

SAMPLE OF THE MANUAL

Learning Outcomes

- Explain the advantages and limitations of the High Gear Impact Reduction Suit.
- Demonstrate how to place the High Gear Impact reduction Suit on and perform the following techniques whilst wearing the suit.
- Explain and perform the 'Guard' Position.
- Explain and perform 'Parry', 'Front Forearm Block', 'Downward Evasion', 'Forearm Block' and 'Elbow Block' Evasion techniques.
- Explain and perform 'Defensive leg Lift'
- Explain and perform 'Redirection and check drill/ force option selection'.
- Explain and perform the following techniques in the High Gear Impact reduction Suit Escapes to 'Chokeholds', 'Headlocks' and 'Knee Strikes.'
- Explain and perform the following Ground Control Techniques whilst wearing the High Gear Impact reduction Suit, 'Side control', 'Wrap-up Control', 'Knee Ride Escape', 'Mount Escape' & 'Guard Position'
- Explain and perform the role of 'Safety Officer.'
- Explain the Advantages, Limitations and safety issues concerning the utilisation of the High Gear Impact Reduction Suit in PITT activities.
- Perform practical exercises involving handcuffing. Subjects will be suited up during the exercises.

Introduction

The Operational Safety and Tactics Training Unit utilises the Blauer™ High Gear Impact Reduction Suit (High Gear Suit). This manual is designed to be read in conjunction with the owner's manual for the suit and Vale Tudo Empty Hand Control Manual.

Before being assessed as a Tactical Training Suit Instructor the officer must have completed a Tactical Training Suit User course. The officer must also have participated in a minimum of three Induction Courses before gaining the qualification as a Tactical Training Suit Instructor.

Blauer High Gear Impact Reduction Suit

The Blauer High Gear Impact Reduction Suit can be utilised for activities such as Scenario based exercises, Empty Hand Control, Ground Control, Baton Training (soft baton) and handcuff training. The High Gear Suit is a streamline suit that weighs approximately 3.5 kilograms and allows for full shoulder rotation. The material utilised to construct this suit is lightweight and offers custom plastic trauma plates and smart two-density foam for energy dispersion and shock deflection. Leather and polyester completes the suits exterior. It is also offered in three different sizes, medium, large and extra large. This allows officers the ability to wear a suit that is designed for their body size and does not hinder their movement whilst offering protection.





Safety Responsibilities for Wearer and Safety Officer

This instructional manual for both suits provides a base guide of information to ensure safety of all participants. It must be stressed that the potential for accidents cannot be removed from any training scenario; therefore the safe conduct of training with the FIST™ suit and High Gear Impact Reduction Suit is the responsibility of all participants.

It is emphasised that the Fist Suit and High Gear Impact Reduction Suit cannot completely protect the Wearer's muscles, bones and tendons from full contact strikes. If the head is struck the headgear will not protect the brain from injury. The limbs can still be injured through unsafe manipulation. The Safety Officer's role is to control the Students' actions and behaviour to avoid the Wearers from being injured.

Prior to fitting the suits the Instructor/Safety Officer supervising the training scenario and the Wearer must visually and physically inspect the suit, paying particular attention to the Velcro and elastic straps, panel wear and stitching. Once satisfied with the suits serviceability the Safety Officer is to assist the Wearer with fitting (High Gear Suit can be placed on individually, however should still be checked by Safety Officer).

The Safety Officer will wear a hi-visibility Safety Officer vest and have access to a whistle.

As previously stated, safety is the responsibility of all participants in training. To assist in this being achieved, the Safety Officer must deliver an instructional briefing to all participants. The briefing should include:

- Limitations of the suit
- Safety Officers role
- Timeout rule (stop, stop, stop) – blast of whistle
- Suit Wearers role – passive, active fighting....
- Aim of the session – i.e. negotiation, use of ASP baton etc.
- Location of First Aid Kit
- Exit points