



SWAT OPERATOR I COURSE APPLICATION



GSA Training Provider DUNS 80032788 / CAGE 7HU82

The Lebanon Police Department will host a SWAT Operator I Course the week of 6 – 11 October in Lebanon Tennessee. A limited number of positions will be available for the course and will be provided to Law Enforcement Agencies on a first come, first served basis. Advance course registration is required with cutoff for registration 30 days prior to the course. All information is required for application to be considered. Course positions will not be held without registration and payment arrangements.

COURSE DESCRIPTION



SWAT Operator I

This course of instruction will provide a challenging knowledge and skill-based training experience for the law enforcement officer who is being assigned as a SWAT Operator. This basic course of instruction will require the participant to meet several benchmarks in academic knowledge, physical fitness and skills assessment for successful completion. Course will require pre-course study of the National Tactical Officer's Association SWAT Standards and Use of Force for Law Enforcement Study Guide. Pre-course study guides will be provided to the participants and successful

completion of written assessment will be required. Written testing and Functional Fitness testing will be conducted at the beginning of the course and will require passing scores to continue in the course.

5.5 Days 60+ hours

Course enrollment is limited to full-time officers with assignment to Special Operations Units.



Course Tuition Cost: \$595.00

Hosted by Lebanon Police Department

Completed registration and payment must be made to Sniper Pro Shop no later than 30 days prior to the course.

Fax to: (615) 750-1427
Email to: sniperproshop@bellsouth.net
Or mail to: Sniper Pro Shop
1048 Ridgecrest Drive
Kingston Springs, TN 37082

LODGING

Host Hotel: Comfort Suites
904 Murfreesboro Rd.
Lebanon, TN 37090
615-443-0027

Room Rate: \$89.95
Contact the above number and reference High Ground Training Group – Lebanon PD, Group #3770392

SWAT OPERATOR I COURSE APPLICATION

SWAT OPERATOR I COURSE STANDARDS

The SWAT OPERATOR I course is an intense and physically demanding course requiring discipline and dedication on the part of the participant. The course is scheduled for 60+ hours of training with extended days and hours. Course training will be conducted to standard and may require more hours on the part of the participants.

SWAT Operator I Course Physical Fitness Standards

Trainee Candidate must be able to successfully complete the HGTG SWAT Operator Functional Fitness Test (FFT) as outlined at the end of this packet. This will require a 75% average score to successfully complete the FFT. The FFT will be administered upon arrival on Sunday, 6 October. Candidates failing to successfully complete the FFT will be dropped from the course. The FFT is detailed at the end of this packet.

SWAT Operator I Course Written Test Standards

Trainee Candidate will be required to successfully complete the SWAT Operator I written pre-test with a score of 75% or higher. The Pre-Test will be administered on Sunday, 6 October immediately following the Functional Fitness Test. The National Tactical Officer's Association (NTOA) Tactical Response and Operations Standard for Law Enforcement Agencies 2018 and SPS/HGTG Use of Force study guide will be the tested material. Candidates will receive these via email upon enrollment for the course. Candidates failing to successfully complete the Pre-Test will be dropped from the course.

SWAT Operator I Course Live-Fire Qualification Standards

Trainee will be required to successfully complete the SPS/HGTG Live-Fire Qualification course of fire during live-fire training. Qualification will be a combination handgun and shoulder-fired weapon course of fire. Trainees failing to successfully complete the Live-Fire Qualification will be dropped from the course.

SWAT Operator I Course Attendance Standards

Trainees will be required to attend all phases of training of the SWAT Operator I course for successful completion.

SWAT Operator I Course Skills Assessment Standards

Trainees will be required to demonstrate adequate skills and teamwork during training in a rapid-paced, stressful environment. Each participant will be rated in the following areas.

- ⊕ Safety
- ⊕ Teamwork
- ⊕ Tactical Skills
- ⊕ Distraction Device Delivery
- ⊕ Tactical Medical Concepts
- ⊕ Weapon Handling

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SWAT OPERATOR 1 EQUIPMENT LIST

Each trainee will need the following:

- ⊕ Issued Operational Uniforms adequate for 5+ days training including -
 - Shirt – combat or field
 - Trousers
 - Boots
 - Soft Cover (ball cap, boonie hat, etc.)
 - Appropriate outer wear for the weather (Plan accordingly)
- ⊕ Helmet
- ⊕ Tactical Body Armor
 - Combination Soft armor with plates or
 - Standalone Plate Armor
- ⊕ Nomex or Kevlar Tactical Gloves suitable for delivery of Distraction Devices
- ⊕ Wrap Around Eye Protection (Range and Operational)
- ⊕ Communications Headset/Ear Protection (Amplified Ear Pro that can be worn with helmet)
- ⊕ APR (Gas Mask)
- ⊕ Shoulder Fired Weapon
- ⊕ M-4 with Red Dot or LPVO Optic, mounted illuminator and sling
- Weapons Note: Due to the concussive blast over-pressure and the possible damage to hearing, carbines with muzzle brake devices will not be allowed in the course. Please contact us for clarification if you are concerned about the muzzle device in use by your agency.*
- ⊕ Minimum of 5 magazines for Shoulder Fired Weapon
- ⊕ Handgun with mounted illuminator
- ⊕ Gunbelt with Holster, mag pouches and load bearing to accommodate weapon systems
- No Vest-Mounted Holsters*
- ⊕ Minimum of 3 magazines for handgun
- ⊕ Handheld torch (flashlight)
- ⊕ Insertable Ear Plugs (recommended in addition to above ear pro)
- ⊕ Munitions
 - 750 Rounds Rifle
 - 500 Rounds Handgun
 - 2 Issued Distraction Devices (Flashbang Grenades)
- ⊕ Weapon Simulators
 - Simunitions™, UTM™, or Air Soft Shoulder Fired weapon or conversion kit – *if available**
 - * (HGTG will provide Airsoft Carbines for use during force-on-force training for any agency not providing their own).*
 - Simunitions or Airsoft Handgun. *(HGTG will not provide training handguns)*
 - 100 Rounds for Weapon Simulators *(Simunitions™ or UTM™, HGTG will provide Airsoft Ammunition)*
- ⊕ PT Gear suitable for weather
 - Workout Pants or Shorts
 - Athletic Shirts
 - Athletic Shoes
- ⊕ Weapon and Gear Maintenance Equipment and Materials
- ⊕ Laptop Computer or Tablet
- ⊕ Note-Taking Material
- ⊕ Cooler
- ⊕ Personal items – Toiletries, Comfort Items, Meds, etc.

SWAT OPERATOR I COURSE APPLICATION

AREAS OF TRAINING FOR SWAT OPERATOR I

- *Functional Fitness*
- *SWAT Standards*
- *SWAT Team Organization*
- *Best Practices for SWAT*
- *Operator Kit Setup*
- *Tactical Movement*
- *Tactical Medical*
- *Entry, Clearing and Domination of Structures*
- *Low-Light Operations*
- *Live-Fire Training*
- *Distraction Device Deployment*
- *Breaching*
- *Team Movement*
- *Risk Assessment*
- *Employment of Vehicles*
- *Technical and Less-Lethal Briefings*

Training will begin on Sunday, 6 October 2019 with participants completing the SWAT Functional Fitness Test and Written Pre-Test. Those personnel successfully completing these phases will begin training evolutions at 1700 hours on Sunday.

Trainees will receive a North American Rescue Tactical Medical Kit along with training in the use of the components.



SWAT OPERATOR I COURSE APPLICATION

SWAT OPERATOR I Class# 2019-1 6 – 12 October 2019

Tuition \$595.00

Lebanon, TN

STUDENT NAME:			
AGENCY NAME:			
AGENCY STREET ADDRESS			
CITY, STATE, ZIP			
AGENCY CONTACT			
AGENCY TELEPHONE			
AGENCY CONTACT EMAIL:			
STUDENT DIRECT TELEPHONE*			
STUDENT DIRECT EMAIL *			
STUDENT T-SHIRT SIZE			
PAYMENT METHOD (EX. Credit Card, P.O., etc.)	<i>Please list P.O. # for departmental billing:</i>		
CREDIT CARD #			
EXPIRATION DATE		CVV #	
BILLING ADDRESS (CREDIT CARD ONLY)			

**Student contact information is required. Course instructors must be able to communicate directly with students prior to the course.*

Cancellation Policy: Cancellations after 30 days prior to the course will be refunded 50% of the course tuition. Cancellations after 2 weeks prior to the course will result in forfeiture of paid tuition.

SWAT OPERATOR I COURSE APPLICATION

LAW ENFORCEMENT APPLICANTS

Please answer the following questions:

Are you a Full Time Law Enforcement Officer? _____

Are you assigned to a Tactical Team? _____

Upon completion of the course will you be assigned as a SWAT Operator? _____

Are you attending the course on your own time? _____

Who will be responsible for tuition payment? Applicant Agency

Applicant Affidavit

_____ (student name) is a full-time law enforcement officer with the
_____ (agency name). He/she is applying for a position in the
_____ course with the knowledge and approval of the agency.

Signature of supervisor or command staff

Printed Name

Rank and Position

Contact Telephone #

Applicant Signature

Date

SWAT OPERATOR I COURSE APPLICATION

Course Cadre

Sniper Pro Shop/High Ground Training Group

Senior Instructor: *Denny Elliott's career in law enforcement spanned over 29 years. He served in agencies in Kentucky and Tennessee and as a Federal Law Enforcement Officer. His work in LE Special Operations began early in his career and he has served as a task force counter-drug field operator, SWAT operator, Sniper, Sniper Section Leader, Team Leader and Commander. He served as chief LEO in two agencies and has been involved in training since the early 1990's. Denny spent the last five years of his LE career assigned as the training commander for a Tennessee Sheriff's Office with over 300 sworn personnel where he oversaw a full-time training staff managing all agency training. He is a member of the NTOA, IALEFI, ILEETA, TLETOA and American Sniper Association. He is a certified instructor in Firearms, Tactical Rifle, Force on Force, Defensive Tactics, Baton, Edged Weapons, LE Ethics and Below 100. He developed the Level I, II, III and IV Police Sniper Courses, Law Enforcement Firearms Instructor Course, Law Enforcement Designated Marksman Course and various other tactical training courses of instruction which are owned by Sniper Pro Shop and presented by the High Ground Training Group.*



The High Ground Training Group is an invitation-only association of professional law enforcement trainers who are alumni of the SPS training program. They represent Local and Federal agencies and bring scores of years of experience in military and law enforcement operations to the training program. This innovative and dynamic group of trainers provide the nucleus of this training program.

For additional course information contact:

Denny Elliott
Sniper Pro Shop HQ (615) 952-9560
or email at sniperproshop@bellsouth.net
www.sniperproshop.net
www.highgroundtraining.com

CELEBRATING OVER 19 YEARS OF TRAINING ARMED PROFESSIONALS...

SPS curriculum courses have been attended by law enforcement officers from throughout the U.S. and Canada as well as members of the U.S. Military.

Alumni of our courses include:

- Tennessee Highway Patrol Special Operations
- Hamilton County Sheriff's Office SWAT
- Chattanooga PD SWAT
- Nashville /Davidson Metro Police SWAT
- Winston-Salem, NC, P.D.
- Royal Canadian Mounted Police Emergency Response Team
- Vancouver, BC P.D.
- Port Moody, BC P.D.
- Montgomery, AL P.D.
- Nashville Intl. Airport Police
- U.S. Dept. of Homeland Security, HSI SRT
- U.S. Army 8th MISG, FT Bragg, NC
- U.S. 1/278 TN Army National Guard Armored Cavalry Regiment Sniper Section

Listing of alumni agencies in no way indicates endorsement of SPS/HGTG training by the agencies. You may contact SPS for reference agencies.

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SWAT FUNCTIONAL FITNESS TEST



The SWAT Operator Functional Fitness Test is based on several fitness measuring tools utilized in a number of Functional Fitness Tests used by elite law enforcement Special Operations Groups. HGTG utilized the resources of the National Strength and Conditioning Association Tactical Strength and Conditioning program as reference for the construction of the S.W.A.T Operator Functional Fitness Test. The FFT combines elements of the Colorado Springs, CO S.W.A.T. Functional Fitness Test, LA County Sheriff's Department Special Enforcement Bureau Functional Fitness Test and the Snipercraft Sniper Functional Fitness Test. The Functional Fitness Test will measure the essential elements of functional fitness required by S.W.A.T. operators.

ELEMENTS OF THE FFT

- **Call Out Rescue** requires a combination of aerobic and anaerobic tasks that is accentuated by the addition of the use of the APR during the test. This is a multitask event that is graded by time.
- **Explosive Strength** tests the lower body strength of the operator through a stationary vertical jump. This is graded by the measurement of the vertical jump.
- **Core Strength** tests the core body strength of the operator. This is graded by timing the operator's ability to hold the plank position.
- **Call Out Endurance** requires the operator to complete a 440-yard run while wearing body armor and carrying a sidearm.

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SCORING

Each element of the test will be graded on a numeric point system with 100 points possible per event. The scores will be combined and averaged for the Operator's Mean Average. The passing score for the test will be 75%. Any score falling below 50% in a particular event will be considered a failing score in that event and computed as "0".

A Trainee may score below 75% in a particular event, but make up the points in another. The individual scores of the four events must have a mean average of 75% or higher.

A minimum 10-minute period of rest will be required between events.

CALL OUT RESCUE

Operator will perform the test while wearing callout uniform, sidearm and tactical vest.

1. 50-yard sprint to marker
2. 25-yard-high crawl to marker
3. 20 pushups (graded by scorer)
4. Don APR
5. 50-yard sprint to marker
6. Remover APR
7. Dummy Drag 25 yards for completion

Minimum Standard 4:30 Minutes

EXPLOSIVE STRENGTH (Lower Body)

Operator will perform the test while wearing callout uniform and boots.

1. Vertical Jump – best of three attempts

Minimum Standard 19"

CORE STRENGTH

Operator will perform the test while wearing callout uniform and boots.

1. Plank Position to be held for time.

Minimum Standard 1:18

CALL OUT ENDURANCE

Operator will perform the test while wearing callout uniform, tactical vest and sidearm.

1. 440 Yard Run

Minimum Standard 2:41

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	Call Out Rescue	Explosive Strength	Core Strength	Call Out Endurance	
Points	Time	Inches	Time	Time	Points
100	2:00	25.5"	2:25	1:27	100
99	2:06		2:22	1:30	99
98	2:12		2:20	1:33	98
97	2:18		2:17	1:36	97
96	2:24		2:14	1:39	96
95	2:30	24"	2:12	1:42	95
94	2:36		2:09	1:45	94
93	2:42		2:06	1:48	93
92	2:48		2:04	1:51	92
91	2:54		2:01	1:54	91
90	3:00	23"	1:58	1:57	90
89	3:06		1:56	2:00	89
88	3:12		1:53	2:03	88
87	3:18		1:50	2:06	87
86	3:24		1:47	2:09	86
85	3:30	21.5"	1:45	2:12	85
84	3:36		1:42	2:15	84
83	3:42		1:39	2:18	83
82	3:48		1:37	2:21	82
81	3:54		1:34	2:24	81
80	4:00	20.5"	1:31	2:27	80
79	4:06		1:29	2:30	79
78	4:12		1:26	2:33	78
77	4:18		1:23	2:36	77
76	4:24		1:21	2:39	76
75	4:30	19"	1:18	2:41	75
74	4:36		1:15	2:44	74
73	4:42		1:12	2:47	73
72	4:48		1:10	2:50	72
71	4:54		1:07	2:53	71
70	5:00	18"	1:04	2:55	70
69	5:06		1:02	2:58	69
68	5:12		:59	3:01	68
67	5:18		:56	3:03	67
66	5:24		:54	3:06	66
65	5:30	16.5"	:51	3:09	65
64	5:36		:48	3:12	64
63	5:42		:46	3:15	63
62	5:48		:43	3:18	62
61	5:54		:40	3:21	61
60	6:00	15.5"	:38	3:24	60
59	6:06		:35	3:27	59
58	6:12		:32	3:30	58
57	6:18		:30	3:33	57
56	6:24		:27	3:36	56
55	6:30	14"	:24	3:39	55
54	6:36		:22	3:42	54
53	6:42		:19	3:45	53
52	6:48		:16	3:48	52
51	6:54		:14	3:51	51
50	7:00	13"	:12	3:54	50

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REQUIREMENTS

S.W.A.T. Operator 1 Trainee will be required to complete the FFT with a minimum average of 75%. The score will be based on an average of the entire FFT course. Each event will be scored and the combined score then computed and averaged for an overall score. The Trainee must have an overall average at or above 75% to continue in the course.

Trainee candidates scoring below 75% will be removed from the course at that time.

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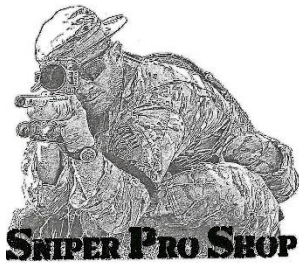


In cooperation with



SPS/HGTG wishes to express appreciation to our partners at the Lebanon Police Department for their work to make this course possible.

Course Sponsors:



NORTH AMERICAN RESCUE®

"...SUPERIORITY LIES WITH HIM WHO IS REARED IN THE SEVEREST SCHOOL."
- THUCYDIDES