

PHYSICAL ALTERNATIVES TRAINING PROGRAM

COURSE OUTLINE



PROBLEMS ADDRESSED

The *Physical Alternatives* training program is focused on intervening in situations where a person is

- refusing to cooperate with a direction or a request that is necessary to keep themselves and others safe
- displaying unsafe behaviors that could cause harm to themselves or others
- fleeing or escaping when it is unsafe to do so
- hurting or threatening to hurt themselves or others
- committing a crime or act of violence
- exhibiting any other behaviors requiring physical intervention that is necessary to prevent death or serious bodily harm to themselves or others

In other words, the tactics covered are meant to be used once deciding *Appropriate Action* is necessary due to a clearly articulable safety/security violation. As emphasized in the *Non-Escalation, De-Escalation, and Crisis Management* training program, an escalation of methods should occur only in such situations.

TARGET AUDIENCE

This program is meant for public safety and security contact professionals—individuals who spend the vast majority of their time directly interacting with the general public or their organization’s staff—who have a responsibility to respond to emergency situations.

Non-security contact professionals (e.g., staff in healthcare, education, behavioral health, social services, transit, hospitality, and retail) should refer to the Vistelar Positive Intervention training program.

COURSE DESCRIPTION

This training program builds upon the Vistelar *Non-Escalation, De-Escalation, and Crisis Management* program, which teaches non-physical-engagement methods to take *Appropriate Action* when faced with a clearly articulable safety violation.

This program teaches how to make a justifiable and desirable decision to engage in a situation and, once such a decision is made, how to physically engage using the least-intrusive tactics necessary to control the situation, protect oneself and others, or stop the threat.



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BENEFITS

Participants will gain the knowledge, skills, and abilities to

- develop a guardian mindset
- recognize when verbal methods have failed and it is necessary to take further action
- make a justifiable and desirable decision to physically intervene rather than continuing to use non-escalation, de-escalation, and crisis management methods
- effectively, safely, and professionally take control of a situation using control, protect, and stop the threat alternatives
- stabilize the situation once subject control has been achieved
- debrief, document, and report violent incidents
- articulate the reasons for taking action

Organizational results include

- decreased risk and liability
- protected reputation
- fewer worker compensation claims

TOPICS COVERED

The *Physical Alternatives* training program covers the following topics:

- When physical tactics are appropriate
- Pre-Approach Considerations
 - Non-Escalation/De-Escalation
 - Be Alert & Decisive
 - Respond, Don't React
 - Guardian Mindset
 - Disengage or Engage
- Intervention Options
 - Engage - Control
 - Engage - Protect
 - Engage - Stop the Threat
- Ending an interaction:
 - Follow-Through
 - Closure

SUPPLEMENTS

Add-ons to this training program include:

- Impact Weapons (Baton)
- Chemical Aerosols (OC)
- Weapon Control
- Firearms



Addressing the Entire
Spectrum of Human Conflict

For more information go to www.vistelar.com