



# Sample Trainer's Lesson Plan For the Wrap

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## **I. INTRODUCTION:**

This sample lesson plan is meant to be used as a guideline for agencies using the Wrap. Departmental policies and practices should be included when applicable. This class should take between two and four hours depending on course content.

## **II. COURSE OBJECTIVES:**

- A. Discuss the potential liability issues involved in in-custody deaths.
- B. Identify various medical, psychological and physical factors associated with in-custody deaths
- C. Introduce and explain the structure of the Wrap.
- D. Demonstrate the application, preparation and storage of the Wrap.
- E. Certify each student in the application of the Wrap.
- F. Discuss other restraints currently used within their agency.

## **III. LIABILITY ISSUES:**

- A. Training
- B. Equipment
- C. Tactics
- D. Supervision
- E. Departmental Policy/Practice

## **IV. ISSUES SURROUNDING IN-CUSTODY DEATHS:**

Discuss the various issues and warning signs associated with in-custody deaths. Provide examples of the following:

- A. Respiratory Fatigue
- B. Positional Asphyxia
- C. Excited/Drug Induced Delirium.
- D. Sudden Death Syndrome.
- E. Pepper spray related issues: first aid factors, inflammation.
- F. Drug induced psychosis.
- G. Neuroleptic Malignant Syndrome (NMS)

**V. OFFICER AWARENESS AND RECOGNITION OF RISK INDICATORS:**

- A. Bizarre / violent activity
- B. Obesity, especially “big bellies”
- C. Drug involvement
- D. Apparent ineffectiveness of chemical agent
- E. Position of restraint
- F. Fitness: energy exerted by subject
- G. Medical problems
- H. Alcohol involvement

**VI. APPLICATION OF THE WRAP**

A review of the application of the Wrap, emphasizing the following points:

(See *The Wrap Basic Application Manual*)

- A. Breakdown of the Wrap: Leg wrap, shoulder harness, ankle strap.
- B. Demonstration (two, three, and four officer application.)
- C. Transportation
- D. Preparation and storage/cleaning
- E. Tactical considerations: Review how the Wrap is a restraint system that works in conjunction with pepper spray, ECD’s, anticipated hostility, etc.
- F. Pre-planning: officers responding to the scene. Personnel must consider having the Wrap at the scene as soon as possible to minimize risks associated with restraining the subject.

**VII. PRACTICAL APPLICATION OF THE WRAP:**

- A. Break personnel into groups and practice the application of the Wrap.
- B. Evaluate personnel on the application. Consider a practical and/or written test.
- C. Stress the importance of Wrap preparation and storage.