

SURVIVAL SKILLS FOR THE FEMALE OFFICER

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2000



SURVIVAL SKILLS FOR THE FEMALE OFFICER

DAY 1

ADMIN & INTRODUCTION
WINNING MINDSET
WOMEN IN LAW ENFORCEMENT
FUNDAMENTALS OF SHOOTING
DRAWING THE PISTOL
REHOLSTERING
READY POSITION
LOAD/UNLOAD/RELOAD
STOPPAGES
INTRODUCTION FIRE
SINGLE ROUNDS
DOUBLE TAPS
DRUG AND ARMOR
ONE HANDED SHOOTING

DAY 2

USE OF COVER
FIRING POSITIONS
FIRING ON THE MOVE
MULTIPLE TARGETS
SNAPPING IN
MOVING TARGET
PHYSICAL FITNESS AND DIET
STRENGTH & POWER DEVELOPMENT
GROUND FIGHTING
ACTIVE COUNTERMEASURES
LOW LIGHT FIRING

DAY 3

SHOTGUN AMMUNITION
SHOTGUN READY POSITIONS
LOAD/UNLOAD/RELOADS
AMMO CHANGE OVERS
STOPPAGES
DOUBLE TAPS
FIRING ON THE MOVE
MOVING TARGETS
RELATIVE POSITIONING
TRIANGULATION

SURVIVAL SKILLS FOR THE FEMALE OFFICER

DAY 3 (cont.)

VERBALIZATION
WEAPONS USE IN FORCE
ESCALATION
BATON TACTICS
WEAPON RETENTION
HANDCUFFING
DE-ESCALATION

DAY 4

BUILDING SEARCHES
PATROL CAR TACTICS
VEHICLE LIVE FIRE DRILLS
OFF DUTY ISSUES
INDIVIDUAL PRACTICALS
LOWLIGHT PRACTICALS

DAY 5

STANDARD DRILLS
PISTOL AND SHOTGUN
QUALIFICATION

TRAINING SAFETY RULES

A. Rendering the Weapon Safe

1. Always Point Weapon in a Safe Direction - MUZZLE AWARENESS
2. SAFETY ON (S/white) If Applicable
3. Magazine Removed
4. Bolt, Slide, or Cocking Lever Locked to the Rear
5. Visually and Physically Inspect the Chamber

B. FIREARMS SAFETY/MAIN SAFETY RULES

1. Treat Every Firearm as if it Were Loaded
2. Never Point a Firearm at Anything or Anybody that You Do Not Intend to Shoot, or in a Direction Where an Unintentional Discharge May Do Harm.
3. Never Place Your Finger into the Trigger Guard until Ready to Fire
4. Be Sure of Your Target, Backstop, and Beyond

C. GENERAL TRAINING SAFETY RULES

1. Wrap Around Eye Protection is MANDATORY
2. Ear Protection is MANDATORY
3. Hats (Baseball Style) is MANDATORY
4. Long Sleeve Shirt is Recommended
5. We are Responsible for Each Others Safety - Anyone Seeing a Safety Problem Must Report it Immediately to an Instructor. Additionally, Anyone May Stop an Exercise if They See a Safety Problem
6. Report Any and All Injuries Immediately to an Instructor - Don't Suffer in Silence
7. It is Each Participants Responsibility to Cover All Open Wounds and Cuts Before Class Begins. If this Type of Injury Occurs During the Training Session, the Participant Will Immediately Notify an Instructor, Attend to the Injury; and Cover with First Aid Materials Available which Consists of Band-Aids, Gauze Pads & Tape, Alcohol and/or Disinfectant Wipes. Treat All Blood and Body Fluids with the Utmost Caution. Gloves Will be Used if there is any Possibility of Coming into Contact with Blood or Body Fluids
8. AT NO TIME is any Participant Allowed to Leave the Training Area without the Permission of the Primary Instructor.
9. Remember to Work at Your Own Pace - Don't Over Exert Yourself
10. Realistic Training is Important, However Safety Comes First!
11. Do not Enter Any Unauthorized Areas

D. SIMULATIONS / SIMUNITIONS

1. Mouth guards Will be Used, as Needed, for Simulation Training
2. No Live Ammunition Will be Loaded or Carried During Simulation Training Exercises (Double Checked by Participants & Instructors)
3. When Using Blank or Marking Cartridges, or Distraction Devices, You may Only Use Those that are Issued and You Must Double Check Them to Insure they are Intact.
4. Issued Protective Gear e.g. Face shields, Padding, etc. Must be worn properly and at all times during Simulation/Simuniton training until directed otherwise by the Instructor.
5. When using Simuniton rounds, **No Intentional** Groin or head shots will be allowed and shots within two feet of a role player are not allowed.
6. Students will **immediately** cease activities when a sharp sustained blast of a whistle, and/or an instructor yelling stop is announced.
7. Students will immediately cease actions upon a role player announcing "Stop" "Out of Role"!

E. SHOOTING HOUSE SAFETY RULES

1. Authorized Firearms Instructors Must be Present During Use
2. **BODY ARMOR** Must be Worn by Everyone who Enters the House
3. Prior to Live Fire Exercises, **Rooms Will be Checked** to Insure that No Personnel are Present
4. Firearms Instructors Will Insure Targets are Placed so that when Engaged, Rounds will Not Exit the House
5. Pistol Caliber Ammunition Shall Only be Used (Approved List)
6. No Steel Targets Allowed
7. Instructors Must Review All Targets and Angles of Deflection Before Beginning Live Fire
8. All Damage Must be Repaired, Replaced and Reported
9. During Multiple Use, Doors Must be Double Locked
10. Rotating Light Must be On During Use
11. Fire Extinguishers Must be Present During Use
12. Building Must be Checked for Damage and Fires, then Secured
After Use

F. FIREARMS SHALL NOT BE HANDLED BY PERSONS WITH A BLOOD ALCOHOL CONTENT IN EXCESS OF .00% BY WEIGHT OR UNDER THE INFLUENCE OF DRUGS OR MEDICATION THAT WOULD IMPAIR THEIR MOTOR SKILLS, JUDGEMENT OR BALANCE.

WINNING MINDSET

NOTES

A. Attitude

B. Awareness Levels

Condition White - Relaxed, unaware, unprepared and totally oblivious to the surroundings

Condition Yellow- Relaxed but alert, aware of a potential for trouble, constantly "scanning".

Condition Orange- Aware of a potential specific threat, based upon instincts and observations - think tactics.

Condition Red- Aware of danger, prepare to respond or take evasive action immediately, tendency to revert to conditional response - training.

Condition Black- Engaged in combat, if unprepared, one may panic and freeze.

**IF OTHER RESOLUTION
OPTIONS DO NOT
WORK AND THE FIGHT
IS IMMINENT OR ON,
BE...**

NOTES

A. FAST

B. SURPRISING

C. DECISIVE

D. AGGRESSIVE

E. COOL

F. THE WINNER

WOMEN IN LAW ENFORCEMENT

1. HISTORY
2. EQUIPMENT
3. COMMUNICATION
4. STRESSORS
5. STEREO TYPES
6. ISSUES
7. POLICY
8. RECOURSE
9. OUTSIDE RESOURCES
10. PEER RESPECT
11. WORKING RELATIONSHIPS
12. TRAINING
13. CULTURAL DIFFERENCES
14. OFFICER SAFETY

NOTES



FUNDAMENTALS OF SHOOTING

NOTES

PRIMARY OBJECTIVES

A. Control Motion

B. Consistency

1. Stance

2. Grip

3. Sight Alignment

4. Trigger Control

5. Follow Through

6. Scan and Breathe

DRAWING THE PISTOL

- 1. **GRIP** (Grip Pistol/Release Security Device)

- 2. **DRAW** (Pistol Is Drawn, Stiffen Wrist, Rotate Towards Target)

- 3. **READY** (Hands Come Together, Presentation)

- 4. **SIGHTING** (Finding Front Sight, Locked In, Sights Aligned)

- 5. **FIRE IF NECESSARY** (Press Trigger, Trigger Control)

***FINGER IS OFF THE TRIGGER UNTIL THE SIGHTS ARE ON THE TARGET**

*** Remember, the five-point draw process must not always be performed in its entirety. The process may stop at any point in the process as determined by the shooter to meet a given situation.**

REHOLSTER

1. Follow through after firing.

2. Scan and Breathe
bringing the pistol to a ready position.

3. Decock/or apply Safety if applicable (finger out of the trigger guard).

4. Thumb on back of the slide, Index finger moving security strap.

5. Secure pistol and activate the security device while maintaining observation of the threat and threat area.

NOTES

READY POSITION

A. Generic Ready Position

- 1. The point in the draw process at which both hands grip the firearm.
- 2. Muzzle is kept on the threat area
- 3. Elbows bent and pulled in

B. Operational Threat Ready

- 1. Always dependent on threat/area
- 2. Always ready to fire immediately
- 3. Takes into Consideration weapons retention

NOTES

RELOADS

A. SPEED

1. Pistol is loaded
2. Keep eyes on the threat and/or threat area as much as possible
3. Tilt magazine well towards support side and tuck arm in
4. Find fresh magazine and remove (indexing finger)
5. Depress magazine release (finger or thumb) fresh magazine is inserted while used magazine falls.

B. EMERGENCY

1. Slide has locked to the rear
2. Keep eyes on the threat and/or threat area as much as possible
3. Tilt magazine well towards support side and tuck arm in
4. Find fresh magazine and remove (indexing finger)
5. Depress magazine release (finger or thumb) fresh magazine is inserted while used magazine falls.
6. Release slide

NOTES

C. TACTICAL

1. Pistol is loaded
2. Keep eyes on the threat and/or threat area as much as possible
3. Tilt magazine well towards support side and tuck arm in
4. Find fresh magazine and remove (indexing finger)
5. Depress magazine release (finger or thumb) catching used magazine, fresh magazine is inserted, then place used magazine in pocket (do not place used magazine in pouches)
6. Return to ready

D. One-handed

1. Securing the firearm
2. Activating Slide

NOTES

STOPPAGES

1. Failure to Fire

2. Stove Pipe/Failure to Extract or Eject

3. Double Feed/Bad Magazine

Lined area for taking notes, consisting of multiple horizontal lines.

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FIRING ON THE MOVE

FORWARD

A. Firearm held at the Ready

B. Legs become shock absorbers

C. Roll your feet

D. Walking

E. Shorten stride

F. Speeds

- 1. Covert
- 2. Warrant
- 3. Rescue

G. Commands

- 1. Move
- 2. Threat
- 3. Up

BACKING OUT

A. Firearm held at the Ready

B. Legs become shock absorbers

C. Roll your feet

D. Step and Drag or Drag & Step

E. Reverse Step

F. Keep weight forward

MOVING TARGET

NOTES

A. Stationary Hold

1. Firearm stationary, target moves into impact area
2. Consistent Hold with necessary Lead

B. Tracking

1. Firearm moves at same speed as target
 - a. Consistent Hold with necessary Lead
 - b. Follow through

C. Overtaking

1. Firearm moves faster than target
 - a. Slow firearm movement, establish necessary lead
 - b. If swing past you can establish a stationary hold

**FITNESS, NUTRITION DIET
STRENGTH AND POWER
DEVELOPMENT**

OVERVIEW:

FEMALE OFFICERS KILLED
INTHELINE OF DUTY

REASONS TO
WORK OUT AND STAY FIT

OVERALL HEALTH AND WELLNESS

FEMALE ADVANTAGES

PHYSIOLOGICAL DIFFERENCES

FEMALE OFFICERS COMPARED TO
MALE OFFICERS

NUTRITION AND FITNESS

- Aerobic
- Anaerobic
- Carbohydrates
- Fats
- Proteins
- Fluids
- Stretching
- Heart Rate

NORMAL BALANCED DIET

FIGURING DAILY INTAKE
PERCENTAGES

RECOMMENDED STRENGTH
TRAINING EXERCISES

CREATINE

NOTES

GROUND FIGHTING

ACTIVE COUNTER MEASURES

5. Levels of Simulation

- A. Low - Training Bag
- B. Medium – Partner
- C. High – Full speed

1. Introduction

CONTROL IS NOT A 50-50 PROPOSITION

2. LEVELS OF CONTROL

- A. Visual
- B. Verbal
- C. Physical

3. Verbalization Skills

A.

Surrender Ritual

4. Strikes

- A. Forearm
- B. Knee
- C. Angle Kick
- D. Body Check

NOTES

SURVIVAL SKILLS FOR THE FEMALE OFFICER

LOW LIGHT FIRING

NOTES

A. EYES

1. The Retina
2. The Pupil
3. Photoreceptor Cells -
Rods and Cones
4. Optic Nerve

B. CONSIDERATIONS

1. Dark Adaptation
 - a. Visual Purple
(Rhodopsin).
2. Depth perception
3. Contrast of color
4. The dead spot

**D. HAND HELD
FLASHLIGHT
TECHNIQUES**

1. **CHAPMAN (or called
the three finger**

2. **HARRIES(or called
the back of the hand
to the back of the
hand)**

3. **AYOOB (or called the
thumb to thumb)**

4. **ROGERS**

5. **SHOULDER**

6. **ROLLING**

E. GENERAL RULES

NOTES

LOADING

1. Safety On

2. Insert Rounds in Magazine Tube

3. Cruiser Safe

4. Operational Ready

5. Chamber Round

6. Safety On or Off

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rear and release

AMMO CHANGE OVER

NOTES

A. Semi (Benelli Only)

- 1. Find new round (strong hand)
- 2. Round in hand, pull bolt handle to the rear ejecting round in chamber
- 3. Drop new round in port and continue

B. Semi or Pump

- 1. Find new round (support hand)
- 2. Insert round in magazine tube
- 3. Engage Cartridge Drop Lever
- 4. Pull Bolt Handle to

DOUBLE TAPS

1. Low Ready Position

2. Proper Mount

3. Proper Sighting

**4. Hammers vs.
Controlled Pairs**

**5. Presentation Time
and Set Time**

NOTES

FIRING ON THE MOVE

FORWARD

A. Firearm held at the Ready

B. Legs become shock absorbers

C. Roll Feet

D. Walking

E. Shorten stride

F. Speeds

- 1. Covert
- 2. Warrant
- 3. Rescue

G. Commands

- 1. Move
- 2. Threat
- 3. Up

BACKING OUT

A. Firearm held at the Ready

B. Legs become shock absorbers

C. Roll your feet

D. Step and Drag or Drag and Step

E. Full step

BATON TACTICS

STANCE

MOVEMENT

STRIKES

POWER GENERATION

FOLLOW THROUGH

NOTES

WEAPON RETENTION

1. **BEST WEAPONS DEFENSE**

A. **Proper Police Action**

2. **VERBALIZATION**

3. **MINDSET**

4. **STEP AND DRAG BACK**

5. **REVERSE "J"**

6. **POWER STEERING**

7. **KNEE STRIKES**

8. **DEADLY FORCE**

A. **Back up firearm**

B. **Partner**

NOTES

NOTES

CONTROL TACTICS

POSITIONING

TRIANGULATION

VERBALIZATION

HANDCUFFING

SPEEDCUFFING

OPEN HAND

PPCT/PAIN COMPLIANCE

Notes area with horizontal lines for writing.

SURVIVAL SKILLS FOR THE FEMALE OFFICER

NOTES

**BUILDING CLEARING
FUNDAMENTALS**

- A. APPROACH
- B. STOP, LOOK, LISTEN
 - 1. Target Indicators
 - a. Sound – Radio, Keys
 - b. Movement – Deletes Camo:
Move in shade & shadows
 - c. Reflection or shine
 - d. Contrast with your
environment
 - e. Outline – Standing in a
doorway, peeking in a
window, Fatal Funnel

- C. WEAPONS POSITIONS
Holstered, ready position

- D. ROOM ENTRY METHODS

Crisscross

Button Hook

Quick Peek

Cutting the Pie

Limited Penetration

Side Step

SURVIVAL SKILLS FOR THE FEMALE OFFICER

NOTES

E. THREAT ENCOUNTER
OPTIONS

- 1. Escalate
And /or
- 2. DISENGAGE

COVERT ENTRY/MOVEMENT

NOTES

Definition: The art of Stealth, combined with slow coordinated team movement utilized in searching for and/or neutralizing a suspect safely!!

A. Used when you do not want your presence or exact location known

- 1. Entry
- 2. Movement to contact
- 3. Room – by – room Clearing

B. Technique for Searching

- 1. Detailed & systematic
- 2. Speed is not Important
- 3. Indoor movement problem

C. Requires the utmost in teamwork

- 1. Read (KEY) off another
- 2. Anticipate partners needs
- 3. Cat-like Movement
- 4. Light discipline
- 5. Mirrors

D. Safe Guards

- 1. Don't lean against walls
- 2. Rig for silent running
- 3. Lead man illuminates
- 4. Where your eyes go , so does the barrel

E. Angles provide depth

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PISTOL STANDARDS DRILLS

RANGE	DRILL	RDS	HOLSTER	TIME
7yd	DBL TAP	2	UN	1.5
7yd	RELOAD	2+2	UN	6.0
7yd	STOPPAGE	2	UN	5.0
7yd	ARMOR	3	UN	2.5
7yd	MULTIPLE	2	UN	2.5
7yd	1 HAND	1	UN	1.5
7yd	DBL TAP	2	H	2.5
7yd	1 HAND	1	H	2.0
7yd	MULTIPLE	1RD EA.	H	3.0

START READY POSITION

SHOTGUN STANDARDS DRILLS

RANGE

DRILL RDS TIME

10yd		Single Rds 1 Rd 1.0 sec
10yd		Double Tap 2 Rds 1.5 sec
10yd		Reload 2 Rds 5.0 sec
10yd	Handgun	Stoppage 1 Rd 4.0 sec
10yd	Targets	Multiple 1 Rd 2 2.0 sec
10yd		Changeover 1 Rd 5.0 sec

START "LOW READY POSITION

SURVIVAL SKILLS FOR THE FEMALE OFFICER