



2019 DEFENSIVE TACTICS IN-SERVICE PHASE 3



Schedule

Day 1

- 0800 - 1130 DT
- 1130 – 1230 Lunch
- 1230 - 1300 Hennepin EMS
- 1300-1315 Hennepin County Behavioral Health
- 1315-1600 Procedural Justice

Day 2

- 0800-1130
 - Self realization
 - Courtroom testifying and procedure
- 1130 – 1230 Lunch
- 1230 – 1600
 - Self realization
 - Courtroom testifying and procedure

DT

- PowerPoints
 - POST/MPD Policy
 - AXON
- Taser 7 transition
 - All of our previous Tasers returned to AXON for credit
 - Weapon familiarization, firing drills, and 8 deployments
- Transition drills
- Weapon retention



State Requirements (5-301.02)

- Agencies are required to:
 - Establish & enforce written Use of Force Policies
 - Deliver Pre & In-service Force Training

(MN Stat. 626.8452)

MPD Policy: Purpose *(5-301)*

- Sanctity of life and the protection of the public
- Clear & consistent force policies

Policy (5.301.01)

- Based on the Fourth Amendment's "reasonableness" standard, sworn MPD employees shall only use the amount of force that is objectively reasonable in light of the facts and circumstances known to that employee at the time force is used. The force used shall be consistent with current MPD training.

Graham vs. Connor

- No precise definition or mechanical application to determine “Reasonableness”
- Facts & Circumstances
 - *(severity of crime; immediate threat; fight vs. flight)*
- No 20/20 Hindsight
- Allowance For:
 - Split second judgment under tense, uncertain & rapidly evolving situations

MN STAT 629.32

- 629.32 Minimum restraint allowed for arrest; warrant must be shown upon request.
- A peace officer making an arrest may not subject the person arrested to any more restraint than is necessary for the arrest and detention. The peace officer shall inform the defendant that the officer is acting under a warrant, and shall show the defendant the warrant if requested to do so. An arrest by a peace officer acting under a warrant is lawful even though the officer does not have the warrant in hand at the time of the arrest, but if the arrested person so requests the warrant must be shown to that person as soon as possible and practicable. A peace officer may lawfully arrest a person when advised by any other peace officer in the state that a warrant has been issued for that person.

MN STAT 629.33

- 629.33 When force may be used to make arrest.
- If a peace officer has informed a defendant that the officer intends to arrest the defendant, and if the defendant then flees or forcibly resists arrest, the officer may use all necessary and lawful means to make the arrest but may not use deadly force unless authorized to do so under section 609.066. After giving notice of the authority and purpose of entry, a peace officer may break open an inner or outer door or window of a dwelling house to execute a warrant if:
 - (1) The officer is refused admittance;
 - (2) Entry is necessary for the officer's own liberation; or
 - (3) Entry is necessary for liberating another person who is being detained in a dwelling/house after entering to make an arrest.

Proportional Force

- If it's reasonable to believe a situation can safely be controlled at a lower level of force, an Officer should start there. Officers need to be able to articulate at least one of the following when force is used:
 - Lower force was ineffective (*did not work*)
 - Lower force would likely be ineffective (*would not work*)
 - Lower force was unsafe to try (*too dangerous to try*)

Authorized Use of Force (5-303)

MN State Statute 609.06

Reasonable Force may be used by Peace Officers when they reasonably believe they are:

1. Effecting Lawful Arrests
2. Executing Legal Process
3. Enforcing Court Orders
4. Executing any duty Imposed by Law

5-302 USE OF FORCE DEFINITIONS

Use of Force: Any intentional police contact involving:
(08/17/07) (10/01/10)

- The use of any weapon, substance, vehicle, equipment, tool, device or animal that inflicts pain or produces injury to another; or
- Any physical strike to any part of the body of another;
- Any physical contact with a person that inflicts pain or produces injury to another; or
- Any restraint of the physical movement of another that is applied in a manner or under circumstances likely to produce injury.

Duty to Intervene (5-303.01)

- MPD employees have an obligation to protect the public & other employees
- If you're present when inappropriate physical force is being applied, or is no longer required, it is your DUTY to stop the application of force

Threatening Force & De-Escalation (5-304)

Threatening the Use of Force

- In situations you reasonably believe may result in authorized force, the threat may be used as an alternative or precursor to the actual force.
- This includes:
 - Verbally announcing intent to use the force
 - Displaying a weapon as a threat if reasonable

Not authorization for unnecessarily harsh language

Threatening Force & De-Escalation (5-304)

De-Escalation

Shall be used whenever reasonable (*safe & feasible*) to gain voluntary compliance & avoid or minimize physical force

Cont. on next slide

Threatening Force & De-Escalation (5-304)

De-Escalation Includes:

- Slowing & stabilizing the situation so more time, options & resources are available
- Considering factors (*when time & circumstances reasonably permit*) that may contribute to the subject's inability to comply
 - Medical Conditions; Mental Impairments; Developmental Disabilities; Behavioral Crisis; Physical Limitations; Language Barriers; Drugs/Alcohol

Cont. on next slide

Threatening Force & De-Escalation (5-304)

De-Escalation Tactics Include (*But not limited to*):

- Isolating / containing the threat
- Utilizing natural barriers
 - Distance + Cover = Time
- Utilizing additional resources
 - *More Officers; CIT; Less-Lethal*
- Communication focused on calming the situation and gaining compliance
 - Tone of Voice; Active Listening; Verbal Persuasion; Warnings;
- Avoiding physical force unless immediately necessary

Use of Deadly Force (5-305)

MN State Statute 609.066

Deadly force by Peace Officer, in the line of duty, is justified when necessary to:

- Protect self/others from apparent death or great bodily harm
- Effect arrest, capture or preventing escape of Subject known (or reasonable grounds to believe) has committed/attempted a felony
and:
 - Subject has threatened or used deadly force (or)
 - Subject will cause death or great bodily harm to someone if arrest is delayed

Use of Deadly Force (5-305)

- Tennessee v. Garner
 - “The use of deadly force to prevent the escape of all felony suspects, whatever the circumstances, is constitutionally *unreasonable*.”
- Warning shots shall not be fired
- Moving/Fleeing Motor Vehicles
- Officers’ Actions that Unnecessarily Place Themselves, Suspects, or the Public at Risk

Choke Holds (5-311)

- Choke Hold
 - Deadly Force – Pressure on front of neck; blocking/obstructing airway
 - Critical Incident
- After Care Guidelines:
 - Shall keep under close observation until transfer of custody
 - Shall inform the individual receiving custody of the use of a choke hold.

Taser, Chemical Agents, Impact Weapons, Neck Restraints

Only permitted under the following circumstances:

- On subjects who are exhibiting active aggression, or;
- For life saving purposes, or;
- On subjects who are exhibiting active resistance in order to gain control of a subject and if lesser attempts at control have been or would likely be ineffective.
- **NOTE** - shall not be used against subjects who are demonstrating passive resistance as defined by policy.

Chemical Agents – Policy (5-313)

- Non-Lethal Force Option
- Shall use due care to ensure exposure to intended individuals only
- Shall not use to stop swallowing of narcotics
- PIMS report is required for all exposures

Aerko M-9

- M-9 canister will deliver 35 one second bursts of CS/OC at an effective range of 18-20 ft.
- M-9 canister minimum stand off distance is 10 feet.
- This formulation has been tested and is non-flammable and Electronic Discharge Weapon (EDW) safe.
- Warranty/Shelf Life, 30 months from date of manufacture. Expiration date is stamped on the bottom of the canister.



Def Tech MK-9

- MK-9 canister will deliver 14 short bursts of OC at an effective range of 18-20 ft.
- MK-9 canister minimum stand off distance is 6 feet.
- This formulation has been tested and is non-flammable and Electronic Discharge Weapon (EDW) safe.
- NOTE, Def Tech CS/OC Blend IS NOT EDW safe.
- Warranty/Shelf Life, 5 years from date of manufacture. Manufacture date will be labeled on the canister.



Storage of Canisters

- Poor storage conditions will significantly reduce the shelf life of these products resulting in the replacement of the canisters sooner than necessary or the possible use of defective products.
- The canisters should be stored in a controlled atmosphere ideally at room temperature.
- Canisters should remain sealed in their shipping containers until they are to be used or placed into service.
- Never store canisters in the trunk of a car for prolonged periods. The extreme heat and cold may cause damage to the canister and possibly release propellant and/or agent. Improper storage of the canister may deem the canister inoperable.

Large Canister Malfunctions

- Aerko M-9 and Def Tech MK-9 are not 360 degree delivery systems
- Point the canister in a safety direction
- Turn the canister upside down
- The chemical agent should stop spraying/deploying



CS/OC Deployment

1. Verbal Commands (when feasible)
2. Apply Force: Spray CS/OC
3. Move (if possible and appropriate)
4. Verbal Commands (when feasible)
5. Evaluate
6. Repeat as necessary
7. Transition options

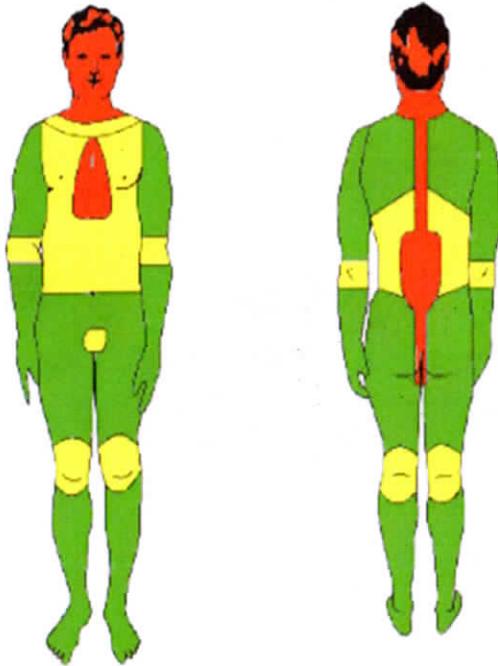


Chemical Agents – Post Exposure Treatment/EMS (5-313.01)

Shall include one or more of the following:

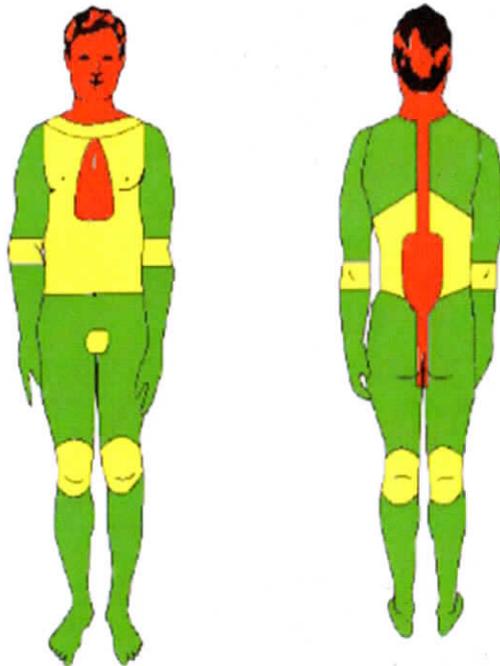
- Removal from area of exposure
- Fresh air
- Cool water rinse (*if available*).
- Medical Aid or EMS (*follow training*)
 - Shall keep under close observation until transfer of custody
 - Shall inform the individual receiving custody of the use of a chemical agent.

Striking Zones – Probability of Injury



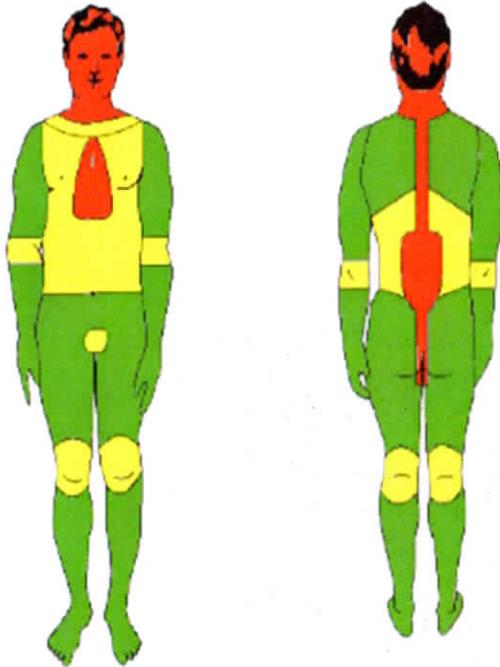
- **Red Zones:**
- Injury tends to range from serious to long lasting rather than temporary, and may include unconsciousness, serious bodily injury, shock or death.
- The following areas are considered “red zones”:
 - Head; Neck; Throat
 - Spine; Kidneys; Tailbone
 - Sternum; Solar Plexus

Striking Zones – Probability of Injury



- **Yellow Zones:**
- Injury tends to be more long lasting, but may also be temporary.
- The following areas are considered “yellow zones”:
 - Joints (Knees & Elbows); Collar Bone
 - Upper Abs; Ribs; Groin

Striking Zones – Probability of Injury



- **Green Zones:**
- Injury tends to be temporary rather than long lasting, exceptions can occur.
- The following areas are considered “green zones”:
 - Large Bones (Upper & Lower Arms); Shoulder Blades
 - Large Bones (Upper & Lower Legs); Buttocks
 - Lower Abs; Hands & Feet

Use of Impact Weapons – Post Treatment/EMS (5-315.01)

Shall include the following:

- Determine if injured
- When appropriate, visually inspect area struck for injuries.
- Medical Aid or EMS (*follow training*)
 - Shall routinely monitor until transfer of custody
 - Shall inform the individual receiving custody of the use of an impact weapon strike.

Use of Neck Restraints(5-311)

Definitions

- Neck Restraint
 - Non-Deadly Force – Pressure on sides of neck; slowing blood flow to/from brain
 - Conscious – light to moderate pressure; controlling technique
 - Unconscious – maximum pressure; need to control through unconsciousness

Use of Neck Restraints(5-311)

- After Care Guidelines:
 - Shall keep under close observation until transfer of custody
 - Shall inform the individual receiving custody of the use of a neck restraint.

USE OF CONDUCTED ENERGY WEAPONS

(5-314.01)

- The MPD approved Conducted Energy Weapon (CEW) (Policy and Procedure Manual, Section 3-200 Equipment) is considered a less-lethal weapon. The use of CEW's shall be consistent with current MPD training and MPD policies governing the use of force (Policy and Procedure Manual, Section 5-300 Use of Force). (07/16/12)
- MPD officers are only authorized to carry CEWs that are issued by the department. Personally owned Tasers, or those issued by another agency, are not authorized to be carried or utilized while an MPD officer is acting in their official MPD capacity. (10/07/13)

USE OF CONDUCTED ENERGY DEVICES (5-314)

- **Exigent Circumstances:** Circumstances that would cause a reasonable person to believe that immediate action is necessary to prevent physical harm from occurring to anyone

USE OF CONDUCTED ENERGY DEVICES (5-314)

- **Drive Stun:** When a CEW with no cartridge or a spent cartridge is placed in direct contact with the body with no documented effort to attempt three point contact.
- **Probe Mode:** When a CEW is used to fire darts at a person for the purpose of neuromuscular incapacitation.

USE OF CONDUCTED ENERGY DEVICES (5-314)

- **Red Dotting:** Un-holstering and pointing a CEW at a person and activating the laser aiming device. In some cases, this may be effective at gaining compliance without having to actually discharge a CEW. Also known as “painting” the target.
- **Arcing:** Un-holstering the CEW and activating the CEW with the arc switch for purposes of threatening its use prior to actual deployment. In some cases, this may be effective at gaining compliance without having to actually discharge a CEW at a subject.

USE OF CONDUCTED ENERGY DEVICES (5-314.01)

- CEW's shall not be used against subjects who are passively resistant as defined by policy.
- The preferred method for use of CEW's is in the probe mode. Use of CEW's in the drive stun mode shall be limited to defensive applications and/or to gain control of a subject who is exhibiting active aggression or exhibiting active resistance if lesser attempts at control have been ineffective.

USE OF CONDUCTED ENERGY DEVICES (5-314.01)

- When using a CEW, personnel should use it for one standard cycle (a standard cycle is five seconds) and pause to evaluate the situation to determine if subsequent cycles are necessary. If subsequent cycles are necessary, officers should restrict the number and duration to only the minimum amount necessary to control and/or place the subject in custody under the existing circumstances. Personnel should constantly reassess the need for further activations after each CEW cycle and should consider that exposure to multiple applications of the CEW for longer than 15 second may increase the risk of serious injury or death.

USE OF CONDUCTED ENERGY DEVICES (5-314.01)

- **Note:** Officers should be aware that a lack of change in a subject's behavior often indicates that the electrical circuit has not been completed or is intermittent. When this is the case officers should immediately fire another cartridge rather than administering continued ineffective cycles.
- Unless exigent circumstances exist as defined by policy, no more than one officer should intentionally activate a CEW against a subject at one time.
- Officers shall, unless it is not feasible to do so, give verbal warnings and/or announce their intention to use a CEW prior to actual discharge. Use of the CEW's laser pointer (red dotting) or arcing of the CEW may be effective at diffusing a situation prior to actual discharge of the CEW.
- The CEW shall be holstered on the sworn MPD employee's weak (support) side to avoid the accidental drawing or firing of their firearm. (SWAT members in tactical gear are exempt from this holstering requirement)

USE OF CONDUCTED ENERGY DEVICES

SUBJECT FACTORS (5-314.02)

Officers must consider the possible heightened risk of injury and adverse societal reaction to the use of CEW's upon certain individuals. Officers must be able to articulate a correspondingly heightened justification when using a CEW upon:

- Persons with known heart conditions, including pacemakers or those known to be in medical crisis;
- Elderly persons or young children;
- Frail persons or persons with very thin statures (i.e., may have thin chest walls);
- Women known to be pregnant;

USE OF CONDUCTED ENERGY DEVICES (5-314.02) – SUBJECT FACTORS

Prior to using a CEW on a subject in flight the following should be considered:

- The severity of the crime at issue;
- Whether the suspect poses an immediate threat to the safety of the officer or others, and;
- The officer has a reasonable belief that use of the CEW would not cause significant harm to the subject fleeing unless use of deadly force would otherwise be permitted.

USE OF CONDUCTED ENERGY DEVICES (5-314.02) – SUBJECT FACTORS

- On persons who might be in danger of drowning;
- In environments in which combustible vapors and liquids or other flammable substances are present;
- In similar situations involving heightened risk of serious injury or death to the subject.

USE OF CONDUCTED ENERGY DEVICES (5-314.03)

SITUATIONAL FACTORS

In the following situations, CEW's should **not** be used unless the use of deadly force would otherwise be permitted:

- On persons in elevated positions, who might be at a risk of a dangerous fall;
- On persons operating vehicles or machinery;
- On persons who are already restrained in handcuffs unless necessary to prevent them causing serious bodily injury to themselves or others and if lesser attempts of control have been ineffective.

USE OF CONDUCTED ENERGY DEVICES (5-314.05) – POST EXPOSURE TREATMENT/MEDICAL AID

Post exposure treatment (Medical Aid) for a person that has been exposed to the electricity from the CEW shall include the following:

1. Determine if the subject is injured or requires EMS.
2. Render medical aid consistent with training and request EMS response for evaluation at anytime if necessary
3. Request EMS response for probe removal if probes are located in sensitive areas (face, neck, groin or breast areas).
4. Wear protective gloves and remove probes from the person's non-sensitive body areas.

USE OF CONDUCTED ENERGY DEVICES (5-314.05) – POST EXPOSURE TREATMENT/MEDICAL AID

5. Secure the probes (biohazard “sharps”) point down into the expended cartridge and seal with a safety cover.
6. When appropriate, visually inspect probe entry sites and/or drive stun locations for signs of injury.
7. When appropriate, photograph probe entry sites and/or drive stun locations.

USE OF CONDUCTED ENERGY DEVICES (5-314.05) – POST EXPOSURE TREATMENT/MEDICAL AID

- Sworn employees shall routinely monitor the medical condition of a person who has been exposed to the electricity from a CEW until they are released to medical or other law enforcement personnel and inform individuals accepting custody that a CEW was used on the person.
(10/01/10)

Crime Lab

- Crime Lab requests that at a Critical incident scene...if possible, Officers remove cartridge from CEW and put it down. Do not break any wires, do not remove probes. After you remove cartridge, re-holster CEW.

Crime Lab

- If a CEW was used during a critical incident, the CEW will be property inventoried by the Crime Lab for processing firing data evidence.
- Crime Lab personnel will collect the CEW from you and any unused cartridges you are carrying in room 100/108.

5-314.04 USE OF CONDUCTED ENERGY DEVICES (CEW) – DOWNLOADING/REPORTING

Officers are required to report all actual uses of their CEW consistent with Department guidelines by reporting the actual discharge/deployment of a CEW. Successful de-escalation of a situation by threatening its use shall be documented in the narrative of your report. (Or remarks of call if no report)

CEW Downloading guidelines:

- The CEW shall be downloaded, when used in probe mode or drive stun mode, prior to the end of the officer's shift.
- The CEW shall be downloaded for any incident that is recorded that the officer believes might have evidentiary value.

MRT – Use (5-316)

Only used in situations where subject is:

- Handcuffed & combative and
 - Poses threat to self/other, or
 - Could cause significant damage to property if not restrained.

MRT application:

1. One Hobble around ankles
2. One Hobble around waist
3. Connect hobble from ankles to waist **IN FRONT** of subject.

MRT – Safety (5-316)

- Side Recovery Position ASAP
- No Prone Transport
- Monitor until EMS or transfer of custody
- Request EMS if medical condition arises
- Transported 2-person squad; seat belt on and seated upright or side lying in squad
- MVR activated and Body Cameras activated
- Notify next agency of MRT application

NOTE – do not hogtie unless no other option (i.e. life saving measures) and change to MRT as soon as possible

MRT – Reporting (5-316)

1. Supervisor Force Review Required (5-306/7)

Officer's report shall document:

- Circumstances requiring use
- How the MRT was applied
- How long restrained
- How transported & in what position
- Observations of the subject's physical and physiological actions
 - examples include: significant changes in behavior, consciousness or medical issues.

Use of Unauthorized Weapons (5-310)

- Shall carry & use only authorized weapons
- Must be currently trained & authorized to use
- Exigent Circumstances Exception:
 - Exigent circumstances with imminent threat to safety of officer/others
 - Officer may use improvised weapon of opportunity
 - Chairs; radio; flashlight; knives; paint cans; etc...

Reporting & Post Incident Requirements

(5-306)

- Medical Assistance
 - As soon as reasonably practical (code 4)
- Supervisor Notification
- Transfer of Custody – Verbal Notification:
 - Type of Force
 - Injury (real or alleged)
 - Medical / EMS

Reporting & Post Incident Requirements

(5-306)

Supervisor Notification & PIMS Reporting

- PIMS Report – **No**; Supervisor Notification – **No**
 - Joint Manipulation/control; Pressure Points; Cuffing; Gun draw/point

- PIMS Report – **Yes**; Supervisor Notification – **No**
 - Takedown Techniques; Chemical Agent Exposure

- PIMS Report – **Yes**; Supervisor Notification – **Yes**
 - All other force (including real/alleged injuries; neck restraints; MRT applications)

Reporting & Post Incident Requirements

(5-306)

- PIMS Reports
 - Titled “FORCE”
 - Completed by end of shift
 - All applicable portions completed
- Prior Injuries
 - Titled “PRIORI”

Supervisor Force Review (5-307)

- Was this a Critical Incident (7-810)
- Advise to stay at scene & respond ASAP
- Conduct on-scene Preliminary Inv.
 - Steps on next slide
- Review all Force Reports for completeness
- Complete Force Review in PIMS
- If Unreasonable Force or Policy Violations
 - Put “Further Review Needed” in report
 - Notify IAU Commander of further review

Supervisor Force Review (5-307)

Investigative Steps – Short Version

1. Critical Incident? *(Section 7-810)*
2. Officer Debrief *(From the Beginning)*
3. Subject Debrief *(Physical Condition)*
4. EMS *(Offer & Document)*
5. Photos *(Subject; Scene; All Injuries; Damage)*
6. Evidence *(Collected)*
 - Any Photographs or Video?
 - Other Evidence?
7. Witnesses *(ID & Statements)*

Civil Disturbances (5-312)

On-Scene IC will evaluate & determine reasonable force options. Refrain from using less-lethal force (chemical agents; CED; strikes; baton; etc...) unless authorized by IC.

This does not apply if there is an immediate need to protect self/others from apparent physical harm.

Riot Baton – Only carried/deployed in anticipation of Civil Disturbance

Authorized Equipment & Specs (3-205)

- Riot Stick:
 - Shall be readily available when needed
 - In squad when responding to civil dist.
 - Department issued only
- Handcuffs:
 - Shall carry one set
 - Smith & Wesson or Peerless; Hinged or Chain
 - Double locking Mechanism; Black or Chrome finish

Authorized Equipment & Specs (3-205)

- Flashlights:
 - Shall carry in uniform
 - Diameter 1 ½” or less; 2-5 cells only
 - Black finish

- Knives:
 - May carry as tool
 - No longer than 4” blade

- Hobbles:
 - Shall be available in squad or on person
 - RIPP Restraint Hobble

Authorized Equipment & Specs (3-205)

- Batons:
 - Shall carry in uniform (unless CED)
 - ASP or Monadnock; No longer than 26”
 - Black or Chrome finish

- Chemical Agents:
 - Shall carry 4oz in uniform; Larger carried if authorized by supervisor
 - Department issued product only
 - Aerko Freeze +P OC/CS
 - 4oz 2K3
 - 17.5oz M9 Streamer (BLACK can)
 - Def Tech OC
 - 12oz MK9 Streamer (RED can)

Authorized Equipment (3-200)

- I. Conducted Energy Device (CED) (07/19/07)
(12/30/10) (07/01/13)
- 1. Sworn MPD employees shall carry a CED (if issued) while working in a uniform capacity.

3-203 REQUIRED EQUIPMENT

B. Every sworn MPD employee shall carry the following equipment unless assigned to undercover duty where it is necessary to conceal their identity. (12/30/10)

- A. MPD issued ammunition
- B. MPD authorized badge
- C. MPD authorized firearm
- D. MPD authorized handcuffs and key
- E. MPD issued identification card
- F. MPD cell phone (if issued)

C. When working plainclothes, sworn MPD employees shall wear an authorized firearm in such a manner that it will not attract attention or be open to public view.

Handcuffing Arrestees/Detainees

(9-109)

Regular Handcuffs:

- Handcuffed behind back & Double Locked ASAP
 - Exception for physical conditions, sickness, disability, injury
- HCJ requires arrestees be handcuffed for intake

Plastic Handcuffs:

- May be used for emergencies & mass arrests
- Avoid use on mentally ill & Felony Arrests

Prisoner Control, Safety & Transport

(9-110)

Transport Officer Responsibilities:

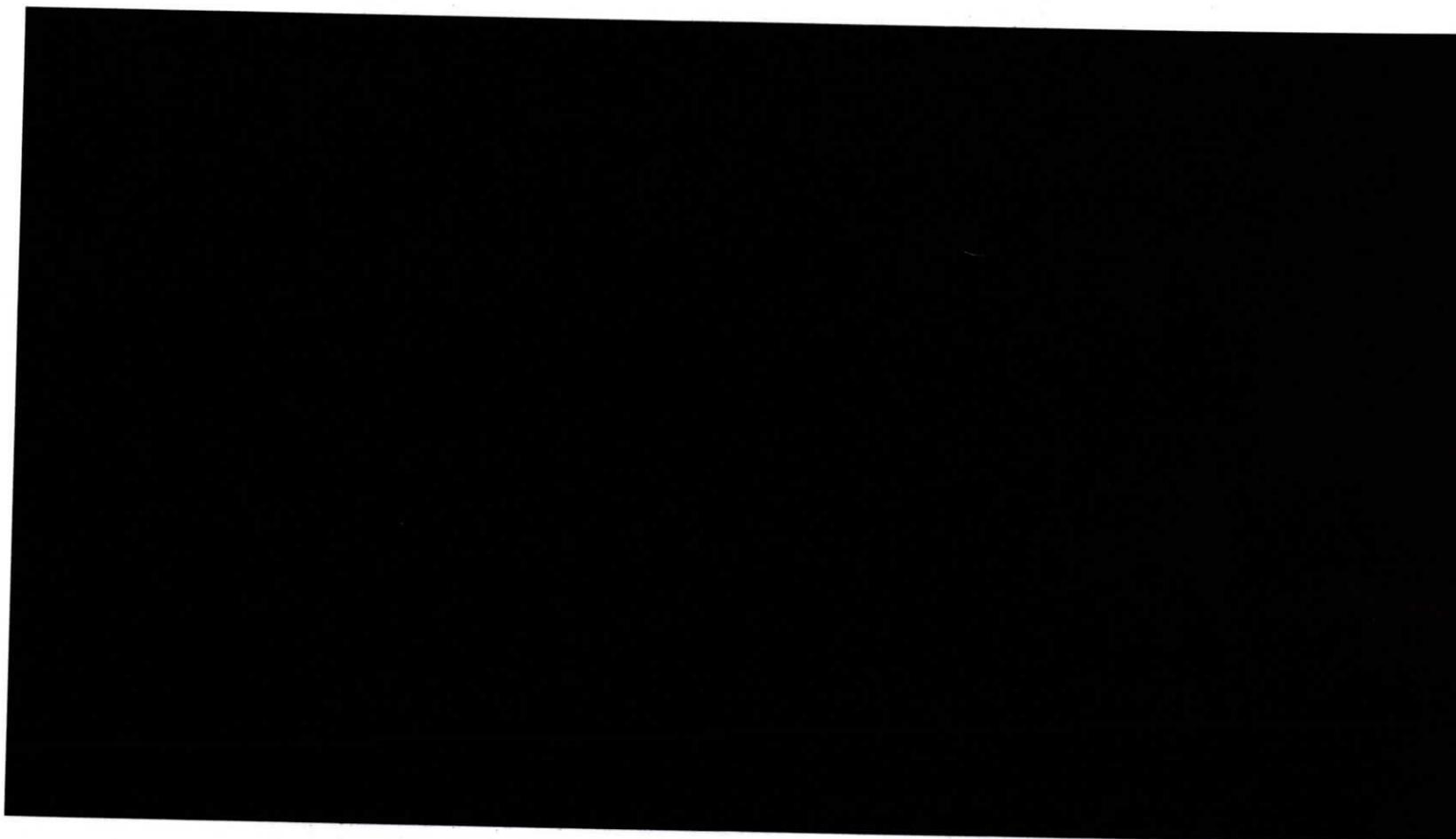
- Prisoner in view at all times
- Only exigent circumstances warrant stops en-route
- No prone transports
- Monitor physical condition
 - Provide EMS if needed
 - Notify Supervisor if serious medical issues observed

Transporting Opposite Sex (9-111)

Transport Officer Responsibilities:

- Two-Officer Squad (*unless not feasible*)
- Notify MECC of the following:
 - MVR and Body Cameras on
 - Destination & Odometer at start
 - Any delays during transport
 - Arrival to destination

Pilot Project: Bola Wrap



Bola Wrap Remote Restraint

- Low level use of force
- Not based on pain compliance
- Noncompliant or mentally ill
- De-escalates encounters increasing officer safety
- Simple training and easy to use
- Discharge speed 640 fps
- Effective distance 10-25 feet
- Sound volume 105/110 dB
- Number of wraps 1-3
- Reload time 3-8 seconds
- Distance required around subject 2-4 feet

1

Training today

- Short warm up
- Go at your own pace
- If you are having a medical issue or are injured let your partner and an instructor know
- Everyone is a safety
- Injury check at conclusion
- Hand sanitizer stations throughout the building
- Partner with someone of similar size

Medical Advisory

- Chest Pain
- Discomfort radiating from neck, jaw, shoulder, left arm or back
- Wheezing
- Fatigue
- Nausea/vomiting
- Headache
- Weakness/paralysis
- Anything out of the ordinary
- Notify instructor or buddy if you are not feeling well and have to step out of training
- Get medical if necessary