

The training described in this document is required for officers participating in the Correctional Worker Core and Community Corrections Officer Academy including the following agency positions:

Community Corrections Officers
Community Corrections Specialists

Community Corrections Supervisors
Corrections/Custody Officer 1-3

Oleoresin Capsicum (OC)

The Washington State Department of Corrections (DOC) requires all custody staff who disseminate Oleoresin Capsicum (OC) to attend an initial training and exposure session by a certified DOC instructor. Required annual training does not require additional exposures.

Participants will receive an exposure to "First Defense" OC Pepper Spray solution in order to experience the effects of OC. First Defense is categorized as an inflammatory agent. Direct exposure to this product causes localized topical heat, redness, inflammation, and pain to all exposed skin and tissues. Indirect exposure causes irritation to the throat, lungs and exposed mucus membranes. Participants must perform basic self-defense techniques immediately following OC exposure. Decontamination procedures are administered immediately upon completion of self-defense techniques.

Medical Considerations for OC Exposure

- Anyone with medical concerns should consult a physician prior to exposure
- Any participant who has undergone eye surgery in the past 12 months should delay participating in this training for one year or seek approval from their physician
- Allergic reaction to OC Aerosol spray is possible but rare

Physical Training Requirements

The physical training will place repeated stress on the joints and muscles of the abdomen, back, neck, hips, knees, shoulders, hands, wrists, and elbows. Participants will sustain moderate to high impact on all parts of the body. Participation in this training will require repetitive balance disruption positions, as well as repetitive getting up and down from a grounded position. Training requires a moderate amount of pressure applied to the person's back while lying in a prone position. Physical training activities are scheduled in 2-4 hour blocks and spaced in segments throughout the academy to allow for appropriate rest and recovery to minimize risk of injury.

The following descriptions include the activity and impacts involved as participants perform the tactics in both the officer and offender role as required for academy training. All training activity is performed at 50% speed. Pain is applied only to the degree necessary to achieve understanding of the effectiveness of the techniques.

Warm Up Exercises:

Warm up exercises are intended to raise the resting pulse, warm up the body and loosen joints. During warm ups the instructor assesses the participant's physical fitness and range of motion. Warm ups may include any of the following:

- Triangle footwork
- Hyper flexion and hyper rotation of the wrists and ankles
- Lunges and Leg lifts
- Jogging in place, jumping jacks and push-ups
- Neck, wrist, hip and trunk rotations
- Shoulder, Achilles tendon, hamstring, and quad stretching
- Bent knee toe touches

Physical Maneuvers:

Physical Maneuver	Physical activity in the active role	Physical activity in the passive role
#1	Must be able to maintain grip and complete pulling motion. Must be able to drop to one knee. Strength in hips and back are required.	Participant will experience limb rotation and flexion in the back.
#2	Must be able to maintain grip. Use of legs for mobility is required.	Participant will experience joint pressure in upper body.
#3	Must be able to maintain grip and apply pressure.	Participant will experience joint pressure in upper body and pressure on foot.
#4	Must be able to freely move all limbs for striking. Must be able to rotate through hips.	Participant will receive reduced impact strikes to hands, arms, and shoulders through bags and pads.
#5	Must be able to maintain grip and stabilize on one knee while kneeling.	Participant will experience pressure in the shoulder, wrist, and upper back.
#6	Must be able to raise both arms above the shoulders and twist at the hips.	
#7	Must be able to demonstrate strength and mobility of the entire body.	Participant will experience pressure and isometric tension.