that this is an evaluated activity 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 suspect will be seated and the student will begin on their knees behind the suspect. The instructor will order the student to demonstrate a carotid restraint control hold. The instructor will then ask the student what follow-up actions they should take immediately following the use of the carotid restraint hold control (seeking: check vital signs and call an RA).

The instructor should use the appropriate carotid restraint control hold 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 call another pair of students into the room for testing.

**Resources needed:**

- Mat room
- First aid kit/AED
- Clipboards (1 per instructor)
- Carotid Restraint Control Hold grading sheets (1 per student)

**Required Test:**

- An exercise test that requires the student to demonstrate competency in the carotid restraint control hold **[33.X.E]**.
- 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:** 30 minutes