



## LAW ENFORCEMENT ACADEMY

**The doors will lock at 0800 on Saturday morning. If you are late, you will not be admitted**

### ATTENDANCE INSTRUCTIONS

#### REQUIREMENTS

The final course grade is determined by successfully meeting all course requirements, attendance and class participation.

1. Come prepared for the class. Hydrate at least 48 hours before the start of the pre-academy.
2. Be able to run 3 miles without stopping, 1 pull-up, 35 sit-ups and 25 push-ups.
3. Declare any pre-existing medical issues to the coordinator before participating.
4. Attend all 18 hours of training.
5. Complete all homework assignments.
6. Participate in classroom exercises, drills, and physical training activities.
7. Participate in a strenuous, structured, high stress and strict disciplinary environment.

#### CONDUCT

1. Students will maintain a professional demeanor at all times. Use of profanity is grounds for dismissal.
2. Students are encouraged to participate in class discussion as appropriate and respect the learning environment by listening when others are speaking.
3. Food and drink are not allowed in the classroom without prior approval from the Academy Coordinator. (only water is allowed)
4. Students are expected to conduct themselves in a safe manner at all times. It is the responsibility of every student to report any unsafe acts or conditions or safety violations to staff immediately.
5. Students will address all Academy staff members by their appropriate titles or by "Sir" or "Ma'am" when responding to directions or asking questions.
6. Students are expected to follow all directions from all Academy staff members and demonstrate respect to all students, staff, and visitors.
7. Students are not allowed to smoke, use tobacco products or consume energy drinks.

#### REQUIRED ATTIRE - BOTH DAYS

1. Gym Shorts and/or sweat pants, t-shirt(s) white preferred and/or sweat shirt, **last name on front/back in 2 inch block letters.**
2. Running Shoes and white socks.
3. Athletic support undergarments.
4. Towel.
5. Ball cap, no logo optional (Caps are removed when indoors).
6. No jewelry (Plain wedding bands are the exception).
7. **Tattoos, body piercings or ornaments may not be visible.**
8. Cut- off shorts, V-neck shirts or tank tops are not allowed.

#### ADDITIONAL ITEMS

1. Sack lunch and 4 bottles of water.
2. Lunch will be stored in your vehicle (do not bring into the classroom).
3. Food vending machines available (change required).
4. Notepad.
5. Pen and/or pencil.