

COURSE LESSON PLAN

Instructor(s)	
Subject	Institutions: Use of Restraints
Instructional Time	8 Hours
Number of Trainees	16
Room Set-up	Classroom set-up/Mat Room
Equipment	Projector, Laptop, Cleaning Supplies for the Mat Room.
Handouts	Policies: 951, 952, 953, The Wrap Restraint Device Manual, WIC Sec. Code 222
Testing	Practical Skills of Mechanical Restraints, Multiple Choice Test-The Wrap Restraint Device(21)

COURSE SUMMARY: This course is designed to update the skills and knowledge for Probation Corrections Officers and Supervising Probation Officers assigned to the institutions in the use of Physical Restraints. During this course, students will identify and review department policies, and address issues and concerns relating to the Use of Restraints at the juvenile facilities. The students will review and demonstrate the proper application of waist chains and shackles, handcuffs, spit hoods/masks, and The Wrap Restraint Device. They will also need to show proficiency and pass a practical test on the application of physical restraints.

COURSE OBJECTIVES: (Use action verbs that describe observable behavior, i.e. identify, demonstrate, label, write, explain, describe.)

- a) Explain the Department Policy and Procedure regarding the Use of Physical Restraints at the juvenile facilities.
- b) Review current case law and potential liability when applying physical restraints on youth in the juvenile facilities.
- c) Demonstrate the proper application of handcuffs, shackles and waist chains.
- d) Demonstrate the proper application of the Wrap Restraint Device.

Teaching Methods:

Lecture	Group Discussion	Evaluation
Demonstration	Test	
Group Exercise	Audio/Video Clip	Trainee Practice

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Time	Objective / Purpose	Teaching Method	Trainer
0800-0805	<p><u>Introduction</u> Instructor will introduce course title: Institutions-Use of Restraints PowerPoint Slide #1</p> <ul style="list-style-type: none"> ✓ Review break up of class: <ul style="list-style-type: none"> • 1st half is power point review/Mechanical Restraint review • 2nd part of class will consist of testing & review the Wrap Restraint Device. <p>Have students introduce themselves; Place of work, yrs. Experience, current assignment.</p>	Lecture	
0805-0810	<p>Instructor will discuss with students Policy 951.1.1 Definitions-PP#2/Policy Review</p> <ul style="list-style-type: none"> ✓ Instructor will read: “Restraint devices include any devices which immobilize a youth’s extremities and/or prevent the youth from being ambulatory. Department authorized restraint devices include handcuffs, shackles, waist chains and the Wrap. These devices are designed to be attached to the human body to limit mobility and/or restrict movement”. 	Lecture Group Discussion Audio/Video	

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0810-0815	<p><u>PP #3/Policy Review</u></p> <p>✓ Instructor will inform class that this power point/discussion section will review the County of Riverside Probation Department Policy that addresses Use of Restraints. They are:</p> <ul style="list-style-type: none"> • Policy 951-Use of Physical Restraints • Policy 952-Use of Restraints for Movement/Transportation • Policy 953-Physical Restraints of In-Custody Youth Appearing in Court <p>**Inform class that they are responsible for each policies in its' entirety to ensure that they are operating within department policy**</p> <p>PP#4Policy Review: Title 15</p> <p>✓ Slide 4- Title 15 definitions of <i>Direct Visual Observation</i> and <i>Direct Visual Supervision</i>.</p> <p>Instructor will review with students the definition (listed on the power point). Ask students to give examples of each definition as it applies to the institution setting.</p>	Lecture Group Discussion Audio/Video
0815-0820	<p><u>PP# 5-6 Policy 951-Use of Restraints</u></p> <p>Instructor will review with students the following slides/notes for Policy 951:</p> <p>✓ 951.3 Physical restraints may only be used for those youth who:</p> <ul style="list-style-type: none"> • A. Present an immediate danger to themselves or others; • B. Exhibit behavior which results in the destruction of property; • C. Reveal the intent to cause self-inflicted physical harm; and/or; • D. For the purposes of transportation(Policy 952) <p>Instructor script: “Physical restraints shall not be used as punishment or discipline, or as a substitute for treatment. The use of restraint devices that attach a youth to a wall, floor or other fixture, including a restraint chair, or through the affixing of hands and feet together behind the back (hogtying) is prohibited.</p> <p><u>PP#7- Considerations prior to using restraints(Policy 951.4);</u></p>	

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- Should only be utilized when it appears less restrictive alternatives would be ineffective in controlling the disordered behavior.
- Staff have an affirmative responsibility to do everything possible to de-escalate situations and avoid the use of restraints whenever possible.
- D.O. shall be notified verbally prior to restraints being applied. If not, verbally notify D.O. immediately after restraints have been applied.

PP#8: Use of Physical Restraints(Policy 951.5)

- Physical Restraints shall be applied by more than one staff member when possible, generally three or more.
- Restraints shall be carried in a department-approved restraint case.
- When applied, continuous direct visual supervision shall be conducted, ensuring safety and well-being of the youth.
- Physical restraints shall be double locked to prevent tightening and check for fitness.
- Staff shall treat the youth being restrained with as much dignity as is consistent with safety and security.
- Staff that physically applied and/or removed restraints should document the time(s) the restraints were applied and or removed, in an incident report in JAMS.

PP# 9- Use of Physical Restraints for Behavior Control

- Physical restraints shall not be applied for more time than necessary.
- Documentation of youth's behavior and any staff interventions shall be documented at least every 15 mins.

D.O Responsibilities

- Reasons for continued retention shall be reviewed at minimum every hour.
- Medical opinion on safety of placement and retention shall be secure as soon as possible, but no later than two hours
- Medical clearance for continued retention at least every three hours thereafter.

PP#10 951.9 Use of Physical Restraints involving Pregnant Youth

In accordance with PC Sec. 3407/6030 & WIC 222;

- During transportation or for the purpose of behavior control, all pregnant youth shall be handcuffed in front of their body. Staff shall ensure the safety of the

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	<p>pregnant youth while being escorted in restraints.</p> <ul style="list-style-type: none"> • When shall we consider a youth to be pregnant? <p>Instructor Notes: Youth are pregnant as soon as they say they are. Inform Correctional Health Services and allow for them to verify whether or not the youth is actually pregnant.</p> <p>Instructor to refer to handout, WIC Sec. Code 222- “Right To Pregnancy Services: Treatment Of Youth At Hospital Giving Birth”</p>		
0820-0825	<p><u>PP#11-13: 951.7 show slide 5 and discuss SPIT HOODS/MASKS</u></p> <p>Instructor Script</p> <p>Staff Responsibilities when applying spit mask;</p> <ul style="list-style-type: none"> • Ensure proper application for ventilation, and ensure youth can breathe properly. • Provide assistance during movement due to impairment • Avoid mixing youth wearing spit mask with other youth • Continually monitor youth • Do not leave youth attended until spit mask has been removed. 	Lecture Group Discussion Audio/Video	
0825-0830	<p><u>PP#14 Policy 952 Use of Physical Restraints for Movement/Transportation-</u></p> <p>Instructor will review and discuss</p> <ul style="list-style-type: none"> ✓ 952.4 – Staff Responsibilities <p>-Discuss 952.4:</p> <ul style="list-style-type: none"> • Youth placed in physical restraints shall be under continuous direct visual supervision until the restraints are removed. • Youth shall not be left attended while wearing any form of physical restraint. 	Lecture Group Discussion Audio/Video	

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	<ul style="list-style-type: none"> • Staff shall protect restrained youth from other youth. • Physical restraints SHALL NOT be attached to any stationary object in the juvenile facility or to any part of the vehicle during transport, unless approved by facility manager or designee. • Youth temporarily housed in a non-secure hospital ward or room, may be restrained by the use of handcuffs or shackles to the bed, with approval from facility manager. <p>Staff will maintain direct visual supervision of youth during this time.</p>		
0830-0835	<p><u>PP#15 Policy 952 Use of Physical Restraints for Movement/Transportation</u> Instructor will review and discuss:</p> <ul style="list-style-type: none"> ✓ <u>Staff Responsibilities</u> <ul style="list-style-type: none"> • Restraints shall be locked in position to prevent tightening. • Check for fitness regularly while the youth is in physical restraints. • Staff shall have in their possession keys to lock and unlock physical restraints. <p>Staff shall not bring personal restraints to their work site or use any restraints not provided by the department.</p>	Lecture Group Discussion Audio/Video	
0835-0840	<p><u>PP#16 Policy 952 Use of Physical Restraints for Movement/Transportation</u> Instructor will review and discuss:</p> <ul style="list-style-type: none"> ✓ <u>952.6 Limitations:</u> <ul style="list-style-type: none"> • Every effort shall be made to minimize the amount of time a youth remains in restraints. • The affixing of hands and feet together behind the back (hogtying) is 	Lecture Group Discussion Audio/Video	

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	<p>prohibited.</p> <ul style="list-style-type: none"> • Physical restraints shall only be used under the following circumstances for movement/transportation reasons: <ul style="list-style-type: none"> (a) Movement of youth outside facility. (b) Movement of youth within juvenile facility as directed by facility manager. (Ex. SU, BR, etc.) <p><u>PP#17 Policy 951 Use of Restraints</u></p> <p>Instructor will review and discuss:</p> <ul style="list-style-type: none"> ✓ <u>951.7 Transportation Assessment(in JAMS)</u> <p>When determining if physical restraints other than handcuffs are necessary during transportation outside the juvenile detention or treatment facilities, staff responsibilities are;</p> <ul style="list-style-type: none"> • DCO-Provide a copy of the form to the transportation unit • Transp. Officers-Prior to transportation movement, review Use of Physical Restraints form, consult with D.O. regarding needed modifications and override considerations. • T.O.-Attach copy of each U.P.R. form to the Transportation log and Vehicle Inspection form for filing. <p>D.O.-Provide approval for the use of restraints, document any override factors on Assessment.</p>		
0840-0845	<p><u>PP#18 Policy 953-Physical Restraints of In-Custody Youth Appearing in Court</u></p> <p>Instructor will review and discuss:</p> <ul style="list-style-type: none"> ✓ <u>Case Law:</u> <p>Tiffany A V. Los Angeles County Superior Court 2007 Ruling:</p> <ul style="list-style-type: none"> • "In custody youth appearing before the court shall do so without restraints unless order is made by the court for the youth to remain restrained. The DO shall be responsible for recommendations to the judicial officer. <p><u>PP#19 Policy 953-Physical Restraints of In-Custody Youth Appearing in Court</u></p> <ul style="list-style-type: none"> • Non-contact consultations with attorney, staff will remove any restraint from one hand of youth. • Prior to entering courtroom, court staff shall remove physical restraints unless court ordered to remain in restraints. • After the youth's matter is heard, the courtroom deputy shall escort the youth to 	<p>Lecture Group Discussion Audio/Video</p>	

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	<p>court staff, where they shall apply restraints.</p> <ul style="list-style-type: none"> • The removal and reapplication of physical restraints shall be unobservable from the courtroom. <p><u>PP#20-21 Policy 953-Physical Restraints of In-Custody Youth Appearing in Court</u></p> <p>✓ <u>953.5 Physical Restraints Recommended</u></p> <p>Examples which may warrant youth remaining in restraints:</p> <ul style="list-style-type: none"> • The allegations/charges against youth are serious in nature(Sec. 707 Wic) • Youth may use violence in order to affect an escape. • Youth has been physically assaultive toward staff or others. • Youth has made prior escape attempts. <p>Instructor Note: PP#21 is the Recommendation for Youth to Remain Restrained in Court Form. Review with class.</p> <p><u>PP#22 Policy 953-Physical Restraints of In-Custody Youth Appearing in Court</u></p> <p>953.6.1-Staff Response-Disruptive or physical combative youth in court:</p> <ul style="list-style-type: none"> • Notify D.O and available staff(Code Green) • Maintain security of other youth in court holding. • Available staff to respond to court room to assist deputy. <p style="padding-left: 40px;">In the event of an escape/attempt in court:</p> <ul style="list-style-type: none"> • Notify D.O. and available staff (Code Green) • Ensure security of youth in court holding. • Available staff to respond to court room to assist. <p>953.6.2- All staff shall complete an incident report if they witness or are involved in a use of force, escape attempt escape or any other incident in courtroom.</p>		
0845-0850	<p><u>PP#23 Medical Care for Physical Restraints</u></p> <p>Instructor will review and discuss:</p> <ul style="list-style-type: none"> ✓ Gousse v. City of Los Angeles No. BC252804, Superior Court of Los Angeles County, filed June 21, 2001, jury award, November 19, 2003 , <ul style="list-style-type: none"> • Should we fail to give necessary medical care, officers and their agency may be liable not only for injury sustained during the course of arrest or incarceration, but also for some types of post-release injuries. • The duty of reasonable care commences at the moment of arrest and 	<p>Lecture Group Discussion Audio/Video</p>	

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	<p>continues through the process of jail; liability may also be imposed for post release injuries suffered by police failure to provide medical care, or to perform other duty during confinement.</p> <p><u>PP#24-Medical and B.H. Guidelines:</u> Notify medical staff and D.O. when a restrained youth displays any sign of medical stress. These include by are not limited to the following:</p> <ul style="list-style-type: none"> • Neurological or muscular injury • Circulatory impairment • Dehydration • Exhaustion • Respiratory/Cardiac Collapse • Fractures • Kidney Damage • Strangulation • Aspiration(obstruction of airway) <p>Instructor Notes: Make note that under Policies 951.12 & 952.7, students can find in detail specific medical conditions that might contraindicate the use of certain restraint devices and/or techniques regarding an individual youth. Staff shall IMMEDIATELY notify on-site health care staff and the Duty Officer.</p>		
0850-0855	<p>Instructors discuss slides 25-27 in preparation for mechanical restraints instruction</p> <ul style="list-style-type: none"> ✓ PP#25- Handcuff Neuropathy PP#26-Recovery Position PP#27-Handcuff Nomenclature <p>Instructors Notes: Review the Institution DT Safety Review power point prior to taking a break. This will promote safety and caution during the application of physical restraints.</p> <p><u>Safety Brief: Admonish class on key safety points for the day.</u></p> <ul style="list-style-type: none"> • Students are to demonstrate a balance of technique and power to ensure the safety of themselves and their partner at all times • Students are NEVER to execute the techniques / moves at or near maximum power or intensity • Students are to follow the directions of instructors at all times • The key SAFETY WORD to cease all action will be “<i>STOP!</i>” 	<p>Lecture Group Discussion Audio/Video</p>	z

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	<ul style="list-style-type: none"> • Students are to cease action any time they are directed by any instructor or a partner communicates pain / discomfort • Students MUST IMMEDIATELY inform an instructor in the event of an injury • Instructors may remove / reschedule students from the class if they believe them to be an injury / safety risk regardless of their fitness for duty, medical, or worker's compensation status • Instructors may also remove / reschedule students from the class if they observe them acting in an unsafe manner. This may include: <ul style="list-style-type: none"> ○ Horseplay ○ Working ahead of instructions ○ Executing techniques recklessly (form or power) ○ Practicing unauthorized techniques ○ Not following instructors directions <p>Students removed/rescheduled will be directed to report back to their institution/worksite.</p>		
0855-0905	Break		
0905-1000	<p><u>Instructor led Warm Up:</u> Brief calisthenics/stretching:</p> <ul style="list-style-type: none"> ✓ Head to toe stretching (neck, shoulders, arms, abs, legs) ✓ Watch the students as they warm up for any signs of physical injuries or limitations (i.e. limping, grabbing a joint or limb in pain, facial expression of pain) <p><u>Leg Shackles and Waist Chains</u> Demonstrate the proper application of Leg Shackles and Waist Chains. Have the class get into pairs and practice applying the restraints on each other. Key points: (Important-Order of Application Waist Chains then Shackles. When taking off, Shackles then Waist Chains)</p> <p>Leg Shackles</p> <ul style="list-style-type: none"> ✓ Key holes toward bottom of foot ✓ Single strand facing suspects ankle. First point of contact ✓ Check for tightness <ul style="list-style-type: none"> -not as tight as handcuffs (give pinky finger size space), ankle expands when subject stands up. 	<p>Demonstration Group Exercise Trainee Practice</p>	

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	<ul style="list-style-type: none"> ✓ Double lock ✓ Check that single strand is secure Waist Chains ✓ Position chain at the waist line ✓ Pull the chain through the large loop and pull back in the opposite direction to tighten ✓ Match 2 of the small loops to make a snug fit and secure the lock through them ✓ Apply hand cuffs with key holes up ✓ Check tightness (tip of pinky finger) ✓ Double lock <u>Escorting Position</u> ✓ Inside hand, wrist lock grip <p>Outside hand, C clamp right above elbow, thumb on nerve bundle.</p>		
1000-1100	<p><u>Handcuffing</u> Demonstrate the proper application of Handcuffs (standing, kneeling, and prone). Have the class get into pairs and practice applying the restraints on each other. Key points:</p> <p><u>Standing Handcuffing</u></p> <ul style="list-style-type: none"> ✓ Have subject separate their feet, preferably toes pointed outward, bent at waist. ✓ Hands behind their back (back of palms together) ✓ Approach with hands above waist and stance bladed ✓ Secure the thumbs or grasp at small fingers ✓ Hold handcuffs in hand (if palm is facing up) with single strand facing away and keyhole up ✓ Pull up and away ✓ Align handcuffs with the shape of the subject's wrist. Single strand to the narrow part of the wrist. ✓ Apply pinky (officer's pinky) side first ✓ Check for tightness (tip of pinky) ✓ Double lock <p><u>Kneeling Handcuffing</u></p> <ul style="list-style-type: none"> ✓ Subject is kneeling with ankles crossed ✓ Hands behind their back (back of palms together) ✓ Approach with hands above waist and stance bladed ✓ Safety touch is lightly stepping on their top foot (toes) 	<p>Demonstration Group Exercise Trainee Practice</p>	

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	<ul style="list-style-type: none"> ✓ Secure the thumbs or grasp at small fingers ✓ Hold handcuffs in hand (if palm is facing up) with single strand facing away and keyhole up ✓ Pull up and away ✓ Align handcuffs with the shape of the subject's wrist. Single strand to the narrow part of the wrist. ✓ Apply pinky (officer's pinky) side first ✓ Check for tightness (tip of pinky) ✓ Double lock 		
1100-1110	Break		
1110-1200	<p><u>Prone Handcuffing/Handcuffing position</u></p> <ul style="list-style-type: none"> ✓ Secure an arm, keeping tension by holding the subject's arm with palms and fingertips facing away ✓ Subject is directed to face away ✓ Instep if foot closest to the subject's head is placed under neck ✓ Shin placed in a 45* angles across the shoulder blades ✓ Other knee carefully placed on the ground with shins parallel the subject's body ✓ Hands placed behind back ✓ Lock subject's arm in place by using thigh to lock in their elbow in ✓ Hold handcuffs in hand (if palm is facing up) with single strand facing away and keyhole up ✓ Align handcuffs with the shape of the subject's wrist. Single strand to the narrow part of the wrist. ✓ Apply pinky (officer's pinky) side first (arm that's locked in) ✓ Bring other hand to the handcuff ✓ Check for tightness (tip of pinky) ✓ Double lock 	Demonstration Group Exercise Trainee Practice	
1200-1300	Lunch		
1300-1310	<p><u>Instructor led Warm Up:</u> Brief calisthenics/stretching:</p> <ul style="list-style-type: none"> ✓ Head to toe stretching (neck, shoulders, arms, abs, legs) ✓ Watch the students as they warm up for any signs of physical injuries or 	Group Exercise	

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	limitations (i.e. limping, grabbing a joint or limb in pain, facial expression of pain)		
1310-1320	<u>Pre-test Review</u> Review tested techniques. Answer any questions students may have.		DT Instructors
1320-1400	<u>Technique Test</u> Instructor test students on techniques up to this point	Test	DT Instructors
1400-1430	<p><u>The Wrap Restraint Device Application</u></p> <p>Instructor will begin the review of The Wrap Restraint Device with a video found on the manufactures website. https://youtu.be/u6F6rO_xCu4. Video demonstrates the application of The Wrap (3-person) in real time.</p> <p>Instructor to review Use of Restraints Policy 951.8-Use of the Wrap Restraint Device.</p> <ul style="list-style-type: none"> • Instructor will review to the handouts from the morning, direct students to turn to section 951.8 of the Use of Restraints Policy- “Use of the Wrap Restraint Device. <p>Instructor will review the power point provided by Safe Restraints in its entirety with the students in the class. (Pgs. 3-13 in manual given to students) The following topics will be reviewed in class:</p> <ul style="list-style-type: none"> • Standard Application-Instructor to review steps 1-6(Pgs. 6-10) Instructors Note: Inform class that The Wrap can typically be applied by two to four staff. For training purposes, we will be practicing the Four-person application. • Medical Precautions to be aware and take into account when the decision to use The Wrap is decided. These can be found on Pg. 13 of the manual. 	Lecture Group Discussion Audio/Video	

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1430-1615	<p><u>The Wrap Restraint Device Application: (Prior to demonstration and trainee practice, Instructor will review safety briefing when working together in the application of The Wrap.)</u></p> <ul style="list-style-type: none"> • Instructors will demonstrate the application of The Wrap Restraint step-by-step, or in the order reviewed in the power point & shown in the manual. • Instructors will then break groups into even numbers (5 per group) and allow groups to practice application of The Wrap. (Instructor Note: Each student will demonstrate each role in the 4-person application from the manual) 	Lecture Group Discussion Demonstration Trainee Practice
1615-1650	<p><u>Review/Test</u> Review the application of The Wrap Restraint Device. Answer any questions the students may have</p> <p><u>Multiple Choice Test</u></p> <ul style="list-style-type: none"> • Each Student will complete “The Wrap Test”(21 Questions). Students will be given one minute per question. • When everyone has completed the test, have students exchange test with one another so that they are not correcting their own test. • Instructor will go over each question. Have students mark answers that are incorrect. • Instructor will review any answers as a group that are incorrect. Score test and have students return to instructors. Tests to be turned into Staff Development Unit. 	Test
1650-1700	<p><u>Evaluations</u> Instructor Note: Prior to the dismissal of class, check with each student for any injuries.</p>	Lecture Group Discussion Evaluations

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