



BART POLICE DEPARTMENT
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USE OF THE RECOVERY POSITION

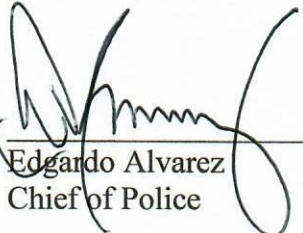
This bulletin provides guidelines relating to the use of the recovery position, especially that of a restrained subject where force was used to administer the restraint.

Restraint of an individual is sometimes required after force has been applied to control an individual. Per Policy 300.3.5 the following shall apply:

“Terms such as “positional asphyxia,” “restraint asphyxia,” and “excited delirium” continue to remain the subject of debate among experts and medical professionals, are not universally recognized medical conditions, and frequently involve other collateral or controlling factors such as narcotics or alcohol influence, or pre-existing medical conditions. While it is impractical to restrict an officer’s use of reasonable control methods when attempting to restrain a combative individual, officers are not authorized to use any restraint or transportation method which might unreasonably impair an individual’s breathing or respiratory capacity for a period beyond the point when the individual has been adequately and safely controlled. Once controlled, the individual should be placed into a recovery position (e.g., supine or seated) and monitored for signs of medical distress (Government Code § 7286.5).”

The side laying fetal position is also considered a position of recovery as it places the subject in a natural position where it does not constrict the ability to breathe.

A restrained person should be placed in the recovery position if the subject is no longer actively resisting or attempting to harm others. The recovery position should also be used or attempted even if the subject is continuing to actively resist when it is safe and feasible to do so. This may be possible when additional officers are available to assist in controlling the subject into the recovery position. When placing a restrained person in the recovery position, police personnel should advise dispatch so that the attempt can be entered into the call log. Also, audible verbal articulation should be stated by on-scene personnel for the purpose of recording the recovery position attempt on body worn camera video.



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