

COURSE: Officer Safety Training

Lesson Title Breakaways	Duration
Trainer Personal Safety Trainers	Students Student Officers
The aim of this lesson is to Provide officers with the knowledge, protocols, understanding, skills, attitudes and behaviours in the Personal Safety Manual (PSM), with regard to the following techniques: wrist grab; inward and outward rotations; single straight arm; single bent arm; double bent arm; grab from the rear; hair grab from rear; hair grab from the front.	
Intended Learning Outcomes	
By the end of this lesson the student will be able to:	
1. Demonstrate the wrist grab, inward and outward rotations, single straight arm, single bent arm, double bent arm, grab from the rear, hair grab from rear, hair grab from the front, all in line with the current Personal Safety Manual .	
2. State the consequences of using these techniques in relation to the public's perception of the use of force.	
3. List the possible medical implications in relation to the above procedures, including excited delirium and positional asphyxia (if applicable).	
4. Apply the techniques with reference to the National Decision Model (NDM) including the use of force.	
5. Ensure the students can demonstrate the techniques to a required standard in a safe manner.	
6. Effectively demonstrate the principles of balance displacement.	
Assumed knowledge No Previous knowledge required	Students experience

Lesson Plan

Time (Mins)	Content	Outcomes	Method & Resources	Learner Activity	Assessment
	Safety Brief	Health & Safety	Didactic PSP manual Practical Exercise	Awareness Listening Participation	Question and Answer
	Warm up	Reduce Injury	Role specific activity	Listening Participation	Observation
	<p>Instructors will demonstrate:</p> <ul style="list-style-type: none"> • wrist grab; • inward and outward rotations showing both the option to take to the ground or to disengage; • single straight arm; • single bent arm; • double bent arm; • grab from the rear; • hair grab from rear; • hair grab from the front <p>Demonstrate and teach all students using Problem- Identify the problem to the students</p>	1,3,4,6	<p>2 OST trainers 1 Volunteer for some techniques. Mats Trainers must be in possession of PPE</p> <p>PSP manual Module 00 pages 00, 000 – 000 Module 00 pages 0 – 00, 00 – 00</p>	Listening Observation Participation Communicating	Observation Question and answer

Lesson Plan

	<p>Solution- Demonstrate technique to the students at pace. Breakdown– Explain and breakdown the technique and teaching points.</p> <p>Medical implications-List the possible medical implications.</p> <p>Health and Safety- Explain the points in relation to the technique.</p>				
	<p>Practice–give the students adequate practice time.</p> <p>Students will practice and apply the techniques with reference to the National Decision Model (NDM) including the use of force.</p>	<p>1-6</p>	<p>Students in pairs or groups. Mats Student acting as prisoner to remove belt</p>	<p>Listening Observation Participation Communicating</p>	<p>Observation Question and answer formative</p>
	<p>Instructors will state the consequences of using these techniques in relation to the public's perception of the use of force</p> <p>Include the importance of making detailed notebook entries and statements of evidence</p>	<p>1-6</p>	<p>Explanation: Asking Questions. Include Powers and Policy Information</p>	<p>Listening Observation Participation Communicating</p>	<p>Observation Question and answer</p>

Lesson Plan

	Debrief	1 -6	Clear up any ambiguities Question and answer Debrief	Listening Observation Participation Communicating Ask Questions	Observation Listening
	Close				