



This training bulletin is provided to prepare candidates for the **ASP Instructor Certification** program.

Program Details

<u>Certification</u>	<u>Duration</u>	<u>Time</u>	<u>Requirement</u>
AIC Baton	2 days	0800–1700 hrs	Initial Certification
AIC Handcuff	1 day	0800–1700 hrs	AIC Baton

Course Overview

The ASP Instructor Certification (AIC) program is a 27-hour, hands on seminar which trains participants to instruct classes in operational use of the ASP tactical baton, handcuffs and restraints. The program is simple to learn and easy to understand. It provides efficient defensive impact weapon and restraint tactics for personnel without long hours of training. The techniques were designed to work effectively for all officers, male and female, large and small, fit as well as officers in less than peak physical condition.

The program provides portation and presentation procedures as well as striking and handcuffing techniques. These tactics are quickly learned, easily practiced and readily maintained long after the program is completed. ASP training provides techniques that work 90% of the time with 90% of the subjects an officer faces. However, as a realistic training program, ASP instruction recognises that nothing works 100% of the time. For this reason, all ASP training retains the officer's ability to disengage or escalate.

There are no complicated or complex moves. Because of this, the ASP program avoids the training complexities which often plague other programs. The training incorporates drills which stimulate the stress of street encounters. By the end of the AIC program, participants are prepared to instruct other personnel in operational use of the ASP Baton and Handcuffs. The program participant will have a basic understanding of the conditions in which the baton and handcuffs may be used, justification for use and how to document these actions.

The Principles of human movement form the foundation of all ASP Techniques. The ability to use the basic principles of body mechanics dramatically increases the potential to control a confrontation, while decreasing the chances of injury. Gross motor skills offer important advantages - they require less instruction time, reduce refresher time, have a high level of retention, are more likely to be performed during times of high stress and are more forgiving.

Program Standards

The ASP Instructor Certification (AIC) program, like the ASP Basic Certification (ABC) program, is based on modern, court defensible standards for less lethal use of force. Based on a model for the use of force ASP programs provide a conceptual basis for the use of batons and handcuffs in an operational setting.

The techniques in all ASP programs are designed to meet 3 standards of training:

- The techniques work on the street, not just in the ideal setting of a classroom
- The techniques are court defensible
- The program is administratively feasible for use in a contemporary law enforcement agency

ASP Basic Certification (ABC) training teaches officers baton and handcuff fundamentals in an operational setting. The AIC program focuses on instructional techniques, mechanical functions and maintenance procedures for the ASP baton and handcuffs. It increases instructor familiarity and skill with expandable impact weapons and mechanical restraints. Participation in all aspects of the program is a requirement for AIC certification. The nature of baton training requires strict discipline. Safe training procedures must be followed by all participants.





Instructor Selection Criteria

The following standards are offered as guidelines for the selection of candidates to participate in the upcoming AIC program. These criteria are guidelines only. The final responsibility regarding your fitness to participate in the AIC program rests with you.

- No known heart or lung problems, bone or joint disorders, or history of back problems
- Able to perform a 1.6km run in 12 minutes
- Able to do 25 push-ups consecutively
- Able to perform 50 bent leg sit-ups in consecutive order

Preparation

To prepare for the AIC program, the following exercises should be undertaken:

- Limbering and strengthening for the wrist, elbow, shoulder, leg and back
- Aerobic conditioning (i.e. fast walking, jogging, running, swimming and bicycling)

Liability Release

A release from liability must be signed by each candidate prior to the training program.

Personal Training Equipment

Only ASP products will be used during the AIC program. Each candidate is to bring the following:

- Shoes with good lateral/linear support (not running shoes) and **strictly non-marking soles**
- Operational duty attire and equipment belt, with ASP baton/scabbard
- Whistle and lanyard
- Water bottle and towel
- *No functional firearms are allowed at the training*

All resources and materials are provided, plus ASP instructor products for participants.

Content

This program presumes that you have successfully undertaken the ASP Basic Certification (ABC) program, or other equivalent baton program.

It is a competency-based program, so mere attendance is no guarantee of certification.

Instructors must pass a written examination, a physical performance test and a teaching skills evaluation. ASP Instructor status certifies an individual to conduct ABC programs only (*not* AIC programs).

All successful candidates are certified as an instructor through ASP in the US and will receive an instructors' pack from ASP. To maintain certification, instructors should be actively involved in conducting ASP training programs. Recertification for instructors is available through attendance at another AIC program. It is recommended that instructors attend this session *at least* once every 3 years.

To reserve your place return the completed application form with full payment.

Please contact me if you have any questions.

I look forward to seeing you on the course.

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