

Rockland County Police and Public Safety Academy



Pre-Basic Course Physical Fitness and Health Guide

DISCLAIMER

The material (including without limitation, advice and recommendation) within this program is provided solely for general educational and informational purposes. Use of this program, advice and information contained herein is at the sole choice and risk of the reader.

Always consult your physician or healthcare provider before beginning any nutrition or exercise program. If you choose to use this information without prior consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless the Rockland County Police and Public Safety Academy, its agents, employees, contractors and any affiliated companies and organizations from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the information contained within this program.

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Rockland County Police and Public Safety Academy reserves the right to update or change information contained in this program at any time.

Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. You should rely on your own review, inquiry and assessment as to the accuracy of any information made available within this program.

Mission and Intent

One of the missions of the Rockland County Police Academy Drill Instructor Cadre is to develop physically fit and mentally tough Recruits in order to prepare for the physical and mental demands of the profession of a Police Officer.

Throughout the period of instruction, expectations and physical standards will progressively and exponentially increase in order to simulate both the physical and mental stresses of law enforcement. Historically, a recurring friction point for all Basic Course classes has been the disparity in physical preparedness between individual recruits. On one end of the spectrum, the most physically fit recruits may have recently transitioned from the military or are recent college graduates who have played competitive sports. On the other end of the spectrum are recruits who have never played organized sports and have never exercised in their lives. This disparity causes a lack of challenge for the most physically fit recruits and an overwhelming challenge for the least physically fit recruits. The intent of this guide is to prepare potential recruits to meet a minimum standard upon arrival at the Basic Course that will enhance our ability as Drill Instructors to complete our mission.

The following are the minimum standards expected of every recruit by the first training day of the Basic Course. Failure to meet these standards may result in a Physical Training (PT) Drop, in which a recruit will not receive credit for a PT Session. Failure to meet minimum PT sessions will result in a course failure and you will be dropped from the Basic Course.

Minimum PT Standards for Training Day One

- 1) Score the RCPA entrance minimum (40th Percentile) on the Cooper Standards Test (Run/Push-Ups/Sit-Ups)**
- 2) Run 4 Miles at a 10:00 Mile Pace**
- 3) 25 Minutes of continuous 4 Count calisthenics (4 Count Exercises, 10-15 Repetitions, A Few Seconds of Rest Between Exercises)**
- 4) 30 Second Plank**
- 5) 30 Second Push-Up Plank (Front Leaning Rest Plank)**

Note that meeting these standards is a bare minimum and is still considered to be the low end of the physical fitness spectrum expected of Recruits. Exceeding these standards before you enter the Basic Course will better prepare you for the physical demands of the class that will progressively increase, to include runs of over 10 miles, calisthenics for two hours, boots runs, duty belt PT, Combined PT/Defensive Tactics, and many other physical events you will be conducting during other training classes while at the Basic Course.

Physical Fitness Definition and Purpose as Related to the Police Profession

Physical fitness is defined as the organic condition of the body which enables an individual to use his/her body in activities requiring strength, muscular endurance, cardiorespiratory fitness, flexibility, coordination, agility, power, balance, speed and accuracy - without undue experience of fatigue and exhaustion. Components of physical fitness are:

- I.** Cardiovascular fitness
- II.** Body composition
- III.** Flexibility
- IV.** Absolute strength
- V.** Dynamic strength (muscular endurance)
- VI.** Coordination
- VII.** Agility
- VIII.** Power
- IX.** Balance
- X.** Speed
- XI.** Accuracy.

Why are we concerned with fitness in the law enforcement profession?

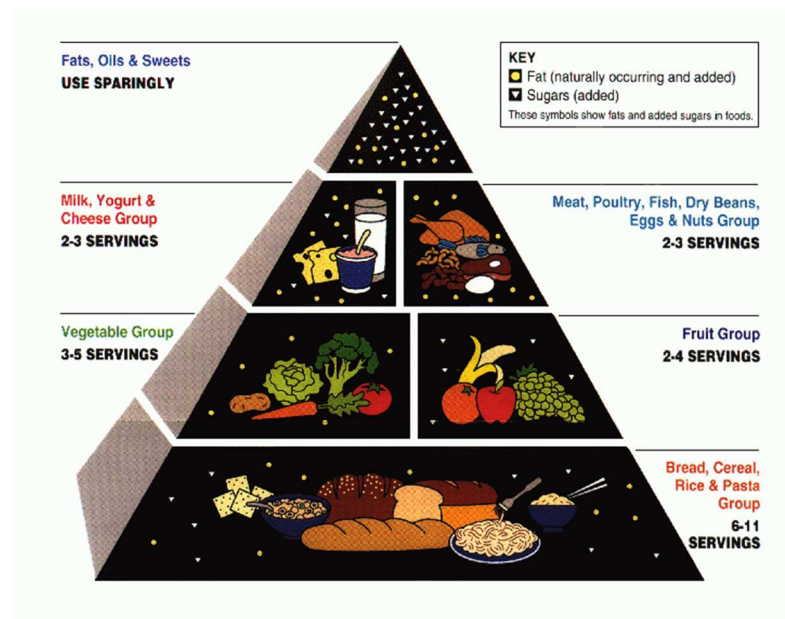
- A.** It relates to the ability of officers to perform essential functions of the job.
- B.** It relates to minimizing the risk of excessive force situations.
- C.** It relates to minimizing the known health risks associated with the public safety job.
- D.** It relates to meeting many legal requirements to avoid litigation and have a defensible position if challenged in court.

Results of several law enforcement studies consistently show 20-30 strenuous/critical physical tasks that are job related. These tasks are necessary to perform essential functions of the job. There is ample data to document that physical fitness components are the underlying and predictive factors for performing these tasks, which include Sustained Pursuit, Sprints, Dodging, Lifting and Carrying, Dragging and Pulling, Pushing, Jumping and Vaulting, Crawling, and Use of Force.

While at the Basic Course, you will receive no less than 65 hours of physical fitness training in accordance with New York State Department of Criminal Justice Services Police Training Standards. The training received while at the Basic Course is intended to set the recruit up for lifelong fitness and health. The shift work, long hours, physical, and mental stresses take a cumulative toll on the health and livelihood of a Police Officer. A solid physical fitness routine will not only keep you physically fit and capable of performing the duties required of you but will also serve as a good method of relieving stress and decompressing. Therefore, the goal should not be to simply meet the minimum standard, graduate, and then relapse into a sedentary lifestyle. Recruits should take the lessons and discipline instilled while at the Basic Course and utilize it to maintain a personal physical fitness routine throughout their careers and beyond.

Nutrition

Nutrition is the study of food and the effects it has in the body. There is a direct link between poor nutrition and increased risk of disease. It is not uncommon for a law enforcement officer to have to eat on the run between calls. More times than not this means a stop at a fast food restaurant and consuming a greasy burger and fries. Poor habits like these have resulted in incidences of cardiovascular problems, obesity, and diabetes. The body needs the correct proportions of essential nutrients which include carbohydrates, proteins, fats, vitamins, minerals, and water to help remain free from disease.



The USDA Food Pyramid is a generalized guide on the basic nutritional building blocks. In 2011, the USDA release the MyPlate concept, which is a more personalized approach to nutrition. Further resources can be located at <https://www.choosemyplate.gov/>

The fuel you put into your body will directly translate to your performance at the Basic Course. You may need to increase or decrease caloric requirements depending on your weight, fitness level, and calories burned. Knowing your own body is key to determining caloric requirements.

Conduct of Physical Fitness at the Basic Course and Preparation for the Program

Physical fitness is conducted regularly throughout the Basic Course. On average, recruits will conduct physical fitness for approximately two hours per day, three days per week. This may vary depending on scheduled events. There may be weeks where physical fitness is conducted every day of the week, and sessions may last for several hours. There may also be weeks where PT sessions are limited or not conducted. It is up to the individual recruit to conduct PT sessions at home and during the weekends in order to maintain physical fitness throughout the period of instruction. Physical exertion is required for many of the other classes conducted at the Academy, and the physical fitness program is designed to enhance the ability of the recruit to be prepared for those classes, such as Defensive Tactics Training.

Physical Fitness is usually conducted in the morning, but may be conducted at any point during the day. It is imperative that recruits prepare for physical fitness classes with proper hydration and nutrition. Preparation will vary from individual to individual. Some recruits will be able to eat just before PT, while others will need to wake up early and eat. Understanding and experimenting with your tolerance for food prior to physical fitness sessions will set you up for success.

Delayed Onset Muscle Soreness (DOMS) is the pain and stiffness felt in muscles several hours to days after unaccustomed or strenuous exercise. Preparing yourself prior to the start of the Basic Course will mitigate some of the soreness you would otherwise experience from unaccustomed exercise. Preparation for the Basic Course with a basic running program will not only prepare you for the runs during PT but will gradually accustom you to running several days a week. Immediately beginning the physical fitness program at the Basic Course with limited prior training may leave you susceptible to shin splints or other injuries from unaccustomed physical activity.

5 Week Workout Program

This program is designed to create a baseline for recruits that will have them meet or exceed the minimum PT Standards for Training Day 1. The intent is to progressively increase volume, distance, and repetitions in order to raise a recruit's physical fitness level while providing ample rest and recovery. The assumption is that prior to beginning this program, every recruit is able to successfully complete the RCPA Cooper Standard Test minimum entrance score for their age and sex. The intended audience is the 40th percentile. If you are in excellent physical shape, maintain your current standards and utilize the information in this packet to tailor your workouts to mimic what will be performed at the Basic Course.

Running: Recruits should be running at least 3 to 4 days per week. A sample beginner's running guide is attached for reference. Completion of this running guide or a similar program will ensure you are able to run 4 Miles at a 10:00 Mile pace prior to Training Day 1. Adjust the mileage and running time based on experience and current conditioning.

Strength and Conditioning Exercises: Recruits should conduct strength and conditioning exercises 3 to 4 days per week. A sample strength and conditioning card is attached for reference. For the first week, complete the card and time yourself. For each of the following weeks, you should add 5 minutes of conditioning exercises to the preceding week. For example, if it takes you 15 Minutes to complete the card in week one, increase to 20 minutes in week 2, 25 minutes in week 3, etc. You can increase the time of the card by adding repetitions, adding exercises, or cycling through the card again after completing it the first time. These exercises are the core exercises you will be conducting at the academy. Becoming accustomed to them now will help you later on. Utilize the internet and watch videos on the proper execution of the exercises.

Ensure you are properly warmed up before conducting your training and be sure to stretch both pre and post workout.

Rockland County Police Academy Basic Course

Cooper Standard Test Minimum Entrance Scores

Male Age	Sit-Up	Push-Up	1.5 Mile Run
20-29	38	29	12:38
30-39	35	24	12:58
40-49	29	18	13:50
50-59	24	13	15:06
60+	19	10	16:46
Female Age	Sit-Up	Push-Up	1.5 Mile Run
20-29	32	15	14:50
30-39	25	11	15:43
40-49	20	9	16:31
50-59	14	n/a	18:18
60+	6	n/a	20:16

Beginner's 5 Week Running Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1.5-mile run	Cross Train	1.5-mile run	Rest	2-mile run	25 to 30 minutes run or CT
2	Rest	2-mile run	Cross Train	2-mile run	Rest	2.5-mile run	25 to 30 minutes run or CT
3	Rest	2.5-mile run	Cross Train	2-mile run	Rest	3.5-mile run	30 to 35 minutes run or CT
4	Rest	2.5-mile run	Cross Train	2-mile run	Rest	3.5-mile run	35 minutes run or CT
5	Rest	3-mile run	Cross Train	2.5-mile run	Rest	4-mile run	35 to 40 minutes run or CT

Mondays and Fridays: Mondays and Fridays are rest days. Rest is critical to your recovery and injury prevention efforts, so don't ignore rest days. Your muscles build and repair themselves during your rest days. If you run every day without taking days off, you won't see much improvement. It's also good to sometimes get a mental break from running. If you run every day, you may get burnt out or injured very quickly.

Tuesdays and Thursdays: Run at a comfortable, conversational pace for the designated mileage. You should be able to speak and breathe easily at this pace. If your breathing gets out of control, you should slow your pace or take a walk break. If you feel good during the last mile, pick up the pace a little so you're running at your anticipated 10K race pace.

Saturdays: This is your long run day. After you warm-up, run at a comfortable, conversational pace for the designated mileage. If you're running outside, and you're not sure how far you're running, you can figure out the mileage by use apps and sites such as MapMyRun or RunKeeper, or a GPS watch. On this day, especially, wear your shoes, socks, and race outfit you plan to use during the 10K. That way you will know whether they work for you or you need to get new gear.

Wednesdays: Do a cross-training (CT) activity (biking, swimming, elliptical trainer) at easy to moderate effort for 30 to 40 minutes. Strength training is also very beneficial to get stronger and more injury-resistant. If you're feeling very sluggish or sore, take a rest day.

Sundays: This is an active recovery day. Your run should be at an easy, comfortable pace, which helps loosen up your muscles. Or, you can do a run/walk combination for the indicated amount of time or cross-train.

Source: <https://www.verywellfit.com/beginner-runners-10k-training-schedule-2911611>

Flexibility and Stretching

Flexibility is a component of physical fitness and is defined as the range of motion around a joint. Flexibility can be improved through various stretching exercises. Most training methods to develop flexibility fall under these categories:

- I. Dynamic Stretching: Sometimes referred to as active stretching. Mimics the activity that is to be performed. Example: Sprinter warming up before a race, neck rolls, arm swings, trunk rotations, etc.
- II. Static Stretching: Sometimes referred to as passive stretching because it involves slow controlled movements through a full range of motion.
- III. Ballistic Stretching: Uses the momentum of the body or a limb to force a stretch past its normal range of motion by bouncing or jerking movement. Not recommended.
- IV. PNF Stretching: Considered an advanced stretching technique which has been used mainly by physical therapist to rehab injuries or when a high degree of both passive and dynamic flexibility are required for performance.

There are many different PNF techniques but generally PNF consist of:

1. Passive stretch to the point of tightness and hold (15 sec).
2. Isometrically contract the hamstring by using force against an object or person (7 - 15 sec).
3. Relax the muscle.
4. Passively stretch again (15 sec).

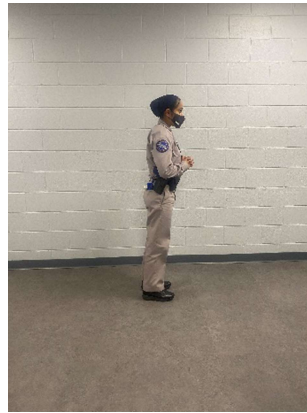
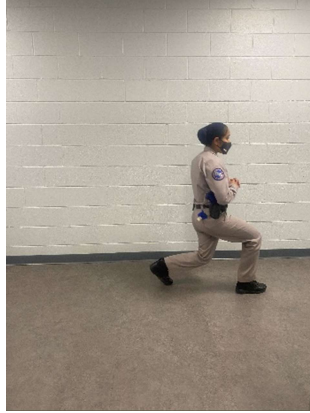
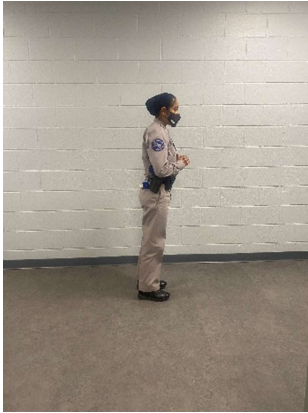
Considerations for developing a safe and effective program:

- I. Always perform some type of low-level physical activity before attempting any stretching exercises. This activity helps get the heart rate up and increase circulation around the joints. Examples would be:
 - A. Jogging a half mile.
 - B. Jumping rope for 10 minutes.
 - C. Performing 10 minutes of calisthenics
- II. Wear loose clothing that will allow you to stretch and bend.
- III. Stretch opposing muscle groups
- IV. Stretch both sides of the body.
- V. Relax your body as you're stretching.
- VI. Stretch slowly to the point of discomfort, but not to the point of pain.
- VII. Do not bounce (ballistic).
- VIII. Hold each stretch for a minimum of 10 seconds.
- IX. Perform 2 to 4 repetitions.
- X. Pay particular attention to areas you are exercising that day

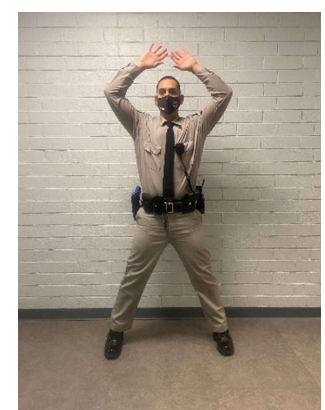
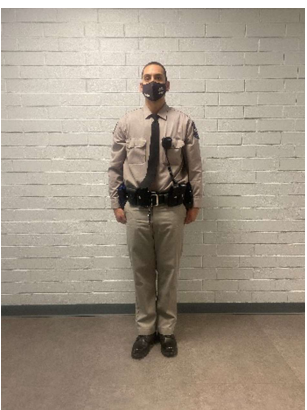
There are many open source stretching, flexibility, and mobility resources available for free on the internet. Utilize both publications and videos to enhance your knowledge and to develop a relevant and effective pre and post workout stretch program.

Basic Exercises

Lunge



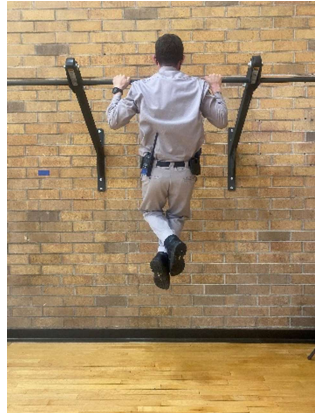
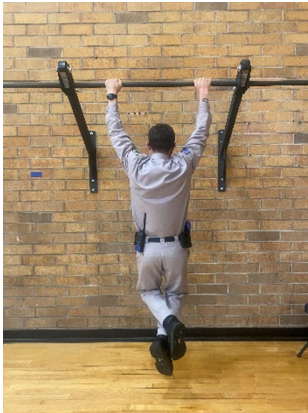
Side Straddle Hop (Jumping Jack)



Mountain Climber



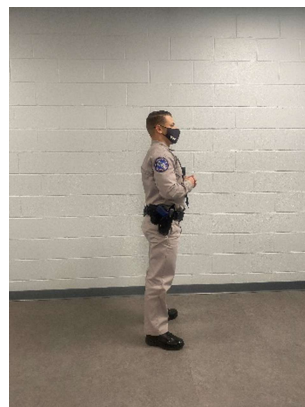
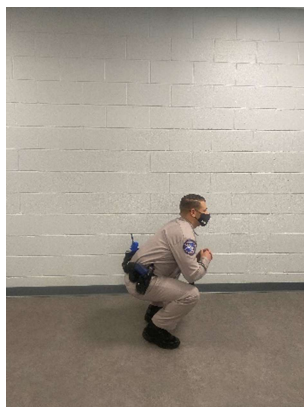
Pull-up



Plank



Air Squat



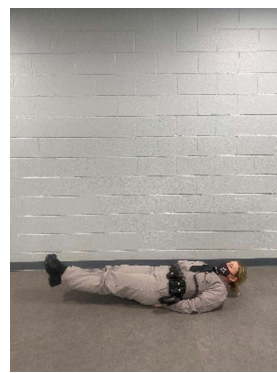
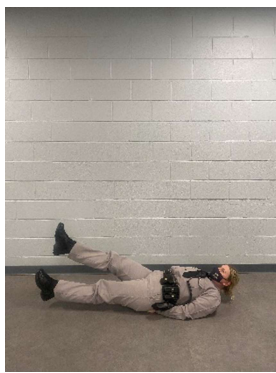
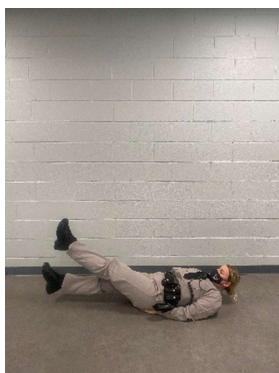
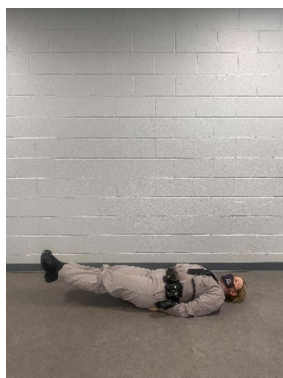
Hello Dolly



Push-up



Flutter Kick



In and out



Eight count body builder



Strength and Conditioning Card

Max Set Pull Ups (Flexed Arm Hang if unable to complete a Pull Up)

30 Second Plank

10 Push Ups (4 Count)

15 Air Squats

15 Flutter Kicks (4 Count)

20 Side Straddle Hops (4 Count)

20 Mountain climbers (4 Count)

5 Eight Count Body Builders

15 Hello Dollies (4 Count)

10 Lunges (4 Count)

10 Push Ups (4 Count)

30 Second Plank

Max Set Pull Ups (Flexed Arm Hang if unable to complete a Pull Up)