

DOUGLAS COUNTY SHERIFF'S OFFICE		Policy and Procedure
General Administration		P&P-A-114
Fitness Program		
Effective Date: 07-20-22 Supersedes: 02-04-22	Approval: Sheriff	Number of Pages: 5
References: PP-A-117	Reevaluation Date: Annually	Standards: CALEA LE 22.2.2, LE 22.2.3, LE 31.4.3

I. PURPOSE

The following obstacle course program is intended to ensure sworn office members maintain the necessary physical fitness requirements a career in law enforcement demands in order to keep themselves, fellow officers, and the general public safe. To ensure physical fitness requirements are met, all sworn office members are assessed annually. The Douglas County Sheriff's Office encourages members to maintain their level of physical fitness by providing this program and resources to meet physical fitness goals.

II. POLICY

Participation in obstacle course testing is mandatory for all sworn office members. Sworn office members hired after January 1st, 2012 are required to maintain a passing time of 96 seconds or under for completion of the obstacle course. Sworn office members hired prior to January 1st, 2012 must complete the obstacle course to the best of their ability but are not required to meet the 96 second requirement. <LE 31.4.3> Please refer to [P&P-A-117, Attendance/Participation at Agency Training Programs](#), for information on failing to meet this requirement. Non-sworn personnel are not required to test but are encouraged to take the examination voluntarily. <LE 22.2.3a>

The Obstacle Course Instructors are certified by the Panorama Institute, a recognized authority with the health and fitness field. <LE 22.2.3b>

Those who wish to further their education and/or set personal goals will be provided with resources to achieve this from Obstacle Course Instructors. <LE 22.2.3d>

III. TESTING <LE 22.2.2><LE22.2.3>

Obstacle course testing and annual retesting will consist of the following challenges:

- Running
- Jumping
- Climbing over a 5 ft obstacle
- Low crawl
- Step-ups
- Climb through a window
- Identification of a suspect
- 150-pound victim drag
- Handgun trigger pull with dominant and non-dominant hand

IV. ONGOING SUPPORT

All Office members have the opportunity to attend a voluntary physical fitness program through Panorama Institute. The program is intended to provide ongoing support and evaluations throughout the year to employees who want to improve their physical abilities. The program includes one workout session a week with a personal trainer, quarterly assessments of muscle symmetry, body fat measurements, a Dari movement analysis, and nutritional assessments. <LE 22.2.3e>

V. OBSTACLE COURSE ADMINISTRATION & GUIDELINES

See guidelines from Panorama Wellness & Sports Institute on the following pages.

By Order of the Sheriff



Course Administration & Guidelines

Instructors will be responsible for accurately proctoring all specifications and accurately accounting for deviations made by law enforcement officer candidates.

Applicants will be required to wear the following:

- Academy uniform, street clothes, or sweatpants
- Sports shoes or coaching shoes
 - *Duty belt is optional

Materials:

- 2 Stopwatches for 2 proctors
- 1 Chair
- 1 Administrative script
- 1 3ft. wide distance marker for a jump (tape, lime, paint)
- 1 Fence (or obstacle) 5 ft high, 2-4 inches wide
- 1 Obstacle 24 inches high and 10 ft long (for army crawl demo.)
- 1 7-8 inch. high step
- Mock window frame 36" w x 30" h x 3' above the ground
- 1 poster or other simulation w/ 4 suspects pictured
- 150-lb dummy
- Single sled with 150-lb load
- Slice sled nylon duty straps
- 1 Striker fire training pistol
- 1 6-inch diameter circular opening display or multiple circular opening displays (for height accommodation)

Administration:

The performance test should be administered before hiring or within the initial month of hire, thereafter it will need to be conducted successfully on an annual basis.

Initiation:

1. Start time will begin proceeding with the description of the suspect and the course monitors countdown to command "3,2, GO". This will initiate both proctors to simultaneously start both stopwatches.
2. The candidates will then complete the course in the following sequence:
 - Ascend from the chair, simulating emerging from a patrol vehicle

- Sprint 25 yards
- Broad jump 3 feet
- Sprint 25 yards
- Climb over the “fence (or obstacle) 5 ft high, 2-4 inches wide”
- Sprint 10 yards
- Crawl under the “obstacle 24 inches high and 10 ft long”
- Sprint 25 yards
- Perform 12 repetitions of the 4-step sequence: up, up, down, down = 1 rep on the “7-8 inch. high step”
- Sprint 15 yards
- Crawl through “mock window frame 36”w x 30”h x 3’ above the ground” (cannot jump through)
- Sprint 10 yards
- Identify suspect by referencing according to picture number
- Sprint 15 yards
- Traverse 150-lb dummy or “single slice sled with 150-lb load” 5 yards
- Sprint 20 yards
- Place 1 “striker fire training pistol” through the 6- inch diameter opening at shoulder level with the dominant hand once and fire once. Withdraw the weapon from the opening while transitioning the “striker fire training pistol” to the non-dominant hand, replacing it in the 6- inch diameter opening and firing one more time.
- Replace the “striker fire training pistol” to stop the clock.

Course total= 150 Yards

Tasks= 10

3. The course may be designed in any manner however the obstacles must be executed in the sequence above.
4. All participants will participate in a mock obstacle course demonstration preceding their turn.

Task Specs:

1. *Start:* Participant is seated in a chair to simulate emerging from a patrol vehicle awaiting suspect description, countdown, and command “go”.
2. *Suspect Description:* The course monitor or proctor will provide the participant with a verbal description of a subject (simulated in the poster), suspected of a crime. The monitor will provide the participant with two adjectives for the “subject”. The monitor will then provide a countdown to command “3,2, GO” as the proctors begin their stopwatches and the participant begins the sequence of tasks.
3. *Sprint:* Participant sprints 25/150 total yards to the next task.
4. *Jump:* Participant broad jumps 3 feet.
5. *Sprint:* Participant sprints 25 yards to the next task.
6. *Climb:* Participant climbs over the fence (or obstacle) 5 ft high, 2-4 inches wide.
7. *Sprint:* Participant sprints 10 yards to the next task.

8. *Crawl*: Participant must crawl under the obstacle 24 inches high and 10 ft long without touching the top.
9. *Sprint*: Participant sprints 25 yards to the next task.
10. *Step sequence*: Participants must complete 12 reps of the steps sequence: up, up, down, down = 1 rep on the “7-8 inch high step. A rep completion is when both feet are flat on the ground
11. *Sprint*: Participant sprints 15 yards to the next task.
12. *Window entry*: Participant crawls through “mock window frame 36”w x 30”h x 3’ above the ground”. The participant cannot touch the top of the window frame and cannot jump through the window.
13. *Sprint*: Participant sprints 10 yards to the next task.
14. *Subject Identification*: The participant must identify the proper suspect (designated by a number on the poster) based on the initial description given by the course monitor.
15. *Sprint*: Participant sprints 15 yards to the next task.
16. *Victim/Suspect exfiltrate*: Participant must traverse 150-lb dummy or “single slice sled with 150-lb load” across 5 yards clearing a marker or designated spot.
17. *Sprint*: Participant sprints 20 yards to the next task.
18. *Dry fire*: Participant must pick up striker fire training pistol, place it through the 6-inch diameter opening at shoulder level with the dominant hand once and fire once. Withdraw the weapon from the opening while transitioning the striker fire training pistol to the non-dominant hand, replacing it in the 6- inch diameter opening and firing one more time. Time concludes when the participant returns the training pistol to the platform.

Penalties or disqualification will be applied for the following:

- Failure to climb over wall = disqualification (can use step on second attempt)
- Knocking down a pole while crawling = 5 second penalty for each pole
- Must complete 12 steps and cannot proceed until finished (entire foot on step)
- Touching the top of the window = 5 second penalty
- Wrong person identified = disqualification
- Dummy drag must finish or disqualified
- Gun shoot, if you touch the side of the ring/circle = 5 second penalty

Passing requirements:

1. Participants must complete the course in the sequence listed above to pass in under **96 seconds**. If they fail by not completing in the sequence listed, they have one more attempt to pass.
2. The correct number on the poster of the identifying suspect must be given.
3. Participants will be given their time on completion and informed if they successfully performed all tasks.

Designated Course Measurements: The course will be 150 total yards.