

Physical Requirements of Emergency Vehicle Operation Training

Box 4

Each student must successfully complete emergency vehicle operation training (EVOC), an intensive 24-hour segment involving the following activities:

A lengthy “walking lecture tour” of KLETTC’s driving/obstacle course. This tour may approximate one-half mile and involves walking and standing for long periods on the concrete course in the extremes of Kansas weather.

A 24-hour block of repeated driving drills. Without exception, driving practice subjects each student to several physically demanding maneuvers. Students drive in reverse for considerable distances. During one segment of the course, the students must “back” a patrol car through a series of sharp turns. In other segments, each driver is required to perform precision 180-degree reverse turns. Naturally, these reverse driving exercises require drivers to make significant and rapid turns of their upper bodies and hips, placing stress on their backs and necks. The 24-hour driving block also includes repeated sudden braking, stopping and turning. Additionally, students are required to constantly make strenuous, multistage visual safety checks requiring considerable twisting and turning of the head, neck, and upper body.

Active “down time”. Each student generally spends this time standing on the concrete course observing other students drive and instructor’s demonstrations. Down time may last several hours.

Physical Requirements of Firearms Training

Box 5

Successful completion of firearms training is required for graduation (KAR 106-4-1(b)(2)(7)). Following extensive live-fire training, during which each student may fire approximately 1200 rounds from a handgun and 120 rounds from a shotgun over a 5 1/2 day period, each student is required to shoot a qualifying score with a handgun. Successful firearms training requires utilizing fine motor skills of both hands. Students must shoot with their strong hand and their “weak” hand and successfully and safely manipulate trigger pulls of varying poundage. Students are required to fire handguns and shotguns from a standing and kneeling position using their strong and weak hand and arm, in prone, supine and near fetal positions. Firearm safety requires the ability to safely manipulate and shoot loaded handguns and long guns.

Shooting and proper safety also requires the ability to physically support a loaded handgun or long gun in a variety of shooting stances and positions. Students are required to make numerous repetitions going from a standing to a kneeling and back to standing position while safely holding a loaded handgun or long gun. Students must have adequate hearing ability to hear range commands while wearing hearing protection devices. Student must have adequate vision to identify targets in daylight and dim light situations. Firearms training requires each student to participate in a night fire course, during which all students must safely manipulate and fire weapons in darkness and reduced-light situations.

Physical Requirements of First Aid and CPR Training

Box 6

Each student receives basic first aid and CPR training. Students simulate a variety of physical first aid techniques, including CPR with its attendant kneeling and bending. This training occurs over an 8-hour, two-day period.

Physical Requirements of the Officer Survival Practicum

Box 7

The “Practical Problem in Officer Survival” involves a variety of physical demands. Students simulate high risk scenarios including running foot pursuits of felony suspects and in any given situation, they run, crawl, crouch, kneel, and fire handguns from differing positions. Students are subjected to sudden simulated physical assaults and are expected to apprehend suspects, control resistance, and restrain suspects using previously learned physical tactics. These activities involve sudden stops, starts, turns, wrestling, grappling, and rough maneuvering on dirt, grass and hard surfaces.

Physical Requirements of the Vehicle Stop Practicum

Box 8

Students make simulated stops of vehicles occupied by felony suspects. Like the Officer Survival Practicum, this activity may involve foot pursuits. Students must apprehend each felony suspect, physically control any resistance, and finally, physically restrain suspects using previously learned physical tactics and handcuffing techniques.

Physical Requirements of Physical Training and Assessments**Box 9**

Students participate in numerous physical training sessions during the basic course. Each physical training session is preceded by lengthy stretching exercises and consists of such activities as calisthenics, including sit ups, push-ups, leg lifts and other strength improving exercises, circuit training, and organized sports such as volleyball. Students also jog/run or participate in walking exercises throughout the fourteen week course. Throughout the program, KLETC staff evaluates the student's progress in a series of physical activities, comparing these performances with their first week performance.

Physical Requirements of Defensive Tactics Training**Box 10**

Students receive extensive defensive tactics training. The majority of this training centers on weaponless defense, close physical combat, and grappling. The training entails much physical exertion and body contortion. Instruction in pressure-point control tactics, a defense technique based upon achieving compliance from a combative person by applying pressure to sensitive body regions, is included. Students practice these techniques on each other.

Students also engage in baton training. This type of training involves aggressive forward, backward, and lateral movements while afoot. The training also involves swinging, manipulating, and striking with a defensive tactics baton (approximately 16 to 26 inches long). Baton training incorporates using the baton as an impact weapon and a control device manipulating student's wrists and shoulder areas of the body.

Physical Requirements of the Crisis Intervention Program**Box 11**

Students participate in four to six active scenarios that simulate actual police intervention in passive and violent disturbances. During this practicum, students frequently must physically subdue and arrest role players; simulations often require students to overcome active physical resistance. Students may have to rely on techniques learned in defensive tactics classes and may encounter the same physical demands of those classes. Specifically, students may be involved in wrestling and grappling with role players; additionally, students may well encounter elevated stress levels during the practicum.

This form must be mailed to:

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