NORTHERN ILLINOIS TRAINING ADVISORY BOARD
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CORRECTIONS EMERGENCY RESPONSE TEAM (CERT) TRAINING/CELL EXTRACTION

Date: December 10, 2026 Registration Deadline: November 10, 2026

Times: 0800-1200 hours
1300-1700 hours

Location: Winnebago County Criminal Justice Center
650 West State Street
Rockford, IL

Instructor: Winnebago County Correctional Officers

Member Fee: $0 Non-Member & Member Non-Sworn Fee: $150

This course has been approved by ILETSB for the following mandates:

De-escalation Techniques – 2.0
Officer Safety Techniques – 1.5

PURPOSE OF COURSE: Preparing Correctional Officers to use proper techniques for extracting subjects from cells with the safety of Officers and Inmates in high priority.

COURSE DESCRIPTION: This course will explain and demonstrate team training on handcuffing, inmate movement, stacking and the proper control of subjects being moved from cells

COURSE GOALS: The goals of this course are as follows:

- Proper handcuffing and subject restraints
- The use of cell pins
- Arm and body controls
- Working as a team in extractions
- Using the proper use of force

COURSE PREREQUISITES: Corrections Officer

METHODS OF EVALUATION: Instructor evaluated scenario training. NITAB will p[provide all attendees with a QR code to evaluate the course material and instructors.

METHODS OF INSTRUCTION: This course is conducted using the following methods of instruction:

- Lecture
- Demonstration
- Practical exercises

COURSE REFERENCES/BIBLIOGRAPHY:

1. Safariland
2. Pepperball
3. F2 Training Systems
4. CERT Basic Instructor
5. Restraint Chair
6. WRAP Restraint systems

COURSE REQUIREMENTS/GRADING POLICY: Be able to demonstrate the proper techniques and movements

RECOMMENDED INSTRUCTIONAL AIDS: Impact Vests, Helmets, Shin Guards, Elbow Pads, ICE Shield, Stinger, The Glove, Pepper Ball Launcher, Trap Shield, Soft Shield

ATTENDANCE POLICY: Students must be present for at least 90% of the course

SAFETY PROTOCOLS: It will be the responsibility of all students and instructors to monitor safety conditions at all times. Live weapons will be strictly forbidden in the training area. All physical training sessions will begin with a pat down for weapons. It will be the responsibility of each student to keep his/her partners informed as to their physical limitations. Mat management is important to course safety. As such, pay attention to the space around you to ensure you will not collide with another group. Finally, remember the tap out rule. If a technique is applied to a point where you feel pain, tap out on your partner or the mat. When someone taps out, the technique should be immediately released.