



Correctional Officer Academy NW101915

Welcome to your new position as a correctional officer with the Oklahoma Department of Corrections. The information listed below will assist you in your preparation to attend the NW Regional Training Center (NWRT) at the **Northwest Technology Center (NWTC) located at 1801 South 11th Street, in Alva, OK 73717.**

CLASS TIMES: All cadets will report to NWTC at **8:00 AM, Monday, October 19th**, in your uniform, if provided, for orientation. If you have not been issued uniforms then business casual attire will be acceptable until you are issued uniforms. You will need to bring your vehicle make, model & tag number, and your DOC ID badge or driver's license. Class will begin at 8:00 AM Monday-Friday of each scheduled week of the cadet academy unless directed otherwise. The academy will be shut down during the week of November 23-27, 2015, and will resume on November 30th. Upon successful completion a graduation ceremony will be held on December 4th.

ITEMS TO BRING: All cadets should have the following items available for use during class time: **note paper, black ink pens, physical training clothing and running shoes (non-emblem sweat pants and t-shirts, socks, appropriate shorts) and uniforms.**

PARKING: Cadets will park on the North end of campus parking.

PLEASE NOTE: Professional behavior is expected at all times during your training experience at the NWRT site; behavior unbecoming a corrections professional could result in expulsion from the academy, and/or termination of employment.

For complete information regarding expectations of NWRT participants, please refer to the Participant Reference Guide provided on the Employee Development page of the DOC online website. It is your responsibility to read, understand, and follow the rules and guidelines set forth in the Guide.

BASIC CORRECTIONAL OFFICER TRAINING – PHYSICAL STANDARDS

As a portion of physical training in the Basic Correctional Officer course, employees will be required to actively participate in physical conditioning and successfully complete a course in basic self-defense. The academy's physical conditioning activities that begin on the second day of training with a basic physical assessment which includes a 1.5 mile run/walk, one (1) minute of push-ups and one (1) minute of sit-ups. These activities are performed at the individual student's own pace and current ability. Physical conditioning will continue throughout the duration of the academy. The duration and endurance maximums listed below are goals rather than requirements, and not all activities are performed every day. **Students are required to act as a subject during self-defense training. It includes having wrist, elbow, and shoulder joints repetitively manipulated to a controlling posture.**

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| Aerobic Activities | Duration |
|-------------------------------|-----------------|
| Walking | 3-5 miles |
| Jogging | 1-3 miles |
| Running | .25 - .5 mile |
| Sprinting | 100 yards |
| Aerobics | 45 minutes |
| Climbing Stairs | 20 flights |
| Jumping | 30-50 reps |
| Side Straddle Hop | 50 reps |
| Lateral Runs | 20 yards X 10 |
| Backward Runs | 20 yards X 10 |
| Endurance Activities | Duration |
| Group Runs | 1-3 miles |
| Falls Forward | 25 daily |
| Patterns of Movement | 45 minutes |
| Counter Strikes with Hands | 50-100 daily |
| Crunches | 10 minutes |
| Falls Backward | 25 daily |
| Pivot Steps | 200 daily |
| Counter Strikes with Knees | 50-100 daily |
| Tactical Recovery | 100 daily |
| Falls to Both Sides | 100 daily |
| Knee Pivots | 200 daily |
| Counter Strikes with Feet | 50-100 daily |
| Flexibility Activities | Duration |
| Bend and Reach | 1 hour daily |
| Deep Knee Bends | 1 hour daily |
| Hurdler Stretch | 1 hour daily |
| Wrist Twists | 1 hour daily |
| Arm Rotations | 10 minutes |
| Lateral Stretch | 1 hour daily |
| Toe Touch Stretch | 1 hour daily |
| Biceps/Triceps Stretch | 1 hour daily |
| Step Lunging | 10 X 10 reps |
| Strength Activities | Duration |
| Push Ups | 25-50 |
| Sit Ups | 25-50 |
| Push/Pull Drills | 45 minutes |
| Subject Control | 2.5 hours daily |
| Squats | 50-100 daily |
| High Knee Raises | 20 minutes |
| Leg Lifts | 15 minutes |