



**Rockland County Police and Public Safety Academy
Basic Course for Police Officers**

Department Sponsored Candidates

Registration Packet 02-2022

INFORMATION FOR SPONSORING AGENCIES

The Rockland County Police and Public Safety Academy will conduct the Basic Course for Police Officers starting on **August 29, 2022**, with an anticipated graduation date of **January 20, 2023**.

The attached registration form should be completed and faxed as soon as possible in order to have all necessary information in place prior to the start of the course.

By Friday, **August 12, 2022**, the Academy office must have:

- RCPA Registration form (attached)
- Copy of Form DCJS 2214-A (all four blocks completed)
- Background Investigation Certification
- Physician's Certification (with Physician's stamp - signature alone is inadequate)
- Copy of Driver's License
- Copy of COVID-19 Vaccination (if vaccinated)
- Certificates for Agency's Field Training Officers
- Notarized Acknowledgement of Training Intensity Form
- Copy of Recruit's Resume or CV

Recruits without these forms on file will be denied entry to the Basic Course for Police Officers.

ADVISORIES:

- Agencies **MUST** provide a vehicle to be used by the Recruit Class on the closed-track EVOC Course during the EVOC training on November 12 and 13, 2022.
- Recruits will be expected to have all duty, patrol, and graduation/dress uniform pieces no later than Monday, January 2, 2023.
- Recruits rarely get days off during the Basic Course for Police Officers. While the Academy hours are generally 0800-1600, some training may be off hours and recruits may work some 12-hour days.

Physical Fitness

The Municipal Police Training Council has established physical standards for the Basic Course for Police Officers, scored on a curve based on the age and gender of the recruit. These standards were designed to conform to the Americans with Disabilities Act. The Rockland County Police Academy requires a minimum of the 50th percentile for graduation.

Cooper Fitness Standard (50%)			
Gender & Age	Sit Ups	Push Ups	1.5 Mile Run
Male 20-29	40	33	11:58
Male 30-39	36	27	12:24
Male 40-49	31	21	13:12
Female 20-29	35	18	14:04
Female 30-39	27	14	14:34
Female 40-49	22	11	15:34

In addition to passing the Physical Fitness standard, NYS DCJS mandates that all recruits participate in a minimum of 65 hours of Physical Training during the Basic Course.

In the event that a Recruit falls below the minimum physical fitness standard during the test given on orientation day, Academy personnel will notify the recruit's agency and place the Recruit in a remedial physical training program and advise the Recruit that they are in jeopardy of not completing the Basic Course for Police Officers.

A fitness guide for recruits to use in preparation for the academy is available on the academy website (www.rocklandcountypoliceacademy.com). Recruits should arrive on Day One familiar with the PT test standard and the basic exercises they will perform.

IMPORTANT HEALTH NOTICE

A condition concerning the health of recruits has recently come to the attention of the Rockland Police and Public Safety Academy: **RHABDOMYOLYSIS**.

A breakdown of muscle tissue during intense exercise can cause a release of protein into the blood stream that kidneys are unable to process, resulting in kidney failure.

Contributing factors include:

Sudden increase of exercise	Dehydration
Stimulants (especially in liquid form)	Nutritional Supplements
High ambient temperatures	Alcohol
Illnesses with flu-like symptoms	Certain prescription drugs

Recruit must be aware that general fitness is not protective or predictive for rhabdomyolysis.

Some recommendations to avoid this condition are conditioning to exercise and drinking plenty of fluids. Any recruit who feels dizzy or disoriented should stop and rest. Any incidence of dark urine requires consultation with a physician before exercise continues.

Equipment

Recruits should arrive the first day in proper business attire (i.e., suit-and-tie) and have:

- One large black duffle bag for uniforms and equipment
- (2) Gray long-sleeved uniform shirt
 - Department patch centered on left sleeve $\frac{3}{4}$ inch from shoulder seam
 - Academy patch*** centered on right sleeve $\frac{3}{4}$ inch from shoulder seam
 - *Available at the academy office – recruits must pick up before start of academy**
- (2) Gray uniform trousers
- Black clip tie
- Black 1 $\frac{3}{4}$ garrison belt with a silver buckle
- Black socks, crew length
- Black boots (capable of being shined)
- Police duty jacket
 - For non-uniformed agencies: dark all-weather waist length jacket
- Black cold weather gloves
- Black military-style knit watch cap
- 1 Academy Logo Face Mask
- Navy blue 50/50 Shorts: Academy logo silkscreened on left leg
- Navy blue T-shirts: Academy logo silkscreened on left chest
 - Recruit's last name in 2-inch white letters on back
- Navy blue sweatpants: Academy logo silkscreened on left leg
- Navy blue sweatshirts: Academy logo silkscreened on left chest
 - Recruit's last name in 2-inch white letters on back
- Running shoes: black, gray, or blue
- Blue BDU-style trousers
- Yellow reflective military-style PT belt
- Athletic mouth guard, black, blue, or clear (Shock Doctor Gel Max Power or similar)
- 5-inch 3 ring blue binder
- A hardcopy or electronic copy of the agency Patrol Guide, Standard Orders, or Standard Operating Procedure.
- A refillable water bottle (Camelbak Chute Mag, 32 oz, Oxford Blue)

By the start of the second week (*latest*), Recruits from all agencies need:

- Realistic training "blue gun" - replica make & model of the department issued sidearm
- Duty holster
- Magazine pouches
- Cuff case
- Handcuffs
- Ballistic Vest
- Flashlight
- One pair of clear safety glasses
- One set hearing protection
- One Laerdal-brand pocket mask with one-way valve
- One LESK kit (or similar belt mounted Individual First Aid Kit) with
 - Blue Training* Tourniquet: (NA Rescue CAT, TacMed Solutions SOFT-Wide or SAM XT)
 - (*This should not be used for anything other than training after graduation)
 - Training QuickClot Combat Gauze (or similar hemostatic agent in gauze)
 - Training Chest Seal
 - Latex-free medical gloves
- Access to a Wi-Fi-enabled tablet or laptop and a user-facing camera.

By the start of the second week (*latest*), all Recruits from *uniformed agencies* need:

- Patrol duty belt
- 4 Keepers
- Radio holder
- Flashlight holder
- Baton*
- Baton holder*
- OC Spray holster*
- Conducted Energy Device (e.g., Taser) Holster*
- 4 Conducted Energy Device (Taser) cartridges*
- *Agencies that do not use these items need not supply them.*
- Duty pistol - strong preference for the weapon to be the same issued upon graduation
- Three or more handgun magazines
- Pistol storage box – lockable hard plastic or metal

During Initial Firearms Training (October 3 – 28, 2022) Recruits will need:

- Proper foul weather gear
- Moist towelettes (for de-leading)
- Disposable rubber gloves, safety glasses, paper towels
- Baby wipes, cotton rag (old t-shirt)
- Weapon Cleaning Kit – Complete Commercial Cleaning Kit required for duty handgun
- Weapon Cleaning Kit – Complete Commercial Cleaning Kit required for duty AR15, M4, or Patrol Rifle

- Department shotgun with sling
- Department patrol rifle with sling
- Three or more patrol rifle magazines

- 3,600 rounds of factory handgun ammunition equivalent to service ammunition
- 400 rounds of **actual** agency service/duty ammunition
- 30 rounds 12-gauge 00 buck (or agency service/duty shotgun round)
- 20 rounds 12-gauge slug
- 1000 rounds patrol rifle duty ammunition or equivalent
- 200 rounds of **actual** agency patrol rifle service/duty ammunition

At various points during the Basic Course for Police Officers, recruits will also need:

- Marked / unmarked police cars
- Box of flares (uniformed agencies)
- Department-issued Conducted Energy Device (agencies with CEDs only)

***Academy will notify agencies of the dates for these items once the schedule is approved by DCJS

Please note: The Rockland County Police Academy has a safe weapon storage facility. After Initial Firearms Training, Recruit handguns will be stored at the Academy (with access limited to Academy Firearms Instructional Staff *only*) so that recruits may continue to practice safe weapons manipulation drills under supervision during the remainder of the Basic Course for Police Officers. Weapons can be issued by Academy staff for specific agency purposes (e.g., supplemental firearms training or when required for traveling in a marked department vehicle).

Vendor List

Rockland County Police & Public Safety Academy does not require agencies to use particular vendors and does not endorse any particular vendor for uniforms, equipment or supplies. This list is provided as a courtesy to agencies seeking assistance in locating local suppliers.

Uniforms & Equipment Vendors:

ALFI'S UNIFORMS	152 Windsor Highway (Route 32) Suite 100 New Windsor, New York 12553 (845) 562-1404
KVI UNIFORMS & EQUIPMENT INC	50 Carpenter Avenue Middletown, New York 10940 (845) 343-7868 For information: kim@kviuniform.com
NEW ENGLAND SPORTSWEAR	66 Fulton Street White Plains, New York 10606 914-358-1505
HOLLYWOOD SCREENPRINTING	324 Route 202 Pomona, New York 10970 (845) 364-5431 Contact Person: Neil *Face masks need to be ordered through here.

Vendors for Individual First Aid Kits

Herkimer Industries	304-306 Fourth Avenue, Herkimer, NY 13350 Office: (315) 574-7622 Fax: (315) 866-1684 www.herkimerindustries.com
Gall's	6098 Jericho Turnpike Commack, NY 11725 USA (631) 325-800 http://www.galls.com
TacMed Solutions	1250 Harris Bridge Road Anderson, SC 29621 (888) 822-6331 www.tacmedsolutions.com
Eleven10	975 Bassett Road Suite B Westlake, OH 44145 (888) 216-4049 www.1110gear.com

Submit this form before **Friday, August 12, 2022.**
Email to rcpa@rcpin.net or fax to 845-364-8926

REGISTRATION FORM – BASIC COURSE FOR POLICE OFFICERS
Class 02-2022 (August 29, 2022 – January 20, 2023)

RECRUIT INFORMATION:

Date of Appointment: _____

Last Name: _____ First Name: _____ M.I.: _____

Social Security Number: _____ DOB: _____ Age: _____ Sex: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Agency E-mail: _____

Mobile Phone: _____ Personal E-mail: _____

Personal Emergency Contact: _____ Relationship: _____

Emergency Contact Phone(s): _____ / _____

Primary Care Physician: _____ Phone: _____

Known Allergies: _____ Date of Last Tetanus Shot: _____

COVID Vaccination Date (two weeks after last dose or booster): _____

Prescription Medication(s): _____

AGENCY INFORMATION:

Name of Agency: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Agency Main Phone: _____ Fax: _____

Chief / Sheriff / Executive Officer: _____

Executive E-Mail: _____

Executive Office Phone: _____ Executive's Mobile Phone: _____

Agency Training Officer / Recruit Point of Contact: _____

Training/POC E-Mail: _____ Phone: _____

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RECRUIT'S LAST NAME: _____ **AGENCY:** _____

WEAPONS:

Handgun

Make _____ Model _____ Caliber _____

Shotgun

Make _____ Model _____ Caliber _____

Patrol Rifle

Make _____ Model _____ Caliber _____

Baton

Make _____ Model _____

Conducted Energy Device

Make (e.g., Taser) _____ Model _____

Chemical Restraint Spray

Make _____ Type (e.g., OC) _____ Strength (%) _____

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Rockland County Police and Public Safety Academy

Office of the Basic School Coordinator
50 Sanatorium Road
Building G
Pomona, New York 10970

BACKGROUND INVESTIGATION CERTIFICATION

Recruit's Last Name (Print)

First Name

M.I.

A background investigation has been conducted on the above-named recruit by this agency and he/she has demonstrated the necessary character and reputation deemed to be part of the established requirements and qualifications to be appointed to the position of a law enforcement officer.

Chief/Sheriff/Executive's Name (Print)

Agency

Signature*

Date

***Note: Only the Chief, Sheriff or Executive of Agency may sign this Certification.**

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Rockland County Police and Public Safety Academy

Office of the Basic School Coordinator
50 Sanatorium Road
Building G
Pomona, New York 10970

NYS DCJS FIELD TRAINING OFFICER CERTIFICATION

Recruit's Last Name (Print)

First Name

M.I.

New York State Division of Criminal Justice Service requires the Academy to certify that Supervised Field Training for recruits will be conducted by New York State Certified Field Training Officers.

Please list your agency's New York State Certified Field Training Officers and attach copies of their certifications or the ACADIS printout of their certifications.

Field Training Officer Name	Date of Appointment	Date of FTO Certification
_____	____/____/____	____/____/____
_____	____/____/____	____/____/____
_____	____/____/____	____/____/____
_____	____/____/____	____/____/____
_____	____/____/____	____/____/____
_____	____/____/____	____/____/____
_____	____/____/____	____/____/____
_____	____/____/____	____/____/____

Agency Training Officer Name

Agency

Agency Training Officer Signature

Date

Submit this form before **Friday, August 12, 2022.**
Email to rcpa@rcpin.net or fax to 845-364-8926

Acknowledgement of Training Intensity

I _____

employed by _____

a student in the Rockland Community College Pre-Employment Program

am a recruit at the Rockland County Police and Public Safety Academy. I am aware that law enforcement is an occupation that, at times, demands excellent performance under stressful circumstances. Police Officers are expected to endure verbal abuse, taunts, personal insults, hostile views, and abhorrent opinions delivered in antagonistic settings. Furthermore, Police Officers are called on to preserve the rights of and provide protection for the very individuals making these statements.

I have been informed that to learn effective methods for dealing with these expectations, the training to become a Police Officer includes being subject to unpleasant experiences that mimic the kinds of situations listed above. I recognize that from time-to-time Academy staff members will train and test my ability to remain composed and make sound judgments while under these kinds of simulated conditions.

I voluntarily accept this as part of the training on which I am about to embark. I have been informed that at no time will I be forced to engage in any behavior or activity and that I may opt-out of any training and leave the academy at any time by informing any staff member of my desire to do so.

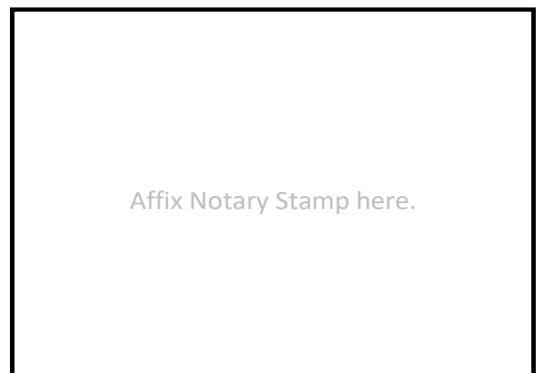
(signature)

(date)

On the ___ day of _____ in the year ____, in the County of _____, State of _____, before me, the undersigned,

_____,
personally known to me or proved to me on the basis of satisfactory evidence to be the individual whose name is subscribed to the within instrument acknowledged to me that he/she/they executed the same in his/her/their personal capacity and that by his/her/their signature on the instrument, executed the instrument.

(Signature of Notary)



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Rockland County Police and Public Safety Academy

Office of the Basic School Coordinator
50 Sanatorium Road
Building G
Pomona, New York 10970

Physician Certification Form

Dear Examining Physician:

_____ (insert candidate's name) is a candidate for entry into the Basic Course for Police Officers at the Rockland County Police and Public Safety Academy. The candidate will be required to pass a Physical Fitness Test (described below) and will also be required to conduct regular rigorous physical activity including but not limited to running long distances, upper and lower body strength training, and intense agility exercises.

The Academy requires that a physician examine the candidate in-person *no earlier than 30 days before the start of training* to determine that the overall fitness level of the candidate is sufficient to safely attempt any tests or training that the candidate will be expected to complete.

Physical Fitness 50th Percentile Cooper Standard:

Gender & Age	Sit Ups	Push Ups	1.5 Mile Run
Male 20-29	40	33	11:58
Male 30-39	36	27	12:24
Male 40-49	31	21	13:12
Female 20-29	35	18	14:04
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Female 40-49	22	11	15:34

The score for sit-ups is the number to be performed in one minute.

The score for push-ups is the number to be performed continuously without a time limit.

The score for the 1.5-mile run is calculated in minutes: seconds.

After reviewing the Cooper Standard and examining the candidate, if you find the candidate suitable, please complete the Physician's Certification along with your office stamp (*signature alone is inadequate*) and return it to the candidate for presentation to the Rockland County Police and Public Safety Academy.

Physician's Certification

I, _____ have examined _____, a candidate for Police Training in the Rockland County Police & Public Safety Academy, and believe that he/she can safely participate in the physically rigorous training that will be conducted at the academy.

Date

Physician's Signature

Affix Office Stamp Here

***Physical examination may not be conducted earlier than July 31, 2022**

Provide the following four pages to the recruit.



Rockland County Police & Public Safety Academy

Office of the Director

50 Sanitorium Road, Building G, Room 136

Pomona, New York 10970

Main Office: 845-364-8700

Fax: 845-364-8926

Welcome to the Rockland County Police and Public Safety Academy's Class 02-2022 of the Basic Course for Police Officers.

Your session begins promptly at 0800 on August 29, 2022.

On Day 1 you should arrive in proper business attire and have your academy uniforms and other equipment with you. Bring a healthy lunch that does not need refrigeration and enough water for a day of strenuous physical activity. *Energy drinks are not permitted.* You should be prepared to be tested and challenged physically and mentally on the first day.

Generally, you will be in training Monday to Friday 0800-1600, however there will be days of off-hours training, some weekends and instructional blocks that go beyond 8 hours. Days off are rare. You are expected to remain at the Academy until January 20, 2023, at which time your agency field training program is scheduled to begin. Be aware, however, that all dates, times, and schedules for the Basic Course are subject to change.

We wish you the best of luck on your upcoming training. Please take some time to review the packet attached to ensure that you are ready to begin when your session starts.

A handwritten signature in black ink, appearing to read "C. Strattner".

Christopher Strattner
Director

Below is the list of uniforms and equipment you will be expected to arrive with on Day 1.

- One large black duffle bag for uniforms and equipment
- (2) Gray long-sleeved uniform shirts
 - Department patch centered on left sleeve $\frac{3}{4}$ inch from shoulder seam
 - Academy patch* centered on right sleeve $\frac{3}{4}$ inch from shoulder seam
 - *Available at the academy office – recruits must pick up before start of academy
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- 5-inch 3 ring blue binder
- A hardcopy or electronic copy of the agency Patrol Guide, Standard Orders, or Standard Operating Procedure
- A refillable water bottle (Camelbak Chute Mag, 32 oz, Oxford Blue)

DO NOT BRING WEAPONS OF ANY KIND ONTO THE ACADEMY GROUNDS.

Physical Fitness

The Municipal Police Training Council has established physical standards for the Basic Course for Police Officers, scored on a curve based on the age and gender of the recruit. These standards were designed to conform to the Americans with Disabilities Act.

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In the event that you fall below the minimum physical fitness standard during the test given on the first day, Academy personnel will notify your agency and place you in a remedial physical training program. You will be advised that you are in jeopardy of not completing the Basic Course for Police Officers.

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Contributing factors include:

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Illnesses with flu-like symptoms	Certain prescription drugs

Recruit must be aware that general fitness is not protective or predictive for rhabdomyolysis.

Some recommendations to avoid this condition are conditioning to exercise and drinking plenty of fluids. Any recruit who feels dizzy or disoriented should stop and rest.

Any incidence of dark urine requires consultation with a physician before exercise continues.

Below is a copy of the text of the Acknowledgement of Training Intensity that you signed. It is provided here so that you may begin to prepare yourself for the stresses you will encounter in academy training.

Acknowledgement of Training Intensity

I _____

employed by _____

a student in the Rockland Community College Pre-Employment Program

am a recruit at the Rockland County Police and Public Safety Academy. I am aware that law enforcement is an occupation that, at times, demands excellent performance under stressful circumstances. Police Officers are expected to endure verbal abuse, taunts, personal insults, hostile views, and abhorrent opinions delivered in antagonistic settings. Furthermore, Police Officers are called on to preserve the rights of and provide protection for the very individuals making these statements.

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