REGION VIII TRAINING ACADEMY

4TH QUARTER TRAINING CALENDAR

2022 Course Description	JUNE	JULY	AUG.
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FEDERAL/STATE/DEPARTMENTAL TRAINING: (16 hrs.) This training will cover all Federal, State, and Office mandated training for Peace Officers unless otherwise indicated. Day 1 (0800-1200) (4 hrs.) Day Qual/Use of Force (2095) Instructors: Dep. M. Avila Requirement: Bring all weapons Ofc. J. Martinez (0100-0500) (4 hrs.) AED/CPR Heartsaver (3832) Instructor: Dep. M. Avila Day 2 (0800-1700) (8 hrs.) Taser Transition Course (3344) Instructors: Dep. M. Avila Ofc. J. Martinez To provide the theory and practical training necessary to reasonably safely and effectively operate the transition to TASER 7, Electronic Control Device (ECD). ***Sheriff's Deputies will be required to bring the following equipment: rifle, eye pro, ear pro, gloves, battle belt/ duty belt with gun holster, and body armor/ call out kit/ Go vest*** Mandatory biennial recertification per Policy 6.08 for El Paso County Sheriff's Office uniform personnel. Limited to 20 students	8-9 21-22	6-7 13-14	2-3 29-30
CEDO: (24 hrs.) This training will cover required training and recertification for licensed detention officers. Day 1 (0700-1100) (4 hrs.) AED/CPR Heartsaver (3832) Instructor: Ofc. L. Trevino Various Instructors (1200-2000) (8 hrs.) Mental Health for Jailers (4900) Instructor: Ofc. M. Chavez Day 2 (0700-1900) (12 hrs.) Defensive Tactics/Use of Force Policy Review/PPCT Comprehensive Recert. (2040) (Proper workout attire should be worn.) Instructor: Ofc. L. Trevino Various Instructors Mandatory biennial recertification per Policy 6.08 for El Paso County Sheriff's Office uniform personnel.	21-22	12-13 26-27	N/A

REGION VIII TRAINING ACADEMY

4TH QUARTER TRAINING CALENDAR

2022 Course Description	JUNE	JULY	AUG.
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CANINE ENCOUNTERS: (4 hrs.) (TCOLE 4065)			
Every peace officer first licensed on or after January 1, 2016, must take this	I		
course within 2 years of being licensed. Time: 0800-1200			
Coordinator/Instructor: Dep. M. Avila			
Coordinator/instructor: Dep. W. Avna			
HUMAN TRAFFICKING: (4 hrs.) (TCOLE 3270)			
This course builds knowledge base of human trafficking by providing: concept of	4.0	27/4	27/4
human trafficking from a domestic and global perspective; investigative	10	N/A	N/A
considerations; legal issues; importance/type of victim service providers; and			
collaborative approach to human trafficking cases.			
This course is a TCOLE requirement for Basic Peace Officer Certification, if			
not taken during BPOC.			
Time: 1300-1700			
Coordinator/Instructor: Dep. M. Avila			
Limited to 20 students			
CIVIL PROCESS: (4 hrs.) (TCOLE 3101) Obtain basic knowledge of civil law procedures, consequences associated with law			
enforcement duties, and vocabulary associated with civil law action			
Time: 0800-1700	3	N/A	N/A
Coordinator/Instructor: Dep. M. Avila			
Limited to 20 students			
CRIME SCENE INVESTIGATION: (40 hrs.) (TCOLE 2106)			
This course consists of classroom and field participation. (Proper Field attire			
should be worn.) This course will also consist of crime scene photography			
(assigned cameras are necessary). Officers will be expected to perform tasks			
associated with the processing of crime scenes.	N/A	N/A	8-12
This course is a TCOLE requirement for Intermediate Peace Officer	14/11	17/11	0 12
Certification.			
Time: 0800-1700			
Coordinator/Instructor(s): Dep. M. Avila/CSI Limited to 15 students			
CRISIS INTERVENTION TRAINING (C.I.T.): (40 hrs.) (TCOLE 1850)			
This course provides the key concepts, safety techniques, and communication			
skills. This course will include a combination of lecture, scenario role-play, and			
physical modeling. Participants are expected to be actively involved both verbally			
and physically.			
Peace Officers licensed on or after 04/01/18 must take this course within 2	N/A	N/A	22-26
years of licensing, if not taken during BPOC, or before the date the officer			
applies for an Intermediate Proficiency Certificate, whichever date is earlier.			
Time: 0800-1700			
Coordinator/Instructor: Ofc. M. Chavez			
Limited to 20 students			

REGION VIII TRAINING ACADEMY

4TH QUARTER TRAINING CALENDAR

2022 Course Description	JUNE	JULY	AUG.
CULTURAL DIVERSITY: (8 hrs.) (TCOLE 3939) Upon completion of this course the student will be able to identify the various dimensions of diversity. TCOLE mandated course for Peace Officers and Jailers. This course is required only ONE TIME during the four year cycle to maintain a Basic Peace Officer & Detention Officer License. Those holding a Peace Officer Intermediate or higher are exempt from this provision.	N/A		11
This course is a TCOLE requirement for Intermediate Peace Officer certification AND it is a TCOLE training cycle requirement if the officer does not achieve Intermediate Certification before the end of the training cycle.		7, 28	
All Jailers must take this course during TCOLE Training Cycle, unless exempted by Certification level in another license. Coordinator/Instructor: Ofc. M. Chavez Limited to 20 students			
D.W.I. DETECTION AND STANARDIZED FIELD SOBRIETY TESTING (SFST) PRACTITIONER UPDATE: (8 hrs.) (TCOLE 2178) This refresher course is designed to improve the administration and overall consistency of the Standardized Field Sobriety Test (SFST) Battery. The course will cover recognizing and interpreting DWI Evidence, administering and interpreting the SFST, describing DWI Evidence clearly and convincingly, recent case law and research studies, and provides an overview of drug impairment driving. Prerequisite- For Peace Officers. Must be a certified SFST Practitioner. Time: 0800-1700 Coordinator/Instructor: Dep. M. Avila Limited to 15 students	17	29	26
INTERMEDIATE INTERPERSONAL COMMUNICATIONS IN CORRECTIONS: (16 hrs.) (TCOLE 3503). This course is designed to provide the Detention Officer with an understanding of basic communication skills and the ability to use them. This course is a TCOLE requirement for Intermediate Jailer Certification. Time: 0800-1700 Coordinator/Instructor: Ofc. M. Chavez Limited to 15 students	22-23	N/A	2-3
INTERMEDIATE SPANISH CHALLENGE EXAM: (TCOLE 2111) Please note that this is a challenge exam. No TCOLE credit hours will be given; however, successful completion of this course will satisfy the TCOLE requirement for Intermediate Certification. (2 sessions) **When registering, please indicate session** Time: 0800-1000 and 1300-1500 Coordinator/Instructor: Ofc. M. Chavez Limited to 20 students per session	20, 24	6, 27	15

REGION VIII TRAINING ACADEMY

4TH QUARTER TRAINING CALENDAR

2022 Course Description	JUNE	JULY	AUG.
INTERMEDIATE SUICIDE DETECTION AND PREVENTION IN A JAIL SETTING: (8 hrs.) (TCOLE 3501) This course will help the officer to take a proactive approach to identifying and preventing suicidal attempts in a jail setting. This course is designed to train the officer on early warning signs and symptoms an inmate may possess. This training will make the officer aware of potential liabilities that may occur when suicides are successful in a facility. The officer will additionally become aware of the state and national statistics on suicides in lockups. This course is a TCOLE requirement for Intermediate Jailer Certification. Time 0800-1700 Coordinator/Instructor: Ofc. M. Chavez Limited to 15 students	8	14	18
INTERMEDIATE USE OF FORCE IN A JAIL SETTING: (16 hrs.) (TCOLE 3504) Upon completion of this course, the student will have a thorough understanding of the use of force guidelines when using force on an inmate and to follow established protocol with the policy and procedures. The officer will understand the defenses to prosecution as depicted in Chapter 9 of the Penal Code along with the causes of disruptive behavior and disturbances and will be able to take preventative actions to protect against potential civil liability. This course is a TCOLE requirement for Intermediate Jailer Certification. Time: 0800-1700 Coordinator/Instructor: Ofc. L. Trevino Limited to 24 students	7-8	18-19	N/A
LEGISLATIVE UPDATE: (4 hrs.) (TCOLE 3187) This course will cover recent judicial decisions that are important for law enforcement officers, administrators, and policy makers. This course is a general summary of selected court cases and changes to Texas' criminal law as wrought by the 87th session of the Texas Legislature. This course is a TCOLE requirement for current training unit (09/01/21 – 08/31/23) for all Peace Officers. Coordinator/Instructor: Dep. M. Avila	24	22	17
MOBILE FIELD FORCE (8 hrs.) (TCOLE 3340) Time: 0800-1700 Requirement: Riot equipment (gas mask, etc.). Will be provided if needed. Minimal exposure to chemical agents. A minimum of 12 students or the course is subject to be canceled. Coordinator/Instructor: Ofc. L. Trevino Limited to 20 students	N/A	7, 8, 21, 22	N/A
OLEORESIN CAPSICUM (O.C.) SPRAY RECERTIFICATION: (2 hrs.) (TCOLE 3343) Mandatory biennial recertification for El Paso County Sheriff's Office personnel who carry O.C. in their duty assignment. (2 sessions) **When registering, please indicate session** Time: 0800-1000 and 1300-1500 Coordinator/Instructor: Ofc. L. Trevino Limited to 10 students per session	13	29	N/A

REGION VIII TRAINING ACADEMY

4TH QUARTER TRAINING CALENDAR

2022 Course Description	JUNE	JULY	AUG.

			1
BASIC ARMED DETENTION OFFICER COURSE: (40 hrs.) (TCOLE			
3599)			
This course will familiarize the student with the basic safety, use, disassembly,			
maintenance & assembly of the Department approved and assigned handgun.			
This course will also qualify the student to carry the approved handgun while on			
duty and in specific required assignment.	27.1	NT/A	NT/A
Prerequisite- Must currently hold a Jailer's License.	27-1	N/A	N/A
Outside Agencies will need a minimum of 500 rounds of handgun			
ammunition per student.			
Time: 0800-1700			
Coordinator/Instructor: Ofc. J. Martinez			
Limited to 15 students			
BASIC PATROL RIFLE CERTIFICATION: (40 hrs.) (TCOLE 3322)			
This is a basic course that introduces the student to the nomenclature, care,			
operation and qualification of department approved AR-15 Rifle.			
Requirement: Assigned rifle, duty handgun, magazines, belt, and appropriate			
range attire.			
Outside Agencies will need a minimum of 200 rounds of .223/5.56 and 100			
	N/A	N/A	22-26
rounds of handgun ammunition per student.			
Prerequisite: Peace Officers only.			
Time: 0800-1700			
Coordinator/Instructor: Ofc. J. Martinez/Dep. M. Avila			
Limited to 15 students			
Maximum Level			
BASIC PATROL RIFLE REFRESHER: (4 hrs.) (TCOLE 3326)			
This course reinforces the importance of care, operation, and marksmanship of the			
Patrol Rifle. This course also serves to update Sheriff's Office personnel with a			
Basic Patrol Rifle qualification.			
Requirement: Assigned rifle, duty handgun, magazines, belt, and appropriate			
range attire.			
Outside Agencies will need a minimum of 200 rounds of .223/5.56 and 100	N/A	25	N/A
rounds of handgun ammunition per student.			
Prerequisite: Peace Officers only.			
Time: 0800-1200			
Coordinator/Instructor: Ofc. J. Martinez			
Limited to 15 students			
Maximum Level			
DETENTION OFFICER DAY FIREARMS/BI-ANNUAL			
QUALIFICATIONS - NO TCOLE CREDIT			
Mandatory for Detention Officers of the El Paso County Sheriff's Office who			
carry a handgun in their duty assignment. Armed Officers assigned shotguns			
and/or rifles will qualify with all weapons when attending.	10	_	21
Requirement: Must wear long sleeve and must bring weapon qualifying with.	13	5	31
(IE shotgun, etc.)			
Time: 0800-1100 and 1300-1600			
Coordinator/Instructor: Ofc. J. Martinez			
** Maximum Level**			
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REGION VIII TRAINING ACADEMY

4TH QUARTER TRAINING CALENDAR

2022 Course Description	JUNE	JULY	AUG.
DRY FIRE PERFORMANCE- (4 hrs.) (TCOLE 2055) This course was developed to improve skills and become more consistent while performing basic firearm manipulations. This course will aid the student in understanding the importance of dry fire in relation to live fire shooting. This course will highlight how a student must dry fire most effectively to become more efficient. The goal to become a faster and more accurate shooter. Time: 0800-1200 A.M. Only Coordinator/Instructor: Ofc. J. Martinez Limited to 8 students Duty Handgun Duty Belt Course is open to all armed personnel 3 Magazines	20	11	8
OPEN RANGE - NO TCOLE CREDIT The firearms range will be open to all EPCSO Deputies and Armed Detention Officers who are interested in practicing their shooting skills. Requirement: Must provide your own ammunition. Time: 0800-1100 and 1300-1600 Coordinator/Instructor: Ofc. J. Martinez **Maximum Level**	10, 16	18	5, 10
PEACE OFFICER DAY FIREARMS/BI-ANNUAL QUALIFICATIONS – NO TCOLE CREDIT Mandatory for Peace Officers of the El Paso County Sheriff's Office who carry a handgun in their duty assignment. Armed Officers assigned shotguns and/or rifles will qualify with all weapons when attending. Requirement: Must wear long sleeve and must bring ALL weapons qualifying with. (IE shotgun, etc.) Time: 0800-1100 and 1300-1600 Coordinator/Instructor: Ofc. J. Martinez ** Maximum Level**	6	27	16
PRACTICAL PISTOL ACCELERATOR: (8 hrs.) (TCOLE 2055) The student will obtain an overview of marksmanship fundamentals, drills, and tools to create a "Better Shooter". The student will obtain information on the foundation required to become more efficient behind a handgun. The student will be able to recognize errors in their own shooting, and correct errors. The student will also learn techniques to improve shooting with a minimal round count. The student will leave the firearms range with a plan for improvement. Requirement: Must bring duty handgun, duty belt, magazine carrier, body armor, eye/ear protection (instructors can issue these if needed), appropriate footwear (closed toe shoes/boots), means of hydration, and note taking material (small notebook and pen is recommended). Outside agencies must bring 400 rounds of handgun ammunition. Prerequisite: Must be an Armed Detention Officer or Peace Officer. Time: 0800-1700 Coordinator/Instructor: Ofc. J. Martinez Limited to 10 students ** Maximum Level**	N/A	29	N/A

REGION VIII TRAINING ACADEMY



2022 Course Description	JUNE	JULY	AUG.
RED DOT OPTIC TRANSITION COURSE: (8 hrs.) (TCOLE 2055) This course is required for the use of a Red Dot Optic on a duty, secondary or off duty handgun per Office policy. This training will cover the fundamentals of employing the Red Dot Optic equipped pistol. For EPCSO personnel only. Requirement: Must bring Red Dot equipped handgun and duty belt or holster. Time: 0800-1700	24	15	N/A
Coordinator/Instructor: Ofc. J. Martinez/ Dep. M. Avila Limited to 20 Students ** Maximum Level**			
T.I. SIMULATOR TRAINING: (3 hrs.) (TCOLE 2095) The simulation training gives Peace Officers and Detention Officers a virtual setting similar to real life situations which gives them the opportunity to experience different scenarios. Use of Force Policy review is conducted during this training. Prerequisite- Must be an Armed Detention Officer. **When registering, please indicate session** Time: 0800-1100 and 1300-1600 Coordinator/Instructor: Ofc. J. Martinez Limited to 6 students	23	19	15

REGION VIII TRAINING ACADEMY

4[™] QUARTER TRAINING CALENDAR

REGISTRATIONS MUST INCLUDE FULL NAME, EMAIL, CONTACT NUMBER & TCOLE PID #.

2022 Course Description JUNE JULY AUG.

ONLINE POWER DMS				
Must follow regular protocol for CHILD SAFETY CHECK ALERT LIST: (1 hr.) (TCOLE 4068) This course covers the Child Safety Check Alert List (CSCAL) law to include; purpose of the list; steps to perform upon encountering persons listed on CSCAL; and proper reporting when encountering a child or person listed on CSCAL. This course is a TCOLE requirement for Intermediate Peace Officer Certification. Coordinator/Instructor: Dep. M. Avila	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
COMBINED RACIAL PROFILING AND ASSET FORFEITURE: (6 hrs.) (TCOLE 3257) The student will be able to identify the legal aspects and the legislative requirements placed upon peace officers and law enforcement agencies regarding racial profiling and demonstrate understanding of the forfeiture of seized property. This course is a TCOLE requirement for Intermediate Peace Officer Certification. Coordinator/Instructor: Dep. M. Avila	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
CULTURAL DIVERSITY: (8 hrs.) (TCOLE 3939) Upon completion of this course the student will be able to identify the various dimensions of diversity. TCOLE mandated course for Peace Officers and Jailers. This course is required only ONE TIME during the four year cycle to maintain a Basic Peace Officer & Detention Officer License. Those holding a Peace Officer Intermediate or higher are exempt from this provision. This course is a TCOLE requirement for Intermediate Peace Officer certification AND it is a TCOLE training cycle requirement if the officer does not achieve Intermediate Certification before the end of the training cycle. All Jailers must take this course during TCOLE Training Cycle, unless exempted by Certification level in another license.	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
HUMAN TRAFFICKING: (4 hrs.) (TCOLE 3270) This course builds knowledge base of human trafficking by providing: concept of human trafficking from a domestic and global perspective; investigative considerations; legal issues; importance/type of victim service providers; and collaborative approach to human trafficking cases. This course is a TCOLE requirement for Basic Peace Officer Certification, if not taken during BPOC. Coordinator/Instructor: Dep. M. Avila	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	

REGION VIII TRAINING ACADEMY

4TH QUARTER TRAINING CALENDAR

2022 Course Description	JUNE	JULY	AUG.	
IDENTITY THEFT CRIMES: (4 hrs.) (TCOLE 3277) Upon completion of this course students will be able to identify the types of identity crimes according to the Federal Trade Commission; recognize how identity crimes occur; recognize the legal aspects of identity crimes; request information needed for an identity crime offense report; recognize techniques for educating victims and the public on identity crime. This course is a TCOLE requirement for Intermediate Peace Officer Certification. Coordinator/Instructor: Dep. M. Avila	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
INTERMEDIATE INMATE RIGHTS AND PRIVILEGES: (16 hrs.) (TCOLE 3502) This course will provide the officer with the history of the Constitution and its amendments in order to provide a better understanding of the rights and privileges inmates possess. The course will go into the differences between a right and a privilege. The course additionally provides the officer with case law and established precedence. This course is a TCOLE requirement for Intermediate Jailer Certification. Coordinator/Instructor: Ofc. L. Trevino	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
LAW ENFORCEMENT OFFICER FLYING ARMED (FAA): (4hrs.) (TCOLE 3303) The TSA Law Enforcement Officer Flying Armed Course is required under Title 49 Code of Federal Regulations (CFR) part 1544.219 (1)(iv) for all Law Enforcement Officers (LEOs), who have a demonstrated operational need to fly armed onboard US commercial aircraft. This course provides the students with the rules, regulations, and requirements placed on armed LEOs by the CFR. Coordinator/Instructor: Dep. M. Avila	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
LEGISLATIVE UPDATE: (4 hrs.) (TCOLE 3187) This course will cover recent judicial decisions that are important for law enforcement officers, administrators, and policy makers. This course is a general summary of selected court cases and changes to Texas' criminal law as wrought by the 87th session of the Texas Legislature. This course is a TCOLE requirement for current training unit (09/01/21 – 08/31/23) for all Peace Officers. Coordinator/Instructor: Ofc. M. Chavez	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
MISSING & EXPLOITED CHILDREN COURSE (8 hrs.) (TCOLE 3275) This course provides a basic overview of trends and background information relevant for a first responder or investigator responding to a missing or exploited child report. This training is not intended to replace detailed training of any individual sub-topic. Continue to consult specialized trainings for additional policies, best practices and legal definitions. This course is a TCOLE requirement for Intermediate Peace Officer Certification. Coordinator/Instructor: Dep. M. Avila	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	

REGION VIII TRAINING ACADEMY

4TH QUARTER TRAINING CALENDAR

2022 Course Description	JUNE	JULY	AUG.	
OFFICER STRESS IN CORRECTIONS: (4 hrs.) (TCOLE 2190) Whether it's acknowledged to be factual or not, stress is a silent killer among correctional officers and detention officers. This viewpoint is often challenged by correctional officers who resist the suggestion it can happen to them as they are stronger than the average person working inside a large jail or prison thus immune to such an invasion of the body, spirit or mind. This class will provide student with the awareness of stress and stress-related issues within the Correctional setting. Coordinator/Instructor: Ofc. L. Trevino	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
PRISON RAPE ELIMINATION ACT (PREA): (4 hrs.) (TCOLE 3507) The Prison Rape Elimination Act (PREA) of 2003 is a Federal law established to address the elimination and prevention of sexual assault and rape in correctional systems. PREA applies to all federal, state, and local prisons, jails, police lockups, private facilities, and community settings such as residential facilities. Coordinator/Instructor: Ofc. M. Chavez	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
PURSUIT POLICY: (2hrs.) (TCOLE 6019) This course will cover EPCSO Policy 9.03 - it is the policy of this Office to only engage in vehicular pursuits in response to the most serious incidents, when the risk of allowing the subject of the pursuit to remain at-large is greater than the risk of the pursuit itself. Therefore, the Office, by this policy, regulates the authority to engage in vehicular pursuits and the manner in which vehicular pursuits are undertaken. Per Policy, all Peace Officers will receive Pursuit Driving and the use of agency authorized road block and forcible stopping techniques training every year as part of in-service training. Coordinator/Instructor: Ofc. M. Chavez	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	
SPECIAL INVESTIGATIVE TOPICS: (8 hrs.) (TCOLE 3232) The goal of this course is to provide the student with a better understanding of Texas State laws concerning Child Abuse and Child Protective Services; to provide the student with the information for dealing with sexual assault interviews involving both children and adults; to have the student learn what is mandated for registered sex offenders and to learn about the different types of sex offenders and sex offenses. This course is a TCOLE requirement for Intermediate Peace Officer Certification AND it is a TCOLE training cycle requirement if the officer does not achieve Intermediate Certification before the end of the training cycle. Coordinator/Instructor: Dep. M. Avila	Must register by May 31 Open the entire month	Must register by June 30 Open the entire month	Must register by July 31 Open the entire month	

EL PASO COUNTY SHERIFF'S OFFICE REGION VIII TRAINING ACADEMY



2ND QUARTER TRAINING CALENDAR

ALL REGISTRATIONS MUST INCLUDE FULL NAME AND TCOLE PID NUMBER.

EL PASO COUNTY SHERIFF'S OFFICE REGION VIII TRAINING ACADEMY

http://www.epcounty.com/sheriff/academy.htm

12501 MONTANA AVE. BLDG. B EL PASO, TX 79938

- YOU CAN EMAIL OR FAX YOUR REGISTRATIONS TO (915) 856-4883.
- REGISTRATION FORM

PHONE: (915) 856-4850 FAX: (915) 856-4883 FIRING RANGE PHONE: (915) 856-4853 FAX: (915) 856-4833

Physical Fitness Requirement

Some courses offered by the El Paso County Sheriff's Office Region VIII Training Academy will require a degree of physical fitness.

Minimum Level- This level will consist of walking, stepping, and very light cardiovascular exercise.

Medium Level- This level will consist of jogging; minimal levels of calisthenics (i.e. push-ups, sit-ups, side straddle hop); and/or beginning levels of hands on contact (i.e. PPCT and O.C.).

Maximum Level- This level will consist of running; sprinting; advanced calisthenics; and/or advanced levels of hands on contact (i.e. mobile field force, physical fitness exams).

Medium and maximum- These levels will require a blood pressure screening and students who do not pass will not be allowed to participate without a doctor's release on file.