



AIC Protocol

HANDCUFF TRAINING

<i>Activity</i>	<i>Leader</i>	<i>Location</i>	<i>Resources</i>
DAY 1 (AM)			
Course Introduction	Instructor	Classroom	AIC Handcuff Manual/PPT/OHP
Control Theory	Instructor	Classroom	AIC Handcuff Manual/PPT/OHP
Restraint Training Terminology	Instructor	Classroom	AIC Handcuff Manual/PPT/OHP
Restraint Concepts	Instructor	Classroom	AIC Handcuff Manual/PPT/OHP
Break			
TRAINING SESSION 1			
Warm-Up (Daily Dozen)	Instructor	Gym	Duty Gear, Warm-Up Card
Body Mechanics Pyramid Concept Movement (Step & Drag) Hand Position	Instructor	Gym	Duty Gear
Portation & Presentation Tri-Fold Handcuffs (Chain, Hinge, Rigid)	Instructor	Gym	Duty Gear
Safe Separation Check Check/Cease to Exist Check/Cease to Exist/Draw Baton Redirect Redirect/Cease to Exist Redirect/Cease to Exist/Draw Baton	Instructor	Gym	Duty Gear, Training Bag, Mouthguard
Holding the Training Baton	Instructor	Gym	Duty Gear, Training Baton
Rock & Lock	Instructor	Gym	Duty Gear, Training Baton, Mouthguard
Rock & Lock (Training Baton) Tri-Fold (Stand/Kneel/Prone) Chain (Stand/Kneel/Prone) Hinge (Stand/Kneel/Prone) Rigid (Stand/Kneel/Prone/Stack)	Instructor	Gym	Duty Gear, Training Baton, Mouthguard

<i>Activity</i>	<i>Leader</i>	<i>Location</i>	<i>Resources</i>
Rock & Lock (Training Cuffs/Students) Tri-Fold (Stand/Kneel/Prone) Chain (Stand/Kneel/Prone) Hinge (Stand/Kneel/Prone) Rigid (Stand/Kneel/Prone/Stack)	Instructor	Gym	Duty Gear, Training Baton, Mouthguard
Break			
Wheel Drill Tri-Fold (Mixed Positions) Chain (Mixed Positions) Hinge (Mixed Positions) Rigid (Mixed Positions) The Case (Mixed Positions/Cuffs)	Instructor	Gym	Duty Gear, Training Baton, Mouthguard
Post Drill Baton Handcuff	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
3 Minute Drill Baton to Control to Restraint	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Lunch			
DAY 1 (PM)			
Training Format	Instructor	Classroom	AIC Handcuff Manual/PPT/OHP
Evaluation	Instructor	Classroom	AIC Handcuff Manual/PPT/OHP
Written Exam	Instructor	Classroom	Information Sheet, Pen
Break			
TRAINING SESSION 2			
Warm-Up (Daily Dozen)	Candidates	Gym	Duty Gear, Warm-Up Card
Body Mechanics Pyramid Concept Movement (Step & Drag) Hand Position	Candidates	Gym	Duty Gear
Portation & Presentation Tri-Fold Handcuffs (Chain, Hinge, Rigid)	Candidates	Gym	Duty Gear
Safe Separation Check Check/Cease to Exist Check/Cease to Exist/Draw Baton Redirect Redirect/Cease to Exist Redirect/Cease to Exist/Draw Baton	Candidates	Gym	Duty Gear, Training Bag, Mouthguard

<i>Activity</i>	<i>Leader</i>	<i>Location</i>	<i>Resources</i>
Holding the Training Baton	Candidates	Gym	Duty Gear, Training Baton
Rock & Lock	Candidates	Gym	Duty Gear, Training Baton, Mouthguard
Rock & Lock (Training Baton) Tri-Fold (Stand/Kneel/Prone) Chain (Stand/Kneel/Prone) Hinge (Stand/Kneel/Prone) Rigid (Stand/Kneel/Prone/Stack)	Candidates	Gym	Duty Gear, Training Baton, Mouthguard
Rock & Lock (Training Cuffs/Students) Tri-Fold (Stand/Kneel/Prone) Chain (Stand/Kneel/Prone) Hinge (Stand/Kneel/Prone) Rigid (Stand/Kneel/Prone/Stack)	Candidates	Gym	Duty Gear, Training Cuffs, Mouthguard
Break			
Wheel Drill Tri-Fold (Mixed Positions) Chain (Mixed Positions) Hinge (Mixed Positions) Rigid (Mixed Positions) The Case (Mixed Positions/Cuffs)	Candidates	Gym	Duty Gear, Training Baton, Mouthguard
Post Drill Baton Handcuff	Candidates	Gym	Duty Gear, Training Bag & Baton, Mouthguard
3 Minute Drill Baton to Control to Restraint	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Circle Drill (RedMan) Baton to Control to Restraint	Instructor	Gym	Duty Gear, Training Bag & Baton, Mouthguard
Instructor Techniques	Instructor	Classroom	AIC Handcuff Manual/PPT/OHP
Instructor Assistance	Instructor	Classroom	AIC Handcuff Manual/PPT/OHP