

# Johnson County Regional Police Academy



JCPRA

*Recruit Information Packet*

## Required Uniform Items\*\*:

*The following uniform items are purchased by the Recruit's Agency:*

<u>Item</u>	<u>Quantity</u>
Short Sleeve Polo Shirt – <i>Academy Blue</i>	2
Short Sleeve T-shirt w/ logo – <i>Grey</i>	2
5.11 Tactical Pant – Black*	2 pair

**\*\*Note: Recruits with Visible tattoos must follow their department guidelines as to whether the tattoos must be covered or not.**

**\*\*We also now require the recruit's LAST name to be stenciled on the back of their PT t-shirt and sweatshirt using 2" white letters on the sweatshirt and black letters on the t-shirt.**

<u>Item</u>	<u>Quantity</u>
Plain black leather belt w/ silver buckle Or Velcro.	1
Black lace-up leather shoes or boots	1 pair

### **\*\*Black crewneck t-shirts\*\***

Black socks

### **Contact:**

**Galls,  
9200 Marshall Dr. Lenexa, Ks 66215, 913-850-5920**

**Or**

**GT Distributors  
10567 Metcalf Ave,  
Overland Park, KS 66212  
[\(800\) 775-5996](tel:8007755996)**

***The following uniform items are required for Physical Training. They may be purchased by the recruit or the recruit's agency.***

***We require our recruits to be "uniform" in appearance even during Physical Training. With that in mind please purchase PT sweatshirts, sweatpants and shorts showing the "Academy Logo" and or "Police Academy."***

<b><u>Item</u></b>	<b><u>Quantity</u></b>
High quality running shoes	1 pair
White socks	
<b>Fleece Sweatshirt – Navy/Black</b>	<b>1 mandatory</b>
<b>Fleece Sweatpants – Navy/Black</b>	<b>1 mandatory</b>
Cotton shorts – Navy/black	1
Navy or black knit hat	optional
Navy or black ear gator / balaclava	optional
Navy or black gloves	optional

**Required Equipment and Supplies:**

***The following items should be purchased by the Recruit prior to the first day of class:***

<b><u>Item</u></b>	<b><u>Quantity</u></b>
Black Pens	3
Pocket Note Pad	1
White Spiral-bound Notebooks	2
Notebook Dividers (10 tab)	5 pkgs.
Water bottle	1
Combination Lock**	1
Towel and shower toiletries	as desired

\*\* No "key" locks allowed\*\*

***The following items should be purchased by the Recruit: However, they will not be needed on the first day of class and the Recruit would be better off to purchase the items after they have been discussed them in class:***

<b><u>Item</u></b>	<b><u>Quantity</u></b>
Hand-held flashlight	1

Metal Ticket Book Holder	1
Duty Bag	1
Eye Protection	1
Ear Protection	1
Mouth Guard	1
Groin Protection	1

## **Police Academy Location:**

The Johnson County Regional Police Academy is located on the campus of Johnson County Community College in Overland Park, Kansas. The training facility is located on the west side of the campus, just south of College Boulevard and Westgate. Recruits should park in the parking lot located on the west side of the building and should refrain from using the parking spaces located along the south side. The primary classroom is **PA 126**, and this is where orientation will be held on the first day of classes.

## **Academy Schedule Information:**

**Recruits should report to the Police Academy room PA 126.**

Generally speaking, class is in session from 0700 hours until 1600 hours Monday through Friday. Some sessions may be held during evening hours. The schedule will be posted on the Police Academy website 30 to 45 days prior to the start of the class @ <http://www.jccc.edu/academics/public-safety/police-academy/>

## **Attendance:**

Police Academy recruits shall attend all training sessions. Although emergencies do occasionally arise, absences should be kept to an absolute minimum. Recruits shall obtain prior approval from the Academy Staff prior to scheduling non-emergency activities.

## **College Credit:**

During orientation, all Police Academy Recruits will be registered as students at Johnson County Community College and are eligible to receive 12 credit hours within the Administration of Justice curriculum. Veterans may be eligible for education benefits, and they should discuss this with college personnel during the registration process.

## **Rules and Regulations:**

The Academy Staff will review the Police Academy Rules and Regulations during orientation. All questions will be answered at that time, and recruits will be expected to abide by these rules and regulations without exception.

## **Physical Conditioning Requirements:**

Physical conditioning is an important part of the Police Academy curriculum, and all recruits will be expected to participate. The physical conditioning curriculum is designed and administered by Certified Personal Fitness Trainers with the goal of assisting all recruits in achieving success and attaining an acceptable fitness level prior to graduation. Formation runs play a large role in this conditioning program. The class will not be segregated based on age, gender or ability, and recruits should expect to participate in most activities as a team unless they have been placed on restricted duty by a physician due to an injury.

In addition, the class can participate in a charity event during the final weeks of the academy. The event will be chosen by the class and all recruits are encouraged to participate.

A physical fitness assessment will be administered three times over the course of the 16-19-week academy. Each recruit will be expected to eventually attain a passing standard on the five assessment components listed on the last page of this packet.

## **For Further Information:**

Additional information about the Johnson County Regional Police Academy is available on our web site at <http://www.jccc.edu/academics/public-safety/police-academy/>

# JCRPA Recruit PFT Descriptions and Standards

## Beep Test

The beep test is a multi-stage fitness test used to estimate a person's maximum oxygen uptake (VO<sub>2</sub> Max). The participant will run continuously between two points that are 20 meters apart in time to recorded beeps. The time between beeps decreases every 60 seconds which corresponds to one level. Each increase in level is signified by three rapid beeps.

### Key Points

- The 20m area will be marked with cones and/or paint at both ends. For the purpose of this document, completing one 20m length is referred to as one shuttle.
- The officer must place one foot on or beyond the 20m marker at the end of each shuttle, signaled by a beep.
- If the officer arrives at the end of a shuttle before the beep, the he/she must wait for the beep and then resume running.
- Stay in pace with the beeps, even at the beginning which is slow.
- The officer keeps running for as long as possible until he/she can no longer keep up with the speed set by the recording.
- If the officer misses two consecutive beeps, he/she will be asked to withdraw.

## Plank (Until Exhaustion)

- Start off in the pushup position, and then put your forearms on the ground instead of your hands.
- Squeeze your buttocks and tighten your abdominals.
- Keep a neutral neck and spine.
- Create a straight line from head to toes - a plank.
- Feet must be no more than shoulder width apart.
- Hold that position until exhaustion.

## Squat (Max Reps in one minute)

- Stand with your feet shoulder-width apart, toes pointed outward slightly and hands away from your body. (Hands cannot be on your knees)
- With your head up, chest out, and heels on the ground, sink your hips back and down as if sitting in a chair.
- Your squat should be low enough that your butt is AT LEAST parallel with your knees.
- Repeat until time is up.

## Push-Ups (Until Exhaustion)

- Assume the push-up starting position in the up position with your elbows locked.
- Lower your body by bending your elbows until your chest touches your partner's closet fist.
- Come back up by pushing through the floor.
- A short 1 second pause in the upright position is allowed but there is no extended rest given.

## PAT Course

- Recruits will run the standardized PAT Obstacle Course.

## Scoring

The recruit's final score will be an average of all event scores. Below is the scoring chart for testing purposes only.

### Beep Test

Level	Score
10+	100%
9+	90%
8+	80%
7+	70%
6+	60%
5+	50%
4+	40%
3+	30%
2+	20%
1+	10%

### Plank

Time	Score
4:00	100%
3:30	90%
3:00	80%
2:30	70%
2:00	60%
1:30	45%
1:00	30%
0:30	15%

### Squats

Number	Score
60	100%
55	90%
50	80%
45	70%
40	60%
35	45%
30	30%
25	15%

### Push-Ups

Male	Score	Female
60+	100%	40+
54+	90%	36+
48+	80%	32+
42+	70%	28+
36+	60%	24+
30+	50%	20+
24+	40%	16+
18+	30%	12+
12+	20%	8+
6+	10%	4+

### PAT Course

Male	Score	Female
<55.0	100%	<60.0
<60.0	90%	<65.0
<65.0	80%	<70.0
<70.0	70%	<75.0
<75.0	60%	<80.0
<80.0	45%	<85.0
<85.0	30%	<90.0
<93.0	15%	<93.0

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