

LOS ANGELES SCHOOL POLICE DEPARTMENT
20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING

DAY ONE

I. REGISTRATION AND ORENTATION

- A. Complete all P.O.S.T and Department required paperwork, Distribute handouts, Introduce Instructors, Issue weapons.
- B. Explain Instructional Goals and Student Expectations
 - 1. Instructors will re-educate students in the use of the Urban Police Rifle (UPR)
 - 2. Students will be expected to be professional at all times
 - 3. Students shall be expected to pass both a written test and a qualification

II. DEPARTMENT POLICIES AND USE OF FORCE

- A. Los Angeles School Police Department
 - 1. Use of Force Policy
 - 2. Urban Police Rifle Policy
- B. Case Law
 - 1. Graham vs Conner
 - a. Reasonable Force
 - 2. Tennessee vs Garner
 - a. Deadly Force

III. WEAPON DESCRIPTION

- A. Colt AR15XM or Variant Overview
 - 1. Lightweight
 - 2. Air Cooled
 - 3. Gas Operated (Direct Gas)
 - 4. Magazine Fed
 - 5. Shoulder Fired
- B. Nomenclature
 - 1. Upper Receiver Group
 - a. Flash Hider
 - b. Barrel
 - c. Front Sight
 - d. Handguards
 - e. Slip Ring
 - f. Carry Handle

LOS ANGELES SCHOOL POLICE DEPARTMENT
20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING

- 1) Fixed
 - 2) Removable
 - g. Rear Sight
 - 1) Windage Knob
 - 2) Elevation Knob
 - h. Ejection Port
 - 1) Dust Cover
 - i. Charging Handle
2. Lower Receiver Group
- a. Take Down Pins
 - 1) Front
 - 2) Rear
 - b. Magazine Well
 - c. Magazine Release
 - d. Bolt Catch
 - e. Trigger
 - g. Trigger Guard
 - h. Selector Lever
 - i. Pistol Grip
 - i. Stock
 - 1) Fixed
 - 2) Adjustable
 - 3) Sling Attachment
 - j. Buffer
 - 1) Buffer Spring
 - 2) Buffer Retaining Pin
3. Bolt Assembly Group
- a. Bolt Carrier
 - 1) Gas Key
 - 2) Firing Pin Retaining Pin
 - 3) Firing Pin
 - 4) Bolt Cam
 - b. Bolt
 - 1) Extractor
 - 2) Ejector
 - c. Charging Handle
- D. Optional Equipment
- 1. Magazines
 - 2. Sling(s)
 - 4. Sling Attachments
 - 4. Lights
 - 5. Optics

LOS ANGELES SCHOOL POLICE DEPARTMENT
20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING

IV. DISASSEMBLY AND ASSEMBLY

- A. Disassembly
 - 1. Clearing
 - 2. Field Stripping

- B. Assembly
 - 1. Lower Receiver
 - 2. Upper Receiver
 - 3. Function Check

V. FUNCTIONING AND OPERATIONS

- A. Loading
- B. Unloading
 - a. Chamber Check
 - b. Low Light Chamber Check
- C. Cycle of Operation
 - 1. Feeding
 - 2. Chambering
 - 3. Locking
 - 4. Firing
 - 5. Unlocking
 - 6. Extracting
 - 7. Ejecting
 - 8. Cocking

VI. AMMO AND BALLISTICS

- A. 5.56 mm Ballistics
 - 1. Internal
 - 2. External
 - 3. Terminal
- B. Bullet Path
- C. Line of Sight

LOS ANGELES SCHOOL POLICE DEPARTMENT
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VIII. SHOOTING POSITIONS

- A. Standing
- B. Kneeling
 - 1. Braced
 - 2. Unbraced
 - 3. Double Knee
- C. Sitting
- D. Squatting
- E. Prone

IX. CARE AND CLEANING

- A. Cleaning Equipment
 - 1. Cleaning Rod
 - 2. Barrel Brush
 - 3. Chamber Brush
 - 4. Patches
 - 5. Solvent
 - 6. Lubricating Oil
 - 7. Soft Bristle Brush
- B. Cleaning and Lubricating Barrel
- C. Cleaning and Lubricating Bolt Carrier Group
- D. Cleaning and Lubricating Lower Receiver
- F. Inspection and Function Check

X. CONCLUSION

- A. Written Test
- B. Questions

LOS ANGELES SCHOOL POLICE DEPARTMENT
20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING

DAY TWO

- X. SIGN IN/SAFETY BRIEF
 - A. All Weapons Are Always Loaded
 - B. Never Point a Weapon at Anything You Don't Intend Shoot
 - C. Keep Your Finger Off the Trigger Until Your Sights Are On the Object You Intend to Shoot
 - D. Always be Aware of Your Surrounding
 - E. Eye and Ear Protection is Mandatory

- XI. SIGHTING IN
 - A. Fundamental of Accurate Shooting
 - 1. Sight Alignment
 - 2. Sight Picture
 - 3. Trigger Control
 - a. Follow Through
 - b. Release to Reset
 - B. Fifty Yard Zero
 - 1. Fire Rounds and Make Needed Adjustments

- XII. COMBAT LOADING/MALFUNCTIONS
 - A. Speed Reloading
 - B. Tactical Reloading
 - C. Malfunction Clearing

- XIII. KNOWN DISTANCE DRILLS
 - A. Accurate Fire from Several Known Distances
 - 1. 10 rounds from 50 yards
 - 2. 10 rounds from 25 yards
 - 3. 10 rounds from 15 yards

LOS ANGELES SCHOOL POLICE DEPARTMENT
20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING

- B. Accurate Fire from Several Shooting Positions
 - 1. 10 rounds from 50 yards in the prone position
 - 2. 10 rounds from 25 yards in the sitting or squatting position
 - 3. 10 rounds from 25 yards in the kneeling position
 - 4. 10 rounds from 15 yards standing position

- C. Accurate Fire at Different Size Targets
 - 1. 10 rounds from 50 yards on silhouette target
 - 2. 10 rounds from 25 yards on a 8 inch round target
 - 3. 10 rounds from 15 yards on a 4 inch round target

- D. Accurate Fire from Several Distances Utilizing Barricades
 - 1. 10 rounds from 50 yards
 - 2. 10 rounds from 25 yards
 - 3. 10 rounds from 15 yards

XIV. UNKNOWN DISTANCE DRILLS

- A. Accurate Fire from Several Unknown Distances
 - 1. 10 rounds from 60 yards
 - 2. 10 rounds from 35 yards
 - 3. 10 rounds from 20 yards

- B. Accurate Fire from Several Shooting Positions
 - 1. 10 rounds from 60 yards
 - 2. 10 rounds from 35 yards
 - 3. 10 rounds from 20 yards

- C. Accurate Fire at Different Size Targets
 - 1. 10 rounds from 60 yards
 - 2. 10 rounds from 35 yards
 - 3. 10 rounds from 20 yards

- D. Accurate Fire While Moving
 - 1. Moving Forward
 - a. 3 rounds while walking forward from the 25 yard line
 - 2. Moving Backwards
 - b. 3 round while walking backward from the 15 yard line

LOS ANGELES SCHOOL POLICE DEPARTMENT
20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING

XV. QUALIFICATION

- A. The officers will load 3 magazines with 10 rounds each.
- B. The officers will start at the fifty yard line
- C. The officers will load their weapons at the instruction of the range staff.
- D. The officers will take a prone position.
 - 1. The officers will fire 2 rounds at the target from the prone position.
- E. The officers will take a seated position.
 - 2. The officers will fire 2 rounds at the target from the seated position.
- F. The officers will take a kneeling position.
 - 1. The officers will fire 2 rounds at the target from the kneeling position.
- G. The officers will take a squatting position.
 - 1. The officers will fire 2 rounds at the target from the squatting position.
- H. The officers will take a standing position.
 - 1. The officers will fire 2 rounds at the target from the standing position.
- I. The officers will move to the 25 yard line.
 - 1. The officers will fire 2 rounds at the target from the standing position in 6 seconds.
- J. The officers will take a squatting position.
 - 1. The officers will fire 2 rounds at the target from the squatting position in 6 seconds.
- K. The officers will take a kneeling position in.
 - 1. The officers will fire 2 rounds at the target from the kneeling position in 6 seconds.
- L. The officers will take a seated position.
 - 1. The officers will fire 2 rounds at the target from the seated position in 6 seconds.
- M. The officers will take a prone position.
 - 1. The officers will fire 2 rounds at the target from the prone position in 6 seconds.
- N. The officers will move to the 15 yard line.
 - 1. Standing directly in front of their respective targets, officers will side step to their left, and from behind cover fire 1 round to the head in 8 seconds. Repeat.
- O. Officers will remain at the 15 yard line.
 - 1. Standing directly in front of their respective targets, officers will side step to their right, and from behind cover fire 1 round to the head in 8 seconds. Repeat.

LOS ANGELES SCHOOL POLICE DEPARTMENT
20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING

- P. Officers will remain at the 15 yard line.
 - 1. Starting from a standing position, officers will take a squatting position and fire 1 round to the head in 8 seconds. Repeat.
- Q. Officers will remain at the 15 yard line.
 - 1. Starting from a standing position, officers will take a kneeling position and fire 1 round to the head in 8 seconds. Repeat.
- R. Officers will remain at the 15 yard line.
 - 1. Starting from a standing position, officers will take a prone position and fire 1 round to the head in 10 seconds. Repeat
- S. Officers will remain at the 15 yard line.
- T. Range staff will score the officer's targets.
 - 1. Officer must score 80% or better.
- U. Remediate and retest as needed.

LOS ANGELES SCHOOL POLICE DEPARTMENT
20 HOUR EXPANDED COURSE OUTLINE
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XVI WEAPON MANIPULATION TEST

- A. Examination Topics
 - 1. Clear Weapons
 - 2. Press Check
 - 3. Tactical Reload
 - 4. Speed / Combat Reload
 - 5. Malfunction Drill
 - 6. Failure Drill
 - 7. Rifle Inspection
 - 8. Function Check

- B. Scoring
 - 1. Students must perform 3 exam topics as directed by the instructor
 - 2. Pass or Fail

XVII CONCLUSION

- A. Course Evaluation

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- A. Department Policy
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 - d. Handguards
 - e. Slip Ring
 - f. Carry Handle
 - 1)Fixed

**20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING**

- 2) Removable
 - g. Rear Sight
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 - 1) Dust Cover
 - i. Charging Handle
2. Lower Receiver Group
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20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING

1. Starting from a standing position, officers will take a squatting position and fire 1 round to the head in 8 seconds. Repeat.
- Q. Officers will remain at the 15 yard line.
 1. Starting from a standing position, officers will take a kneeling position and fire 1 round to the head in 8 seconds. Repeat.
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- B. Scoring
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XVII CONCLUSION

- A. Course Evaluation

**20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING**

SAFETY GUIDELINES

- I. General safety guidelines shall be communicated to the student prior to the training session.
- II. Urban Police Rifle Training shall occur in a suitable location.
 - A. Risk of student injury increases dramatically when training occurs in inappropriate locations. An appropriate “rifle range” or similar type of area, either permanent or temporary, is recommended.
 - B. There are recognized exceptions: Scenario training and practical field exercises cannot be confined to indoor facilities. Outdoor training in a Department authorized training area may be desirable, particularly during warm weather.
- III. The size of the facility shall be adequate for the number of students to be trained.
 - A. Adequate space between students is fundamental to minimizing the chance of injury. Baton training, for example, should occur in an area of sufficient size which allows for the full unobstructed swing of a standard baton.
- IV. Environmental factors shall be considered when selecting a safe training location.
 - A. Indoor training facilities used for Urban Police Rifle instruction should have adequate lighting and proper ventilation to accommodate safe firearm handling. Adequate cooling capabilities, for example, are necessary to prevent heat related illness.
- V. The training site shall be reasonably free from outside distractions.
- VI. Equipment Guidelines
Students training in Urban Police Rifle shall be required to meet the clothing and footwear standards established by the instructor staff
 - B. Clothing worn for physical training will allow for flexibility of movement. Students wearing glasses should use shatter-resistant lenses and eyeglass retainers.
- VII. The instructional staff shall conduct a pre-training inspection.
 - A. A pre-training inspection ensures that students have brought the correct clothing and personal equipment. It provides the opportunity to check for the presence of watches, rings, necklaces, earrings, and other jewelry which may cause injury to the individual or other students.
 - B. Equipment used in Urban Police Rifle training shall be cleaned

20 HOUR EXPANDED COURSE OUTLINE URBAN POLICE RIFLE TRAINING

regularly.

1. The surfaces of all equipment which students come in contact with should be cleaned regularly.
 - C. The instructional staff shall conduct periodic equipment inspections to ensure their safety and suitability.
 1. The firearms training areas also require frequent examination.
 - A.
 2. The instructor shall provide or require specific safety equipment for any high intensity or full-contact training.
- VIII. Urban Police Rifle instructors are encouraged to participate in periodic instructor update courses.
- A. Networking of instructors is encouraged.
- VIX. Instructional Staff-to-Student Ratios
- A. The staffing shall have **one** instructor for every **four** students for the hands-on component.
 - B. The ratio shall allow the instructional staff to adequately observe takedown, application of pain compliance holds or other activities which present a potential for student injury.
- X. The Rangemaster shall consider reducing the instructional staff-to-student ratio to **one** instructor per **three** students when high-risk techniques are involved.
- A. Some physical training techniques such as takedown, application of carotid restraint, etc., suggest the need for intense student supervision. "Combat" scenarios, intended to induce cardiovascular and emotional stress, also suggest an intense supervision of students.
- XI. Presentation Guidelines
- A. Instructors shall maintain an appropriate level of discipline over students at all times.
 1. Instructors shall consistently maintain a professional atmosphere during training and ensure that students abide by all published rules of conduct.
 - B. Instructors shall be aware of physical fatigue factors which affect the ability of the student to perform safely.
 1. Instructors shall be aware that long periods of training, increase injury potential. A heat wave, for example should suggest a reduction in instructional intensity.
- XI. Specific Safety Rules
- A. Minimum conditioning guidelines for in-service training shall be

20 HOUR EXPANDED COURSE OUTLINE URBAN POLICE RIFLE TRAINING

considered whenever Urban Police Rifle training is included.

1. In-Service students may be in poor physical condition at the time of training. Their potential for injury particularly muscle strains and joint irritations, shall be considered.
 2. Advance notice shall be sent to agency heads and students of specifics course expectations.
- B. Trainees attending instructor level courses shall be given a list of specific physical requirements, fitness expectations, and testing standards well before initiation of the course.
- C. A systematic physical warm-up procedure shall be initiated prior to commencement of any Urban Police Rifle training.
1. Injuries are less likely if students engage in appropriate warm-up stretching activities before training begins.
- D. Specific attention should be given to the particular muscle and joint groups involved. Instruction on the takedown to a carotid restraint, for example, suggests a concentrated warm-up of the neck and shoulder muscles.
- E. A systematic procedure for cooling-down shall be initiated at the conclusion of any Urban Police Rifle training.
1. An appropriate "cool down" will also help to reduce muscle pain after exercising.

LOS ANGELES SCHOOL POLICE DEPARTMENT
20 HOUR EXPANDED COURSE OUTLINE
URBAN POLICE RIFLE TRAINING

Hourly Distribution Outline

Post Control No:
2/10 Units (.2)

Day 1

0800-0830	Registration and Orientation
0830-0900	Instruction Goals/ Student Expectations
0900-0930	Department Policy/ Legal Responsibilities
0930-1200	Urban Police Rifle: Nomenclature, Disassembly and Assembly, Functioning and Operation, Ammo and Ballistics
1200-1300	Lunch
1300-1500	Shooting Positions
1500-1600	Care and Cleaning
1600-1700	Rifle Inspection and Maintenance
1700-1730	Review and Questions
1730-1800	Written Exam

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Day 2

0700-0730	Sign In/ Safety Brief
0730-0830	Sighting in
0830-1200	Range Exercises
1200-1300	Lunch
1300-1600	Range Exercises
1600-1700	Qualification
1700-1730	Weapon Cleaning and Inspection
1730-1800	Course Evaluation/Questions