

MEMORANDUM TO: Medical Doctor

FROM: Billy Radford

SUBJECT: Physical Training at Police Academy

To the doctor conducting the medical screening on the person who is applying for Police Academy, our physical training is conducted four times a week for an hour and a half. The physical conditioning includes the following:

Running- This consist of running a minimum required 1.5 mile run and as much as 6 miles over a 17 week period. Every week distance and speed are added. Each candidate needs to be able to run on a consistent basis none stop for about 2 miles. In addition to running, the cadet will perform wind-sprints at a high intensity level.

Push-ups- This will consist of doing at least 40 push-ups and a maximum of 125 pushups during a physical training session. Again, all of this is built into a 17 week program.

Sit-ups- This will consist of doing at least 40 sit-ups and a maximum 125 sit-ups during the physical training session. (17 weeks)

Other activities- Running up and down stairs, crawling through culverts, running through 50lbs weighted doors, climbing, running in inclement weather, driving vehicles at high speeds in low light conditions and during stressful situations, and shooting firearms in low light conditions and stressful situations. In addition, cadets must be able to handle at least a 150 pound person and perform such duties as pushing cars or other heavy equipment. Cadets also have to perform at a high intensity level during scenario play of controlling a resistant subject.

Should you have any questions about the physical requirements, please do not hesitate to call or email me. Thank you.

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