

MINISTRY OF INTERNAL AFFAIRS OF UKRAINE

ODESA STATE UNIVERSITY OF INTERNAL AFFAIRS



GUIDE

**GUIDELINES FOR POLICE OFFICERS ON
PREPARING TO PERFORM DUTIES DURING THE
IMPLEMENTATION OF EXTRAORDINARY LEGAL
REGIMES OF A MILITARY NATURE**

ODESA – 2026

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Guide guidelines for police officers on preparing to perform duties during the implementation of extraordinary legal regimes of a military nature. Guide / Alexander Nikolaiev, Yevhen Bakhchevan. Odesa. OSUIA, 2026. 18 p.

This guide provides general advice to police officers on preparing equipment for police units to carry out their duties during periods of martial law and other extraordinary legal regimes.

The recommendations provided are not exhaustive and are for informational purposes only.

❖ WAR FORGIVES NO MISTAKES AND OFFERS NO SECOND CHANCES!

❖ IF YOU THINK IT WILL BE EASY OR THAT IT DOESN'T CONCERN YOU - YOU ARE MISTAKEN!

❖ DON'T RELY ON ANYONE BUT YOURSELF!

❖ PREPARE AND CHECK YOUR WEAPONS AND EQUIPMENT YOURSELF!

❖ TRAIN AND LEARN CONSTANTLY AND PERSISTENTLY!

❖ ALWAYS TRAIN WITH THE EQUIPMENT YOU WILL BE USING TO CARRY OUT YOUR TASKS!

I. PERSONAL EQUIPMENT

EQUIPMENT

Protection and equipment must be comprehensive. Protection must provide defense against enemy bullets and safeguard against hazards encountered while moving through urban environments (such as broken glass, flying metal fragments, etc.). Equipment must be as ergonomic as possible.

Preparing your kit is a matter of life and death!

DO NOT RELY ON ANYONE BUT YOURSELF!



1.1. Clothing and personal hygiene items.

- A dark blue suit made of a blended fabric. (For special tasks, a military field suit made of thick fabric and a camouflage suit);
- Windproof and waterproof jacket;
- Fleece jacket;
- Thermal underwear (Level III);
- Socks (summer + winter) – five pairs each;
- High-top boots (lightweight, waterproof);
- Gloves (preferably leather);
- Knee pads;
- Hat;
- Cap (Panama hat);
- Balaclava;
- Chevrons (patches) as unit identification;
- Friendly-foe identification elements;
- Reflective elements for night-time identification;
- Scarf – shemagh;
- Raincoat (poncho);
- Personal hygiene items (soap, razor, toothbrush, wet wipes, nail clippers, large sanitary towels);
- Make-up;
- Pocket mirror;
- Carry bag + Tactical backpack (25-30 L).

1.2. Personal protective equipment and specialist gear.

- Body armor + Helmet;
- Load-bearing system;
- Goggles (eyewear) – ballistic eye protection;
- Active earplugs;
- Weapon cleaning kit;
- Analogue watch and compass;
- Pencils, ballpoint pens, eraser, ruler, paper;
- Water bottle (hydrator);
- Paracord (lightweight nylon cord wound around a rigid core for ease of use) – 20-30 m;

- Multi-purpose knife + multi-tool;
- Thread, needles, clear adhesive tape, reinforced adhesive tape, matches, lighter;
- Sleeping mat + sleeping bag;
- Insect repellent;
- Torch with light filters;
- Military radio;
- Binoculars (monocular, rangefinder);
- Fork + spoon;
- Condoms;
- Water purification and disinfection kits;
- Gas mask;
- Rubbish bags;
- Water-repellent liquid for heating footwear;
- Folding garden saw

1.3. Weapon care products.

- Cleaning cloth;
- Brush;
- Punch;
- Screwdriver;
- Cleaning patches (cotton cloth);
- Gun oil.

1.4. 24-hour ration.

- Biscuits;
- Tinned food (porridge, tinned meat, etc.);
- Tea;
- Energy bars (Snickers, Nuts, etc.);
- Sugar;
- Water.

1.5. First aid kit (individual military first aid kit)

№	Product Name	Quantity	Note
1. Medicines			
1.1	Pain relievers such as Nimesil, Nimesulide, Dolaren, etc.		<u>non-narcotic</u>
1.2	Paracetamol, tablets	1 blister pack	500 mg, №10
1.3	Meloxicam, tablets	1 blister pack	7, mg, №10
1.4	Ciprofloxacin, tablets	1 blister pack	500 mg, №10
1.5	Panthenol (Panthesin)	1 piece	
2. Hemostatic agents and dressing materials			
2.1	Individual sterile dressing kit	2 piece	
	Individual, sterile dressing kit with a compression component	1 piece	
2.2	Sterile gauze bandage	2 piece	
	Elastic bandage	1 piece	
2.3	Chemical hemostatic agent (hemostatic bandage for wound packing)	1 piece	
2.4	Band-Aid roll	1 piece	
2.5	Antibacterial adhesive bandage	1 set	
2.6	Occlusive chest bandage (patch) with a valve (or without a valve)	1 piece	
2.7	A film with a one-way valve for artificial lung ventilation	1 piece	
2.8	A mechanical hemostatic device of the CAT type (TOURNIQUET)	at least 2 pieces	

2.9	ESMARCH tourniquet (available only in sealed plastic packaging)	1 piece	
3. Other methods			
3.1	Nasopharyngeal airway (tube)	1 piece	
3.2	Curved safety scissors (for cutting clothing and shoes)	1 piece	
3.3	Decompression needle for pneumothorax	1 piece	
3.4	Sterile and/or nitrile medical gloves	2 pairs	
3.5	Heated blanket	1 piece	
4. Containers and other supplies			
4.1	Waterproof marker	1 piece	
4.2	A pouch with a mounting system for gear	1 piece	
4.3	Victim's Card	1 piece	

- ❖ *The first-aid kit must be accessible with both hands!*
- ❖ *At least one CAT tourniquet must be carried separately on equipment, preferably of the same type for all unit personnel!*
- ❖ *Practical training in first aid - as often as possible and in a variety of conditions!*

PREPARE AND CHECK YOUR EQUIPMENT YOURSELF!

II. HANDLING OF PERSONAL FIREARMS – SAFETY PRECAUTIONS

2.1. Safety precautions when handling firearms.

Follow these safety rules:

❖ **I will always treat a weapon as if it were loaded!**

The purpose of a firearm is to hit the target!

We consider the weapon to be constantly loaded.

We always check our weapons and will do so safely!

We bear full legal responsibility for any violations of safety procedures when handling firearms!

❖ **I will never point a weapon in a direction where I do not intend to shoot!**

We must be aware of the process of applying and using firearms and understand

the legal consequences of their unlawful application and use!

❖ **I will always check what is in front of and behind the target!**

We must identify the target and ensure that we do not endanger the lives and health of civilians or unit personnel before applying or using a weapon!

❖ **I will never touch the trigger with my finger until I am ready to shoot!**

We are not allowed to touch the trigger with our fingers:

Until we have identified the target!

Until we are certain we will not harm civilians or our unit's personnel!

Until we have aimed the weapon at the target and are ready to fire!

2.2. Weapon inspection.

Weapon checks are carried out to determine whether or not there are rounds in the chamber!

Each operator bears personal responsibility for breaches of safety measures and the rules and procedures for the use and handling of weapons!

Weapon status/readiness during training (live-fire exercises) and the performance of operational and combat tasks:

❖ **Weapon loaded – a round in the chamber;**

Magazine attached, round in the chamber, slide closed.

❖ **Weapon loaded – chamber empty;**

Magazine attached, chamber empty, slide closed.

❖ **Weapon unloaded.**

The magazine is unloaded, the chamber is empty, and the slide is closed or open.

Your weapon must be inspected in the following cases:

- *when collecting a weapon from the unit's duty station;*
- *returning the weapon to the unit's duty station;*
- *before carrying out a specific operational or combat task;*
- *after completing a specific operational mission;*
- *before carrying out training and competitive shooting;*
- *after training and competitive shooting;*
- *before cleaning and lubricating the weapon.*

Procedure for inspecting weapons before performing operational and combat tasks – loading:

- visually inspect the weapon;
- point the weapon in a safe direction (bullet trap, firing range barrier, embankment, tree, 45 degrees towards the ground);
- Without attaching the magazine, check that there is a round in the chamber (disengage the safety, cycle the slide several times – at least twice – then pull the slide back to the rearmost position and inspect the chamber);

- release the trigger from the cocked position in a safe direction;
- engage the safety catch;
- Load the magazines with ammunition;
- attach the magazine (ensure that the magazine is attached and secured).

Procedure for inspecting weapons after completing operational and combat tasks – unloading:

- remove the magazine from the firearm;
- unload the magazines and count the rounds;
- point the weapon in a safe direction (bullet trap, breastwork, embankment, tree, 45 degrees towards the ground);
- check for a round in the chamber (release the safety catch, cycle the bolt several times (at least twice), then pull the bolt back to the rearmost position and inspect the chamber);
- release the trigger from the cocked position in a safe direction;
- engage the safety catch;

Procedure for inspecting weapons prior to performing operational and combat tasks – bringing weapons to combat readiness:

- release the safety catch from the 'on' position;
- aim the weapon at the target or in a safe direction;
- disengage the safety catch;
- Pull the slide back to the rearmost position and release it;
- pull the slide back 1 - 2 cm, make sure the round is in the chamber, and close the slide. Make sure the slide is securely closed!
- engage the safety catch (if necessary).

2.3 Weapon settings.

2.3.1 Get your weapon ready for combat.

- *You must, without fail, bring your weapon to a ready state!*
- *If necessary, seek assistance from a specialist or a more experienced colleague, but carry out all operations yourself!*
- *You cannot rely on the weapon manufacturer and must check and set up your weapon yourself!*
- *Only fit equipment to your weapon that is necessary for the task at hand and that you are skilled in handling!*

2.3.2 Carrying and handling an assault rifle (automatic rifle) while performing tasks.

Choose a sling system that is best suited to your task, taking into account other equipment and gear!

Weapon slings come in the following types:

single-point – *has a single carabiner and attaches to the weapon via a single sling swivel near the buttstock. Used with compact weapons (MPS-A3, AKS-74U).*

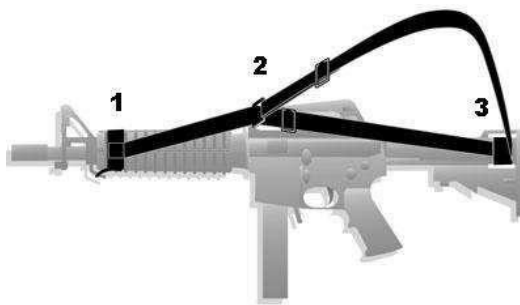


Two-point – the weapon is secured at two points using slings near the buttstock and forend;



Three-point – the weapon is secured at two points via sling swivels near the buttstock and forend. It features a quick-release mechanism for switching to a single-point sling.

When using the standard two-point sling:



- ❖ *adjust it so that it does not restrict your movements when handling the weapon, whether from the right or left shoulder!*
- ❖ *The standard operational position of the sling is on the strong shoulder, under the weak arm! The barrel of the weapon is pointed towards the floor!*
- ❖ *Combat position of the sling – around the neck!*
- ❖ *When on the move, carry the weapon across your chest, but be ready to instantly draw the weapon from the safety position and bring it to combat readiness!*

PREPARE YOUR WEAPON YOURSELF!

HANDLE YOUR WEAPON SAFELY!

A SERVICEABLE, READY WEAPON IS YOUR LIFE!

REMEMBER!!!

❖ THE COMMANDER'S ORDERS ARE TO BE FOLLOWED, NOT DISCUSSED!

❖ PREPARE YOUR EQUIPMENT AND WEAPON YOURSELF!

❖ TRAIN AND LEARN CONSTANTLY!

❖ DO NOT BREACH SAFETY PRECAUTIONS WHEN

❖ HANDLING WEAPONS!

❖ YOUR WEAPON IS ALWAYS CLEAN - READY FOR COMBAT!

❖ STUDY THE BALLISTIC DATA OF YOUR WEAPON!

❖ BARREL OF THE WEAPON - AT THE TARGET! / UP! /

❖ TO THE FLOOR!

❖ IF YOU HEAR A SHOT - DROP TO THE GROUND, LOOK AROUND, SEEK COVER! IF THERE IS NO COVER - CHANGE YOUR POSITION AS OFTEN AS POSSIBLE!

❖ DON'T TOUCH ANYTHING - IT'S MINED!

❖ DO NOT ENTER THE GREEN ZONE ON YOUR OWN!

FIRST AID KIT AND TURNSTILES MUST ALWAYS BE WITHIN REACH WITH BOTH HANDS!

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Rizo Print. Offset paper. Times headset.
Conventional printed sheets 0.57
Edition. 16 notes
OSUIA Publishing House
Odesa, str. Uspenska, 1.
Certificate of the subject of the publishing business of the State Enterprise No. 3507
from 25.06.2009
tel. 0487095090