

California State University
NORTHRIDGE
Department of Police Services
University Police Division



LESSON PLAN

SUBJECT: Rifle Plate Armor Carrier Set Up and Use

LENGTH: 30 minutes

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DATE PREPARED: May 24, 2016

APPROVED BY: *Charles P. G. Arino*

DATE APPROVED: 5/26/16

I. Performance Objectives/Job-Related Objectives:

The purpose of this training is to instruct the user on the proper set up and use of the rifle plate armor carrier. The user will understand the protection level provided by the plate carrier, its limitations, and its proper use. Functional competency will be displayed by properly donning the plate carrier and completing a live-fire exercise while wearing the plate carrier.

II. Type of Instruction:

A member of the range staff will explain the subjects listed in the course outline and demonstrate the proper set up and use of the rifle plate armor carrier.

III. Course Outline:

A. Introduction

1. Specifications.

- a. Kley-Zion (Botach) plate carrier
- b. Hardwire Armor Systems 10" x 12" armor plates

2. Protection Rating – Threat Level III (rifle)

B. Adjustment and Proper Fitment

1. Correct Position

- a. The plate carrier is worn over the duty uniform.
- b. The adjustment straps are used to position the front and back armor plates to provide maximum protection to the vital organs.
- c. The plate carrier should fit snugly against the chest.

2. Full Range of Motion

- a. The wearer's upper extremities should have full range of motion.
- b. The wearer should be able to assume squatting, kneeling, and prone positions, and recover without assistance.

C. Access to Other Equipment

1. The plate carrier must not interfere with the wearer's access to other equipment.
2. The wearer shall demonstrate the ability to retrieve from his/her person:
 - a. Sidearm
 - b. Taser
 - c. Pepper spray
 - d. Handcuffs
 - e. Radio
 - f. Any other essential equipment the wearer may be required to carry

D. Practical Exercises

1. The user shall put on the plate carrier without assistance.
2. The user shall satisfactorily complete a live-fire exercise while wearing the plate carrier, and any other protective equipment, as directed by the range staff.

E. Care and Maintenance.

1. The plate carrier may be machine or hand washed in cold water with a mild non-bleach detergent.
2. The armor plates may be wiped with a damp cloth and should be allowed to dry before reinserting into the plate carrier.

F. Questions and Comments