

**FACT SHEET**  
**Chapter 4: Chokeholds and Breathing Impairments**  
**Model Use of Force Policy**

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The Stanford Center for Racial Justice (“SCRJ”) has released another Chapter of its Model Use of Force Policy (Model Policy) – Chapter 4: Chokeholds and Breathing Impairments.

**WHAT ARE CHOKEHOLDS?**

The term “Chokeholds” is defined to include chokeholds, strangleholds, neck restraints, neck holds, and carotid artery restraints.

Chokeholds are lethal hands-on maneuvers that may cut off the supply of blood and oxygen to the brain and are inherently dangerous to human life.

**CHOKEHOLDS ARE BANNED UNDER THE MODEL POLICY**

All Chokeholds are prohibited, including any and all types of chokeholds, strangleholds, neck restraints, neck holds, and carotid artery restraints.

**KEY PROVISIONS**

- Any and all other methods of applying pressure to a person in a manner that intentionally makes breathing difficult or impossible are prohibited.
- Officers may not transport individuals arrested in positions where they can be vulnerable to asphyxia.
- Medical treatment must immediately be given to victims of prohibited restraints.
- If body weight is used in an attempt to control an individual who is resisting, officers shall immediately cease applying body weight to an individual’s back, head, or abdomen once the individual is restrained.
- There are no exceptions for use of chokeholds under the Model Policy.