

**Event 2 – Force Options – ARCON**  
*Session 35 – Hobble Restraint Device*  
*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 teach recruit officers how to use the hobble restraint device and safely transport a prisoner.

**Learning Objectives:**

- Describe common transporting procedures that maximize officer safety and prevent prisoner escape [33.IX.A]
- Describe the safe and secure positioning of a prisoner in an officer’s vehicle [33.IX.B]

**Session Time:** 1 hour

<b>Resources:</b> <ul style="list-style-type: none"><li>• Mat room</li><li>• First aid kit/AED</li></ul>	
<b>Session Summary:</b> The students will participate in a facilitated discussion on the use of the hobble restraint control device. Next, students will practice hobble restraint techniques.	
Outline	Instructor Notes
<p>I. Hobble restraint device [1]</p> <p>A. Introduction</p> <ol style="list-style-type: none"><li>1. Secondary restraint device</li><li>2. Use when handcuffs alone are not enough to gain control</li><li>3. Can be applied to the ankles, above the knees, or the elbows</li><li>4. Should always be carried with the loop in the fully open position</li><li>5. After tightening, tie a knot with the webbing</li><li>6. Never clip the hobble to the handcuffs</li><li>7. Once control is achieved, place the suspect in an upright, seated position or on their left side<ol style="list-style-type: none"><li>a. The right side is also acceptable if there are medical or tactical issues</li><li>b. Allow the suspect to straighten their abdomen and chest to allow full volume breaths</li><li>c. Once the suspect is controlled, do not leave them in a chest down position</li></ol></li></ol>	

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<p>8. If necessary, carry the suspect to a police vehicle</p> <p>9. Continue to monitor the suspect for signs of a possible medical emergency and request an ambulance if they show signs of medical distress</p> <p>B. Application</p> <p>1. Securing the ankles</p> <ul style="list-style-type: none"><li>a. Stand to the side of the suspect with your primary leg away</li><li>b. Keep the hobble fully open across your palm</li><li>c. Place both hands on the suspect's knees</li><li>d. Slide down to the ankles</li><li>e. Lift the suspect's ankles and secure them under your support side armpit</li><li>f. Cross the suspect's feet</li><li>g. Using your primary hand, encircle the suspect's feet with the hobble</li><li>h. Release the suspect's legs and simultaneously stand and tug firmly on the bronze hook</li><li>i. Use the lock and pop technique to tighten the hobble</li><li>j. Pull the hobble strap tightly against the teeth of the alligator clip</li><li>k. Make a loop knot around the alligator clip</li></ul> <p>2. Securing the knees</p> <ul style="list-style-type: none"><li>a. Untie the knot and pull the hobble to the full open position</li><li>b. Slide the hobble up just over the knees</li><li>c. Use the lock and pop technique to tighten the hobble</li><li>d. Maintain control of the bronze hook</li><li>e. The suspect may be assisted in walking with the hobble above the knees</li></ul> <p>3. Removing the hobble</p> <ul style="list-style-type: none"><li>a. Start in a standing position</li><li>b. Release the hobble and open it fully</li><li>c. Guide the hobble down and release it to the floor</li><li>d. Step on a portion of the hobble and assist the suspect out of the loop</li><li>e. Walk the suspect away prior to retrieving the hobble</li></ul>	<p><b>[B] Demonstrate and drill – Hobble</b></p> <ul style="list-style-type: none"><li>• Demonstrate</li><li>• Break down key points and common mistakes</li><li>• Drill step by step<ul style="list-style-type: none"><li>○ Start slow, one step at a time (6-8 reps per step)</li><li>○ Combine steps until the students are fluid in their technique</li><li>○ Allow students to practice on their own with increasing speed (6-8 reps)</li></ul></li></ul>
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<ul style="list-style-type: none"><li>4. Securing the elbows<ul style="list-style-type: none"><li>a. Can be used to remove the handcuffs from a violent suspect</li><li>b. Slide the open hobble over the suspect's handcuffs and up to above the elbows</li><li>c. Position the alligator clip in the center of the suspect's back</li><li>d. Tighten until the suspect cannot escape</li><li>e. Remove the suspect's handcuffs</li></ul></li><li>C. Transportation of a prisoner <b>[33.IX.A, 33.IX.B]</b><ul style="list-style-type: none"><li>1. Always search the suspect prior to transportation, even if other officers have previously searched</li><li>2. Handcuffed suspect in a caged vehicle <b>[2]</b><ul style="list-style-type: none"><li>a. Place in an upright, seated position in the back seat</li><li>b. If there are two officers, place the suspect behind the driver so the passenger officer can monitor them <b>[2.1]</b></li><li>c. If only one officer is transporting, place the suspect on the passenger side of the back seat</li><li>d. Seatbelt the suspect inside the vehicle</li><li>e. Be aware of the suspect's head when entering the vehicle, but do not push their head down</li></ul></li><li>3. Handcuffed suspect in a cageless vehicle<ul style="list-style-type: none"><li>a. If there are two officers, the passenger officer sits behind the driver and the suspect sits in the back seat on the passenger side</li><li>b. If only one officer is transporting, the suspect sits in the front, passenger seat</li></ul></li><li>4. Hobbled suspect <b>[3]</b><ul style="list-style-type: none"><li>a. Two or more officers pick up the suspect and walk to police vehicle</li><li>b. Hobble can also be moved above the knees to allow the suspect to walk</li><li>c. Place the suspect in an upright seated position in the back seat</li><li>d. Seatbelt the suspect inside the vehicle</li><li>e. Run the bronze clip out the rear door and inside the front door</li></ul></li></ul></li></ul>	<p><b>[2] Ask</b> – What is the proper procedure for transporting a handcuffed suspect in a police vehicle?</p> <p><b>[2.1] Ask</b> – What is the reasoning behind where to position a suspect during transportation?</p> <p><b>[3] Ask</b> – What is the proper procedure for transporting a hobbled suspect in a police vehicle?</p>
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f. Close both doors and do not let any portion of the hobble dangle outside of the vehicle	
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**Learning Activity – Hobble Restraint Device**

**Purpose:** ~~To teach students how to use the hobble restraint device.~~

**Description:** ~~Students will watch an 11 minute LAPD video on the policy, application, and use of the hobble restraint device. After the video, move the class to the mat room for the practical application. Students will work in groups to practice the application of the hobble.~~

~~When it is time to practice moving a suspect in and out of the patrol vehicle, move the class to the parking lot. Have 2 patrol vehicles staged in the parking lot for the students to practice sitting a hobbled suspect in the vehicle.~~

~~Conduct an overhead facilitated debrief with the whole class and answer any questions regarding the use of the hobble restraint device.~~

**Resources Needed:**

- ~~Classroom with tables~~
- ~~Mat room~~
- ~~DVD with Hobble Restraint Device video~~
- ~~TV with DVD player~~
- ~~2 patrol vehicles~~

**Key Learning Points:**

- ~~Secure the hobble around the suspect's feet with their feet crossed~~
- ~~Tie a knot with the loose end~~
- ~~Never hook the hobble to the handcuffs~~

**Time Required:** ~~40 minutes~~