Basic SWAT Course

TCOLE #3301

**GOALS OF THE COURSE**

To instruct the law enforcement S.W.A.T. officer in the knowledge, skills and attitudes necessary to perform the basic duties of the entry level S.W.A.T. officer.

To standardize the content of Basic S.W.A.T. schools taught in the State of Texas.

The student's achievement in the performance objectives listed in the topic areas will be measured through a written objective examination. The student will be expected to achieve a minimum score of 80% on this examination.

**Target Population:** Individuals who expect to be assigned to law enforcement S.W.A.T. duties.

**Pre-Requisites:** Texas Peace Officer’s license

Completion of the BCSO Physical Fitness Test on 1st day of class (See Attached)

**Length of Course:** 60 hours

**Evaluation Process and Procedures:**

A comprehensive course examination is required, with a passing rate of 80% or better to successfully complete the course. Topic Area exams may be used to supplement the course material and final exam. A skill proficiency demonstration will be required at the completion of this course.

**Required Equipment Recommended Equipment**

BDUs (Tactical Clothing) Bug Spray

Tactical Body Armor Snacks

Tactical rig Sunscreen

Handgun w/4 magazines Water

Rifle w/3 magazines Gatorade

Gas Mask Change of Clothes

Billed Cap Towel

Note Taking Material

Eye Protection

Ear Protection

Gloves

100 Rounds of Handgun Ammunition

100 Rounds of Rifle Ammunition

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Brazoria County Sheriff's Response Team Physical Fitness Test | | | | | | |  |  |  |
| Exercise |  | Time |  |  | Reps |  | Points |  |  |  |
| Push ups |  | Once the operator starts | |  | **minumum 25** | | 25 = 1 point | |  |  |
|  |  | they will continue to fatigue. | | | **maximum 85** | | 26-45 = 2 points | |  |  |
|  |  | Operator may rest in the | |  | *If operator fails to meet* | | 46-60 = 3points | |  |  |
|  |  | front leaning rest position. | | | *the minimum in this* | | 61-84 = 4 points | |  |  |
|  |  | Reps stop once knees touch. | | | *category they fail* | | 85 = 5 points | |  |  |
| 25 Yard Dummy | | minimum 35 seconds | | |  |  | 35 or more = 1 point | |  |  |
| Drag 185-200 lbs | | maximum 15 seconds | | |  |  | 31-34 = 2 points | |  |  |
|  |  |  |  |  |  |  | 23-30 = 3 points | |  |  |
|  |  |  |  |  |  |  | 16-22 = 4 points | |  |  |
|  |  |  |  |  |  |  | 15 or less = 5 points | |  |  |
| 50 yard Sprint | | minimum 15 seconds | | |  |  | 15 or more = 1 point | |  |  |
|  |  | maximum 5 seconds | | |  |  | 11-14 = 2 points | |  |  |
|  |  |  |  |  |  |  | 9-10 = 3 points | |  |  |
|  |  |  |  |  |  |  | 7-8 = 4 points | |  |  |
|  |  |  |  |  |  |  | 6 or less = 5 points | |  |  |
| Dead Hang | | Starts when you grab the bar | | | **minimum 1** | | 1 = 1 point | |  |  |
| Pull-ups |  | and ends when you drop off. | | | **maximum 15** | | 2-4 = 2 points | |  |  |
|  |  | Each rep must start from a | | | *If operator fails to meet* | | 5-7 = 3 points | |  |  |
|  |  | dead hang and end when | |  | *the minimum in this* | | 8-13 = 4 points | |  |  |
|  |  | your chin goes over the bar. | | | *category they fail.* | | 14+ = 5 points | |  |  |
| Sit-ups |  | Once the operator starts they | | | **minimum 20** | | 20 = 1 point | |  |  |
|  |  | will continue to fatigue. | |  | **maximum 56** | | 21-35 = 2 points | |  |  |
|  |  | Operator may rest in the up | | | *If operator fails to meet* | | 36-45 = 3 points | |  |  |
|  |  | position. If operator rests in | | | *the minimum in this* | | 46-55 = 4 points | |  |  |
|  |  | down position they are done. | | | *category they fail.* | | 56 = 5 points | |  |  |
| Illinois Agility Drill | | minimum 30 seconds | | | If the operator stikes a | | 30 or more = 1 point | |  |  |
|  |  | maximum 18 seconds | | | cone they will receive a | | 26-29 = 2 points | |  |  |
|  |  |  |  |  | 1 sec time penalty for | | 23-25 = 3 points | |  |  |
|  |  |  |  |  | every cone hit. | | 19-22 = 4 points | |  |  |
|  |  |  |  |  |  |  | 18 or less = 5 points | |  |  |
| 25 yard Bear Crawl | | minimum 90 seconds | | |  |  | 40+ = 1 point | |  |  |
|  |  | maximum 20 seconds | | |  |  | 30-39 = 2 points | |  |  |
|  |  |  |  |  |  |  | 25-29 = 3 points | |  |  |
|  |  |  |  |  |  |  | 15-24 = 4 points | |  |  |
|  |  |  |  |  |  |  | 14 or less = 5 points | |  |  |
| 400 yard Run | | minimum 126 seconds | | |  |  | 126 or more = 1 point | |  |  |
|  |  | maximum 65 seconds | | |  |  | 106-125 = 2 points | |  |  |
|  |  |  |  |  |  |  | 86-105 = 3 points | |  |  |
|  |  |  |  |  |  |  | 66-85 = 4 points | |  |  |
|  |  |  |  |  |  |  | 65 or less = 5 points | |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | Brazoria County Sheriff's Response Team Physical Fitness Test | | | | | | | |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Each operator will conduct each individual event. The score for each event will be recorded, | | | | | | | | | |  |
| according to the attached chart, in the provided box. Upon completion of each event, all | | | | | | | | | |  |
| operators will complete the next event until all events are complete. Upon completion of all | | | | | | | | | |  |
| events the total score will be tallied. Passing scores will be determined in a three tier system. | | | | | | | | | |  |
| Tier 1 = 31+ points | |  | Operators who are attempting this course for the first time may | | | | | | |  |
| Tier 2 = 28-30 points | |  | qualify with a score within the 3rd tier. Operators who have | | | | | | |  |
| Tier 3 = 24-27 points | |  | previously qualified on this course may only qualify with a score | | | | | | |  |
|  |  |  | within the 1st or 2nd tier. | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Operator Name: \_\_ \_\_\_\_\_\_\_\_\_ | | |  |  |  |  |  |  |  |  |
| Date: \_\_\_\_\_\_\_\_\_ | |  |  |  |  |  |  |  |  |  |
| Circle one: Semi-annual Qualification | Mid Cycle StatusTest | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Exercise |  |  |  |  | Score |  | Point Scale | |  |  |
| Push ups |  |  |  |  |  |  | 1 point = poor\* | |  |  |
| 50 yrd Buddy Drag | |  |  |  |  |  | 2 point = below average\* | | |  |
| 50 yrd Sprint | |  |  |  |  |  | 3 point = average | |  |  |
| Dead Hang Pull-ups | |  |  |  |  |  | 4 point = above average | | |  |
| Sit ups |  |  |  |  |  |  | 5 point = Excellent | |  |  |
| Illinois Agility Drill | |  |  |  |  |  |  |  |  |  |
| 50 yrd Bear Crawl | |  |  |  |  |  |  |  |  |  |
| 300 yrd Run | |  |  |  |  |  |  |  |  |  |
|  |  |  | Total Score | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| \*Any Score below the point scale of 3 requires remediation in that area. Operator must show | | | | | | | | | |  |
| improvement on next fitness test or will be subject to a one month administrative probation | | | | | | | | | |  |
| period. |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |