



# Northwest Illinois Criminal Justice Commission

Jeff Ragan, Regional Director  
2308 E. Lincolnway, Suite E - Sterling, IL 61081  
Phone: 815-288-6695- Fax: 815-288-6787- [www.mtu1.com](http://www.mtu1.com)

Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards Board

## Corrections Emergency Response Team (CERT) Training/Cell Extractions

**DATE:** July 28, 2026

**Registration Ends:** July 14, 2026

**TIME:** 8:00 AM—12:00 PM 4 Hours

**LOCATION:** Winnebago County Criminal Justice Center, 650 West State St., Rockford, IL

**INSTRUCTOR:** Winnebago County Correctional Officers

**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 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.

**This course has been certified by the ILETSB and approved to meet the following mandates:**

- De-Escalation Techniques - 2.0 hours
- Officer Safety Techniques - 1.5 hours

**REGISTRATION:**

All registrations are received on the [MTU#1 website](#). Find Registration instructions [here](#)

Partial funding provided by the Illinois Law Enforcement Training and Standards Board.

**THIS IS NOT A PUBLIC MEETING**