

NOTE TO PHYSICIAN:

To complete the Basic Police Recruit School, the officer must successfully complete the units of instruction in Firearms, Defensive Tactics, Physical Training, and Defensive and Tactical Driving.

The officer must complete a stress course as a part of the firearms training. An example of such a course, to be completed in a timed sequence, would require the officer to:

1. Run 225 yards at a jogging pace.
2. Go over a wall 6 feet high.
3. Move through a tunnel 3 feet high and 10 feet long.
4. Negotiate a log 40 feet long.
5. Go over a wall 8 feet high.
6. Fire from the standing, kneeling, and prone positions.
7. Low crawl for 10 yards.
8. Additional firing.
9. Sprint 50 yards to the finish.

The defensive tactics training is continuous throughout the course and requires the officer to learn, practice, and demonstrate on fellow officers:

1. Baton and handcuffing techniques.
2. Methods of breaking holds.
3. Weapon retention and disarming.
4. Basic punches and kicks.
5. Front, side and lateral take-down maneuvers.
6. Lateral vascular neck restraint.
7. Pressure point control.
8. Joint locks.
9. Active counter measures.

The officer must have the stamina and agility to complete the defensive and tactical driving course and practical exercises dealing with crimes in progress, building searches, and various vehicle and on-foot stop and approach situations.

During the Basic Police Recruit School the officer performs exercises to increase endurance, flexibility and muscle development. These are evaluated by sit-ups, push-ups, pull-ups, running, etc.