SAN BERNARDINO VALLEY COLLEGE POLICE ACADEMY OFFICE – NORTH HALL-139 – (909) 384-4431 SAN BERNARDINO COUNTY SHERIFF'S DEPARTMENT REGIONAL TRAINING CENTER

MODULE III COURSE - CRIMINAL JUSTICE (CRMJUS) 061 - RESERVE LEVEL III OFFICER

(All courses are tentatively scheduled, and information is subject to change without notice.)

The Module III course is POST certified and a collaboration between San Bernardino Valley College (SBVC) and the San Bernardino County Sheriff's Department (SBCSD) held at the SBCSD Regional Training Center. The course is comprised of 199 student contact hours over 11 weeks. Upon successful completion of the course, the trainee shall receive 7.5 semester units (associate degree applicable) and a Module III POST certification. U.S. Citizenship is not required to attend the Academy; however, please keep in mind that you must be a U.S. Citizen to be hired as a California Peace Officer - California Government Code Section 1031 and 1031.5.

SCHEDULE

Tuesdays, Wednesdays, and Thursdays from 6:00 p.m. to 10:00 p.m. and Saturdays from 8:00 a.m. to 5:00 p.m.

FEES – Estimated Grand Total Approximately \$2,000

All costs are estimates and submit to change without notice. Costs are based on if a trainee does not already have all equipment/uniforms/materials.

- SBVC Registration fees are \$361 for tuition, Campus Center fee, student representation fee, and transportation fee. Non-California Residents fees are increased.
- SBCSD EVOC fee is \$150.
- Students should expect to spend approximately \$1,600 for their clearances, firearm, ammunition, uniforms, equipment, learning materials, and other Academy materials.

UNIFORMS

Trainees are required to wear Class B and PT uniforms. Upon acceptance, a detailed uniform list will be provided.

CERTIFICATION

Upon successfully completion of the course, graduates will receive their Module III POST certification. The certificate is valid for three years, and expires if an individual is not employed as a Level III Reserve Officer within three years of completing the course/receiving the certificate.

MINIMUM REQUIREMENTS

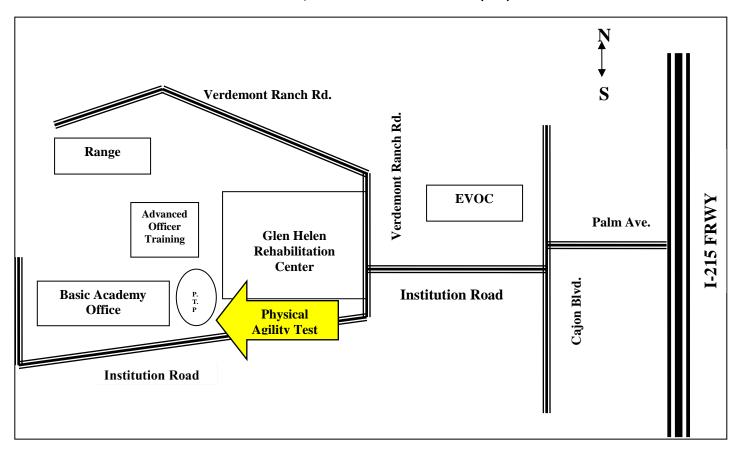
Applicants must be 18 years or older and have a high school diploma or GED, a valid California Driver's License with no current restrictions, the ability to obtain Department of Justice (DOJ) clearance letter, and a medical release. Each class shall have at least 15 trainees registered to proceed.

APPLICATION, ACCEPTANCE, AND REGISTRATION PROCEDURE

Upon completion of the SBVC application requirements and submission of your clearances, pertinent trainee information will be provided to the applicant.

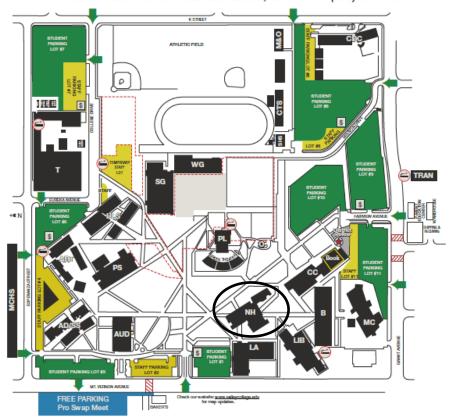
- Apply to SBVC for the appropriate semester at <u>www.valleycollege.edu</u> and obtain a student identification number.
- o Complete the Online Orientation in WebAdvisor and print the certificate. Submit to SBVC NH-139 by deadline.
- Either take the SBVC Accuplacer Assessment test or waive the Accuplacer Assessment test by making an appointment with a SBVC counselor. Submit to SBVC NH-139 by deadline.
- Complete a Live Scan fingerprinting (form attached). This generates a DOJ clearance letter mailed via USPS to the address provided by the applicant. Provide your information in the Employer section of the form. Allow 4 to 6 weeks for your letter to be mailed to you. Valid for 90 days. Submit to SBVC NH-139 by deadline.
- o Medical Release (form attached) signed by a physician. Valid for one year. Submit to SBVC NH-139 by deadline.
- CA DMV printout reflecting that you do not have any current restrictions (exception corrective lenses). Submit to Valid for one year. SBVC NH-139 by deadline.
- o Attend the SBCSD Orientation at the Training Center.
- Register for the Module III course in WebAdvisor. Registration fees must be paid the same day as registration. To confirm a \$0 balance, verify the balance on your Registration Statement.

HS diploma/proficiency certificate/GED, Online Orientation, Assessment Results/Waiver, and Clearances Due Date to SBVC NH-139	SBCSD Orientation	Registration Dates	Course Start and End Dates	
To Be Determined	To Be Determined	To Be Determined	To Be Determined	



San Bernardino Valley College

701 South Mount Vernon • San Bernardino, CA 92410 • (909) 384-4400



SBCSD AND SBVC RESERVE MODULAR TRAINING ACADEMY PHYSICAL CONDITIONING PROGRAM MEDICAL RELEASE

Dear Physician:

The individual you are examining has been requested to obtain a Medical Clearance to participate in the Physical Conditioning Program at the San Bernardino County Sheriff's Reserve Modular Law Enforcement Academy. The Program consists of performance tests and daily physical training, minimum of one hour, maximum of two hours per day.

The physical examination will go beyond the usual guidelines for a person seeking general employment, in the respect that the individual must be determined to have a normal tolerance to CN, CS, and OC gas exposure. The training in the use of these chemical sprays is intense. The student is sprayed, touched on the skin, and exposed to areas where the air is heavy with these chemicals. It should be the opinion of the attending physician that this person can participate in this type of training, without ill-effect.

Although not required, it is highly recommended. Results of resting EKG or complete stress EKG test (treadmill) must be submitted to the attending physician for interpretation as to the ability of the student to perform the strenuous exercises we have listed below. The following Physical Performance Tests are given at the Academy:

- **1.5-Mile Run**: The individual runs the course as fast as possible, so cardio-respiratory endurance can be measured.
- **Sit-ups**: The individual performs as many bent-knee sit-ups within two minutes to measure dynamic muscular endurance.
- **Sit/Reach**: Individual sits, spreads legs, and reaches. A measurement is then taken to establish the range of motion of the lower back and abdominal girth.
- **Agility Run**: A 99-yard course is run with several directional changes and 6-inch to 3-foot obstacles. The course is run as fast as possible to measure neuromuscular coordination.
- Bench Press & Leg Press: Conventional weight lifting test to determine peak upper and lower body strength.
- **500-Yard Run**: Run 500 yards as fast as possible to simulate a work task of law enforcement endurance.
- **Fence Climb**: Individual runs 25 yards, climbs a wood or chain link fence; then runs five additional yards as quickly as possible to simulate a work task of law enforcement.
- **Push-Ups**: Individual performs as many push-ups as possible (no time limit) to measure their arm strength and endurance.
- Body Drag: Individual lifts and drags a 165-pound dummy for 32 feet to simulate a law enforcement work task.

OVERVIEW OF CONDITIONING MODULES:

OBJECTIVE	FORMAT	ACTIVITIES	DURATION
Muscular Skeletal Floor Calisthenics		Warm-up of muscles by walk/jog and slow stretch of major muscle groups.	5-10 Min
Muscular Strength	Partner Assisted	Slow ballistic calisthenics to develop peak tension with progressive overloads applied. Push up with elevated limbs and with eccentric return from pull up.	30 Min
	Free Weights	Conventional array of free weight training exercises.	30 Min
	Universal Weights	Conventional array of universal gym weight training exercises.	30 Min
	Circuit Training	Combination of conventional calisthenics and jogging for a specified time and specific number of repetitions.	30 Min
Cardiovascular Endurance	Running	Conventional and continuous run for distance and time.	30-60 Min
	Running	Intermittent running and jogging where distance and pace are specified (i.e. run 200-yds., walk 110-yds., repeat sequence 10 times, etc.)	30 Min
Neuromuscular Coordination	Circuit Agility	Full body, high speed agility exercises, vaulting, hurdling, skipping, hopping.	10 Min
	Circuit Power	High speed striding, rope skipping, and jumping, interspersed with jogging.	10 Min

$\frac{\texttt{SBCSD} \ \texttt{AND} \ \texttt{SBVC} \ \texttt{RESERVE} \ \texttt{MODULAR} \ \texttt{TRAINING} \ \texttt{ACADEMY PHYSICAL CONDITIONING PROGRAM MEDICAL}}{\texttt{RELEASE}}$

Medical clearance to participate in the San Bernardino County Sheriff's Department and San Bernardino Valley College Reserve Modular Law Enforcement Academy, Physical Conditional Program for:

The applicant:			
	Print: Last Name	First Name	Middle
having read the	e descriptions provided ab	dual's Medical History Statement (med ove, the physical performance tests an amed individual, it is my professional o	nd physical conditioning, and
Please check o	ne of the following:		
		ation in the Physical Conditioning Prog al risk to the above-named individual.	ram or Gas Training will
	The above-named individe Program.	dual should not participate in the Physic	cal Conditioning
	The above-named individ	dual should not participate in the Gas T	raining.
Date:			
Physician's Full	Name (Print):		
Address (Numb	per and Street):		
City, State, and	Zip Code:		
Telephone Nur	mber:		
Physician's Sigr	nature:		

Google: California Department of Justice

Background checks

Forms - Go to #10 Live Scan Request Form for General Use

DIRECTIONS FOR COMPLETING THE DEPARTMENT OF JUSTICE (DOJ) REQUEST FOR LIVE SCAN FORM

CA 0349400 ORI (Code assigned by DOJ)		Training Corized Applicant Ty		<u>ate</u>			
PC832 POST Training/POST Basic Law Enforcement Academy Type of License/Certification/Permit OR Working Title							
Contributing Agency Inform	ation:		•••••	•••••	•••••	••••	•••••
	Department of Justice/Firearms Div. Agency Authorized to Receive Criminal Record Info. Mail code						
4949 Broadway Street Address Sacramento CA 9582 City State Zip	20 code		916-22 Contact				
Applicant Information:	•••••			••••		••••	•••••
THIS SECTION IS ALL <u>YOUR PERSONAL INFORMATION</u> . There is no Billing Number or Misc. Number – (Leave blank)							

	Leve	el of Service:		X	DOJ	X	FBI
	(Dra	aw a box as sh	own)	X	Firea	rms	
Employer (You fill t	his section out	as the employ	yer so	that t	he DO	J Cle	arance
Letter will be mailed	to you.)						
YOUR NAME Employer Name		00000 Mail code					
YOUR STREET AD	DRESS OR P	.O.BOX					
YOUR CITY	STATE	ZIP CODE					
******	*****	*****	****	-	one numl	` •	,
	Bernardino SI 5 East Third S 85.00 Cash OF	Street, San Be	rnardi	ino C	A 924 0	1	
or go to any Live Sca	n Service Age	ency of your c	hoice.				

REMEMBER: The fingerprint search MUST INCLUDE FIREARMS.



REQUEST FOR LIVE SCAN SERVICE

Applicant Submission	
CA0349400 · · · · · · · · · · · · · · · · · ·	P.O.S.T. Training Certificate Authorized Applicant Type
PC832 P.O.S.T. Training / Level III P.O.S.T. Training Type of License/Certification/Permit OR Working Title (Maximum 30 characters - I	Macelenad by DOL use exact title sectored
Contributing Agency Information:	n assigned by DOJ, use exact title assigned /
Department of Justice / Firearms Div.	00000
Agency Authorized to Receive Criminal Record Information	Mail Code (five-digit code assigned by DOJ)
4949 Broadway Street Address or P.O. Box	Contact Name (mandatory for all school submissions)
Sacramento CA 95820	
City State ZIP Code	(916) 227-3749 Contact Telephone Number
Applicant Information:	
Last Name	First Name Middle Initial Suffi
Other Name (AKA or Alias) Last	First Suff
Date of Birth Sex Male Female	Driver's License Number
Height Weight Eye Color Hair Color	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 K 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	00000 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