



Administration of Justice Law Enforcement Training

Prospective Law Enforcement Academy Cadet:

Congratulations on your decision to pursue a career in Law Enforcement!

The Basic Law Enforcement Academy at College of the Siskiyous is presented in a 3-part modular format. The modules must be completed in the following order: Module III, Module II, and Module I. Successful completion of all three modules satisfies the minimum training requirements to become a Peace Officer in the State of California. If you have completed Module III, Module II, or both at another college, please let us know.

2019 Academy Dates:

Module	Start	End
3	7/08/2019	8/02/2019
2	08/05/2019	09/06/2019
1	09/09/2019	12/13/2019

Minimum requirements for enrollment in the Law Enforcement Academy:

- 1) Be at least 18 years of age.
- 2) Possess a valid driver's license.
- 3) Be free of any felony convictions or legal mandates that restrict or prohibit employment as a law enforcement officer or possession of a firearm.
- 4) Pass the Post Entry-Level Law Enforcement Test Battery (PELLET-B) with a minimum score of 42.
- 5) Obtain Department of Justice (DOJ) Live Scan Firearms Clearance. Students shall obtain DOJ clearance **prior to the first day** of the academy.
- 6) Obtain medical clearance to ensure you can fully participate in academy training **prior to the first day** of the academy.

-----FIRST STEP-----

You must pass the Post Entry-Level Law Enforcement Test Battery (PELLET-B) with a minimum score of 42.

The PELLET-B is designed primarily to test your language skills, mainly your reading and writing abilities. Achieving a minimum score of 42 is a strong indication you will be comfortable and successful with the notetaking, studying, report writing, testing, and other related tasks in the academy environment.

You can register to take the PELLET-B test at College of the Siskiyous on the following dates:

Dates: To be Announced

Location: Life Science Building 3
College of the Siskiyous
800 College Avenue
Weed, CA 96094

To register for a test session, please call the Law Enforcement Academy office at (530) 938-5990 during regular business hours. Additional test dates and times may become available but there are no guarantees of additional testing sessions.

If you have successfully passed the PELLET-B at another location, you may provide your PELLET-B results to the Law Enforcement Academy office. PELLET-B scores of 42 or higher will be accepted for up to one year.

A PELLET-B Practice Test is available at the California POST website using the link below:

<http://lib.post.ca.gov/Publications/poWrittenPracticeTest.pdf>

Notes:

- If you fail the PELLET-B, you are allowed to retake it every 30 days.
- PELLET-B results are good for one year.

-----SECOND STEP-----

During the academy, you will be participating in physical fitness. In order to determine if you are at a sufficient fitness level to participate in routine physical training, you are required to complete a Pre-Law Enforcement Academy Physical Training Test which consists of the following:

- **99 Yard Obstacle Course/Agility Run**
- **Body Drag**
- **Chain Link Fence Climb**
- **Solid Fence Climb**
- **500-Yard Run**

You can register to take the Agility Test at College of the Siskiyous on the following dates:

Dates: To be Announced

Location: Life Science Building 3
College of the Siskiyous
800 College Avenue
Weed, CA 96094

To register for a test session, please call the Law Enforcement Academy office at (530) 938-5990 during regular business hours. Additional test dates and times may become available but there are no guarantees of additional testing sessions.

Notes:

- In order to pass the Pre-Law Enforcement Academy Physical Training Tests, applicants must achieve a combined minimum score of 200 points or greater.

-----THIRD STEP-----

In accordance Penal Code Section 13511.5, each law enforcement academy applicant must have “no criminal history background which would disqualify him or her, pursuant to state or federal law, from owning, possessing, or having under his or her control a firearm.” This must be completed prior to the first day of class.

You must submit for Live Scan fingerprinting in order to receive Department of Justice (DOJ) clearance.

You must use the attached Live Scan form marked “Attachment A” and take it to one of the Live Scan locations listed on the California Office of the Attorney General

<https://oag.ca.gov/fingerprints/locations>

You must submit a copy of your Live Scan receipt to the Law Enforcement Academy office.

*******SEE “ATTACHMENT A” FOR LIVE SCAN FORM*******

Notes:

- There is a cost associated with obtaining DOJ firearms clearance
- Each applicant must receive DOJ clearance prior to the first day of class.

-----FOURTH STEP-----

You are required to undergo a medical examination prior to the first day of the academy to ensure you are physically able to participate in the physical conditioning program in the Academy.

You must take the attached medical examination report marked “Attachment B” to a healthcare facility and have it completed by an appropriate healthcare professional that can adequately assess your fitness level.

You must bring a completed and signed medical examination report to the Law Enforcement Academy office.

*******SEE “ATTACHMENT B” FOR MEDICAL EXAMINATION REPORT*******

Notes:

- There may be a cost associated with obtaining medical clearance
- Each applicant must receive medical clearance prior to the first day of class.

-----FIFTH STEP-----

You are required to attend Academy Orientation prior to the start of the academy.

Academy Orientation:

Date: To be Announced

Time: To be Announced

Location: Life Science Building 3
College of the Siskiyous
800 College Avenue
Weed, CA 96094

Failure to attend orientation may result in you being dropped from the class roster and your position filled by a student on the waitlist.

Once again, congratulations! We look forward to seeing you in the next Academy Class.

If you have any questions, please do not hesitate to contact us at (530) 938-5990 or by e-mail at policeacademy@siskiyous.edu.

Sincerely,

A handwritten signature in black ink, appearing to read 'J. LaRue', with a stylized flourish at the end.

Jeremiah LaRue, Law Enforcement Academy Director
jarue@siskiyous.edu

SUMMARY REVIEW OF APPLICATION STEPS

1. Achieve a minimum score of 42 on the PELLET-B either at our Academy or supply a score taken elsewhere (PELLET-B score is good for one year).
2. Successfully pass the Pre-Law Enforcement Academy Physical Training Test with a combined minimum score of 200 or greater.

****Once you complete the pre-academy testing, you will be placed on the roster, holding a spot in the next scheduled academy****

3. Obtain Department of Justice firearms clearance (\$\$\$ - fees apply) and bring a copy of your receipt to the Career and Technical Education Office.
4. Obtain medical clearance (\$\$\$ - fees apply) and bring the completed and signed medical examination report to the Career and Technical Education Office.
5. Obtain a permit to register for the Academy from the Career and Technical Education Officer
6. Register for the Academy either in-person or online (must have a permit to register).
7. Attend Academy orientation.
8. Order uniforms and equipment, review class material, and prepare for your first day at the Academy.

Notes:

- **You will not be able to register for the class until you have completed all the steps and have been issued a permit to register.**

ATTACHMENT A
LIVE SCAN FORM



Administration of Justice Law Enforcement Training

To whom it may concern:

The person requesting Live Scan is an applicant for admission into the College of the Siskiyous (COS) Basic Police Academy. Per California Penal Code Section 13511.5, each applicant, who is unaffiliated (not sponsored by an agency), must have “*no criminal history background which would disqualify him or her, pursuant to state or federal law, from owning, possessing, or having under his or her control a firearm.*” Because of this requirement, the applicant must receive clearance prior to the first day of the academy.

We are aware there are numerous options that a Live Scan Operator can choose from once he or she enters the ORI code. To help eliminate confusion, please select the option “**PEACE OFFICER F/ARMS CACI**” to ensure the applicant is receiving a **FIREARMS CLEARANCE from DOJ and FBI.**

If you have any questions or need assistance, please call the College of the Siskiyous’ Law Enforcement Academy office at (530) 938-5990.

Thank you for your assistance with this matter.

Sincerely,

Jeremiah LaRue, Law Enforcement Academy Director
College of the Siskiyous
800 College Avenue
Weed, CA 96094
jarue@siskiyous.edu



REQUEST FOR LIVE SCAN SERVICE

Applicant Submission

A0454

POLICE ACADEMY CADET – FIREARMS CLEARANCE

ORI (Code assigned by DOJ)

Authorized Applicant Type

PEACE OFFICER F/ARMS CACI

Type of License/Certification/Permit OR Working Title (Maximum 30 characters - if assigned by DOJ, use exact title assigned)

Contributing Agency Information:

COLLEGE OF THE SISKIYOU

03931

Agency Authorized to Receive Criminal Record Information

Mail Code (five-digit code assigned by DOJ)

800 COLLEGE AVENUE

KELLY GROPP

Street Address or P.O. Box

Contact Name (mandatory for all school submissions)

WEED

CA 96094

(530) 938-5552

City

State ZIP Code

Contact Telephone Number

Applicant Information:

Last Name

First Name Middle Initial Suffix

Other Name (AKA or Alias) Last

First Suffix

Date of Birth Sex Male Female

Driver's License Number

Height Weight Eye Color Hair Color

Billing Number (Agency Billing Number)

Place of Birth (State or Country) Social Security Number

Misc. Number (Other Identification Number)

Home Address Street Address or P.O. Box

City State ZIP Code

Your Number: _____
OCA Number (Agency Identifying Number)

Level of Service: DOJ FBI

If re-submission, list original ATI number:
(Must provide proof of rejection)

Original ATI Number

Employer (Additional response for agencies specified by statute):

Employer Name

Mail Code (five digit code assigned by DOJ)

Street Address or P.O. Box

City State ZIP Code

Telephone Number (optional)

Live Scan Transaction Completed By:

Name of Operator

Date

Transmitting Agency

LSID

ATI Number

Amount Collected/Billed

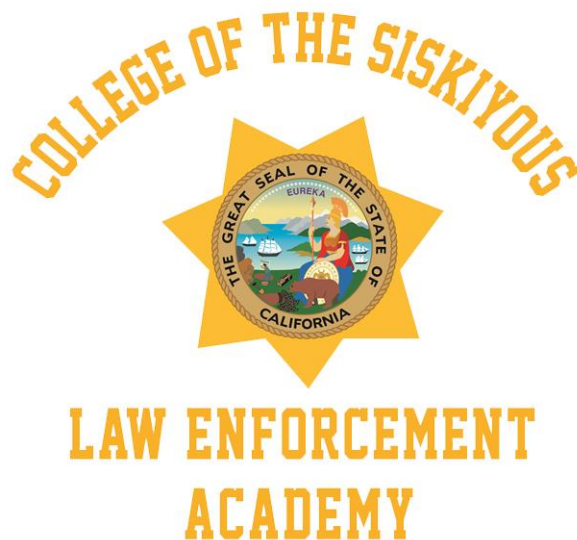
ATTACHMENT B

MEDICAL

EXAMINATION

REPORT

College of the Siskiyous Law Enforcement Academy



Medical Examination Report

(Rev. June 2018)

MUST BE COMPLETED WITHIN 30 DAYS OF THE ACADEMY START DATE

MEDICAL EXAMINATION REPORT

(rev. 06/28/2018)

Dear Physician:

The individual you are examining has been requested to obtain a Medical Clearance to participate in the Physical Conditioning Program at the College of the Siskiyous Law Enforcement Academy. The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning generally occurs a minimum of 1 hour per day, 3 days per week, for at least 12 weeks. Listed below are descriptions of both the physical performance tests, and the content of the physical conditioning program.

In order to successfully complete the police academy, and in addition to the Physical Conditioning Program, a police academy cadet must be able to **FULLY PARTICIPATE** in other physical demanding activities.

Please complete the attached Physician's Physical Clearance & Limitation Form by checking all activities in which the recruit is **APPROVED** to fully participate.

PHYSICAL PERFORMANCE TESTS

1.5 Mile Run:

The individual runs 1.5 miles as fast as possible. Measures cardio respiratory endurance (aerobic capacity).

Abdominal Curls (in 1 minute):

The individual performs as many abdominal curls as possible in 1 minute. Measure dynamic muscular endurance of the trunk.

Sit and Reach Test:

The individual performs a test that measures range of motion of the lower back and abdominal girth.

500-Yard Run:

The individual runs 500-yards in as little time as possible. Simulates a police work task.

Fence Climb:

The individual runs 5 yards, climbs a 6-foot wood and/or chain link fence, and then continues running 25 yards in the least amount of time possible. Simulates a police work task.

Push-Ups:

The individual performs as many push-ups as possible. Measure arm, upper body, and core strength/endurance.

Body Drag Test:

The individual partially lifts and drags a 165-lb. Life-like dummy 32 feet as quickly as possible. Simulates a police work task.

PHYSICAL CONDITIONING

The program of physical conditioning involves exercise focusing on cardio respiratory endurance (aerobics), flexibility, muscular strength, and endurance. The intensity of the various exercises is individualized to the extent possible and is gradually increased throughout the course of the conditioning program. Each exercise session generally lasts 60 minutes and consists of an 8-10 minute warm-up period, a 30-45 minute conditioning bout focusing on a primary training objective, and a 3-5 minute cool-down period. A description of the conditioning objectives and activities appear below.

CONDITIONING OBJECTIVE	FORMATS	TYPE OF ACTIVITIES
Flexibility	Walk/Jog, Floor Calisthenics	Begins with walk/jog to warm muscles and is followed by slow stretching exercises for major muscle groups and joints.
Muscular Strength/ Cardiovascular Endurance	Circuit Training with Weights	A combination of conventional Universal Gym training exercises and jogging in place for a specified period of time.
Muscular Strength/ Cardiovascular Endurance	Circuit Training with Calisthenics	A combination of conventional Calisthenics and jogging and sprinting for a specific period of time requiring a specific number of repetitions
Cardiovascular Endurance	Continuous Running	Conventional jog/run for distance and pace (15-45 minute duration)



PHYSICIAN'S MEDICAL CLEARANCE & LIMITATION FORM

(Rev. 06/28/2018)

Date: _____, 20 _____

TO: Name: Dr. _____
PLEASE PRINT

Address: _____

Phone: _____

FROM: Police Academy Staff:

SUBJECT: Recruit participation in police academy physical training and other physically demanding related activities.

STUDENT: _____ STUDENT ID# _____

College of the Siskiyous is NOT responsible for any financial costs with this required medical exam and will NOT make payments to any health care provider, insurance company, student or others. All exam-related expenses are the responsibility of the prospective student.

REPORTED INJURY OR CONDITION (if applicable):

Recruits, during the Basic Police Academy, perform the physical activities listed below. Please indicate by marking the event(s) the patient CAN participate in.

Physician: Please check APPROVED activity. ✓

I. PHYSICAL CONDITIONING _____

- Flexibility Development using both dynamic (multiple joint and muscle movements) and static (resistance and hold) stretching exercises.
- Partner assisted strength-slow ballistic calisthenics.
- Cardiovascular and Strength Endurance training to include (but not limited to): a variety of calisthenics, pushups, pull ups, dips, sit ups, up-downs (burpees), sustained planks, knee bends/squats, and jogging; all requiring repetitions.
- Interval circuit weight training with free weights and/or resistance bands (weight/resistance to be determined by student and instructor)
- Interval running-run/walk such as--run 220 yards then walk 110 yards (repeat 10 times).
- Agility circuit-series of full body, high speed agility-vaulting, skipping, body twists, etc.
- Cardiovascular Development using interval repetitions and/or endurance cycles (20-40 minutes at Target Heart Rate) accomplished primarily through sustained running/jogging.
 - Stationary or regular bicycle
 - Stair climber
 - Row machine
 - Elliptical machine
 - 20 to 40 minutes of sustained running/jogging
 - Jogging up and down stairs and/or hills

II. FIREARMS TRAINING _____

- Run or sprint 25 yards, perform calisthenics, fire handgun from standing, kneeling, and prone positions (i.e. to simulated stress, student will run/calisthenics to increase heart rate, and then immediately shoot from several positions - standing, kneeling and/or prone).
- Fire handgun courses from various positions (i.e. standing, kneeling, prone)
- Fire shotgun/rifle courses from various positions (i.e. standing, kneeling, prone)
- Establish and maintain stable footing/balance during shooting positions while transitioning quickly from one position to the other. (e.g. standing to kneeling, kneeling to standing and standing to prone)

III. ARREST AND CONTROL TACTICS _____

- Warm-up exercises to include: pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton strike maneuvers.
- Pain compliance holds including: wrist locks, hand-cuffing, take downs, and carotid restraint.
- Take down maneuvers, repetitive knee bends, lunges, ground fighting exercises and repetitive body rotation maneuvers.
- Ability to support body weight of others while demonstrating takedowns and handcuffing.

IV. DEFENSIVE DRIVING _____

- Slow speed driving course (braking, emergency braking, body twisting to include lower back, and neck rotation)
- High speed driving course (emergency braking, neck rotation, shuffle steering)
 - able to maintain throttle/accelerator control at variable speeds (0-50 mph)
 - requires intense acceleration and abrupt braking with the right foot
 - able to move right foot quickly from accelerator to brake with precision and control
 - injury apparatus does not interfere with accelerator and/or braking movements
 - ability to safely manipulate accelerator and brake while engaging in high speed driving exercises.

V. SCENARIO TRAINING AND TESTING _____

Can safely perform the following duties and tasks:

- Apply control holds, arrest and search single and/or multiple suspects .
- Repetitive standing, walking and jogging on various terrain/surfaces (i.e. paved, grass, dirt, gravel, hillsides).
- Perform various searches (i.e. looking under and on top of suspected hiding places, repetitive standing, kneeling, squatting, and/or prone positions).
- Perform vehicle stops (i.e. repetitive standing and kneeling required).
- Ability to stand, walk and/or run unassisted with weapon in either hand.

VI. PHYSICAL ASSESSMENT TEST _____

- Body drag-165 lb. Dummy 32 feet.
(run backwards 32' while dragging 165 pounds for time)
- Solid fence climb-run 25 yards, climb over fence, run 5 yards
run/sprint 25 yards, scale 6' wall, land on ground with both feet and run/sprint 5 yards (for time)
- Chain link fence climb-run 25 yards, climb over fence, run 5 yards
(run/sprint 25 yards, scale 6' wall, land on ground with both feet and run/sprint 5 yards for time)
- 99 yard obstacle course-simulated parking lot chase
(run/sprint 99 yards, several lateral movements, scale obstacles that include 3' saw horse for time)
- 500 yard run (run/sprint 500 yards for time)
- 1.5 mile run (recruit runs 1.5 miles as fast as possible)
- Abdominal curls (recruit performs as many abdominal curls as possible in 1 minute)
- Sit and reach (a test to determine overall range of motion and flexibility)
- Pushups (recruit performs as many continuous motion pushups as possible as an indicator of arm, upper body, and core strength and endurance)

DIAGNOSIS/ASSESSMENT (if applicable)

COMMENTS:

(Is the recruit cleared for full and unrestricted participation in the police academy?)

MEDICATIONS PRESCRIBED?

- o NO
- o YES - if yes, please answer the following questions:
 - o Will NOT impair student during participating of above activities
 - o WILL impair student during participation of activities listed below:

REEXAMINATION DATE _____

RETURN TO FULL DUTY DATE _____

PHYSICIAN
SIGNATURE _____

DATE _____