

Officer Wellness (Proposed Category)

Performance Outcome 9.1

Engage in physical exercise.

Training Objectives Related to 9.1

1. Given a practical exercise, engage in stand-alone physical exercise for a minimum of 60 hours, during academy time.

Criteria: The student shall be tested on the following:

9.1.1. Engage in stand-alone physical exercise for a minimum of 60 hours, during academy time.

Lesson Plan Guide: The lesson plan shall include all items listed in the Criteria section.

Performance Outcome 9.2

Navigate and complete a law enforcement work performance course.

Training Objectives Related to 9.2

1. Given a practical exercise, navigate and complete a law enforcement work performance course, under the required time by the end of the academy.

Criteria: The student shall be tested on the following:

9.2.1. Navigate and complete an obstacle course while running, jumping, and crawling, under the required time of 1:36, by the end of the academy.

9.2.1.1. Receive a physical description of a suspect, while seated and belted in a vehicle, timer begins when monitor says "Go."

9.2.1.2. Run 25 yards, then

9.2.1.3. Jump 3 feet, then

9.2.1.4. Run 25 yards, then

9.2.1.5. Climb or pull oneself over a 5-foot vertical obstacle, then

9.2.1.6. Run 10 yards, then

9.2.1.7. Crawl under an obstacle that is 2 feet high X 10 feet long, then

9.2.1.8. Run 25 yards, then

9.2.1.9. Climb 8 inch "step up and down" (12 times), motion must be "up/up-down/down," then

9.2.1.10. Run 15 yards, then

9.2.1.11. Climb through a window 36 inches wide X 30 inches high X 3 feet above the ground, then

9.2.1.12. Run 10 yards, then

9.2.1.13. Identify the suspect, then

9.2.1.14. Run 15 yards, then

9.2.1.15. Drag a 150-pound object 5 yards, then

9.2.1.16. Run 20 yards, then

9.2.1.17. Place barrel of weapon through 6 inch opening, dry-fire the weapon once with dominant hand and dry fire the weapon once with non-dominant hand, then

9.2.1.18. Place handgun on the table (this action stops the timer).

Lesson Plan Guide: The lesson plan shall include all items listed in the Criteria section.

Performance Outcome 9.3

Drag a heavy object from a vehicle to simulate a rescue.

Training Objectives Related to 9.3

1. Given a practical exercise, extract an object that weighs at least 150 pounds from a vehicle, to simulate a rescue.

Criteria: The student shall be tested on the following:

9.3.1. Demonstrate extracting an object that weighs at least 150 pounds from a vehicle, to simulate effecting a rescue.

Lesson Plan Guide: The lesson plan shall include all items listed in the Criteria section.

Performance Outcome 9.4

Identify causes of stress, impacts, and reduction strategies.

Training Objectives related to 9.4

Written Exercise:

1. Identify causes of stress.

2. Identify methods to manage and reduce stress.

3. Identify symptoms of Post-Traumatic Stress Disorder (PTSD).

Criteria: The student shall be tested on the following:

9.4.1. Identify the most commonly recognized causes of stress.

9.4.2. Identify positive means of reducing stress.

9.4.3. Identify the common symptoms of Post-Traumatic Stress Disorder.

Lesson Plan Guide: The lesson plan shall include all items listed in the Criteria section and the additional information below.

1. Common causes of stress

a. Personal

b. Work

c. Critical incidents

2. Common symptoms of stress and warning signs

a. Headache or other aches and pains

b. High blood pressure

c. Heart disease

d. Insomnia

e. Negativity

f. Anger/irritability

g. Eating disorders

h. Anxiety

i. Changes to substance and alcohol use

j. Any marked negative change in behavior

3. Positive methods to reduce stress

a. Communication

b. Exercise

c. Positive attitude

d. Hobbies and other healthy activities

e. Healthy diet

4. Post-Traumatic Stress Disorder

a. After experiencing a shocking, scary, or dangerous event, the majority of individuals will experience symptoms of:

(i). Arousal (i.e. startled, tense, on edge, irritable, trouble sleeping)

(ii). Re-experiencing (i.e. bad dreams, intrusive thoughts of the event)

(iii). Avoidance (i.e. attempts to block out the feelings and thoughts, avoiding reminders)

(iv). Cognitive and mood symptoms (i.e. feeling depressed, confused, feeling betrayed)

b. These are all common/normal

Performance Outcome 9.5

Identify suicidal ideation.

Training Objectives Relating to 9.5

1. Identify the warning signs of suicidal ideation.
2. Explain what to do when suicide is imminent.
3. Explain how to be prepared after a suicide takes place.

Criteria: The student shall be tested on the following:

Written Exercise:

9.5.1. Identify the warning signs of suicidal ideation within the law enforcement community.

9.5.2. Identify what to do when suicide is imminent.

9.5.3. List resources for the suicidal individual.

9.5.4. Identify what to expect after a law enforcement suicide takes place.

Lesson Plan Guide: The lesson plan guide shall include all items listed in the Criteria section and the additional information below.

1. Warning signs of suicidal ideation within the law enforcement community

a. Physical signs of suicidal ideation

b. Verbal cues of suicidal ideation

c. Feelings associated with suicidal ideation

d. Behavioral cues of suicidal ideation

e. Cues of suicidal thinking

2. Identify what to do when suicide is imminent

a. Be a good listener

b. Approach the situation with an open mind

c. Do not leave the individual alone

d. Notify appropriate personnel about the individual

3. List resources for the suicidal individual

a. Private practice therapy

b. Peer support

c. Employee assistance programs (EAP)

d. Chaplains

e. National suicide prevention lifelines

f. Local community services board/behavioral health authority emergency services response

4. Identify what to expect after a law enforcement suicide takes place

a. Departmental grief (i.e. ripple effect throughout the agency/department)

b. Services available to officers (i.e. peer support/counseling, CISM, and EAPs)

c. National suicide prevention lifelines