

GARDEN GROVE POLICE TRAINING

TODD ELGIN, CHIEF OF POLICE

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Professional Standards Division

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CAROTID RESTRAINT CONTROL HOLD

The proper application of the carotid restraint control hold may be effective in restraining a violent or combative individual. The purpose is to gain quick control of a subject who is aggressive, combative or violent. The carotid restraint control hold is a bilateral vascular restraint where pressure is applied bilaterally to the sides of the neck and the subject retains the ability to breathe.

The average time to render a healthy individual unconscious is approximately 7-10 seconds. DO NOT attempt to apply the carotid restraint control hold for more than 30 seconds. If the subject is not rendered unconscious, reassess your application or use an alternate force option. If a subject is rendered unconscious after application of the carotid restraint control hold, the subject should regain consciousness within 30 seconds. **If the subject does not regain consciousness within 30 seconds this is a medical emergency.** The carotid restraint control hold should not be applied more than two times on a subject within a twenty-four hour period.

Due to the potential for injury, the use of the carotid restraint control hold is subject to the following:

- (a) The officer shall have successfully completed department-approved training in the use and application of the carotid restraint control hold.
- (b) The carotid restraint control hold may only be used when circumstances perceived by the officer at the time indicate that such application reasonably appears necessary to control a person in any of the following circumstances:
 1. The subject is violent or physically combative.
 2. The subject, by words or actions, has demonstrated an intention to be violent and reasonably appears to have the potential to harm officers, him/herself or others.
- (c) The application of a carotid restraint control hold on the following individuals should generally be avoided unless the totality of the circumstances indicates that other available options reasonably appear ineffective, or would present a greater danger to the officer, the subject or others, and the officer reasonably believes that

the need to control the individual outweighs the risk of applying a carotid restraint control hold:

1. Females who are known to be pregnant
2. Elderly individuals
3. Obvious juveniles
4. Individuals with Down Syndrome
5. Individuals exposed to chemical agents
6. Morbidly Obese Individuals

(d) Any individual who has had the carotid restraint control hold applied or attempted regardless of whether he/she was rendered unconscious, shall be promptly examined by paramedics or other qualified medical personnel at scene. There shall be continued monitoring by police personnel for a minimum of two hours. The subject shall be assessed at a medical facility and receive a medical clearance prior to booking.

(e) The officer shall inform any person receiving custody, or any person placed in a position of providing care, that the individual has been subjected to the carotid restraint control hold and whether the subject lost consciousness as a result. The carotid restraint control hold should not be applied more than two times within a twenty-four hour period.

(f) Upon the state of unconsciousness, the officer shall release bilateral pressure without unnecessary delay and transition to handcuffing. The subject should be placed onto their side into a lateral recovery position, check vital signs, and once consciousness is regained, the subject should be checked for a reasonable level of cognitive function.

(g) Any officer attempting or applying the carotid control hold shall promptly notify a supervisor of the use or attempted use of such hold. An attempt of a carotid restraint control hold is any contact with or compression of the subject's neck area. The supervisor on scene shall complete a use of force memorandum and forward it through the chain of command upon any attempt or application of the carotid restraint control hold.

(h) The use or attempted use of the carotid control hold shall be thoroughly documented by the officer in any related reports.