PHYSICAL/LIFETIME FITNESS (LD32)

Please provide the following information:

Name of Academy you are evaluating:

San Diego Regional Public Safety Academy

Date of your evaluation:

09-04-15

Your Name:

David Miklos

Your Phone Number:

Your Email Address:

dlmiklos@lasd.org

Academy POST BCCR – Physical Fitness Training

Section 2100 - Lifetime Fitness Training

2101 - Academy provides instruction in all learning objectives required by the TTS.
☒ **Verified** ☐ **Not Verified** **Date of TTS** 08/01/2013

Explain: Lisa Hartman explained that all learning objectives are provided through lecture and learning activities. I reviewed the Expanded Course Outline to confirm.

2101 - Academy provides instruction in all learning activities required by the TTS.
☒ **Verified** ☐ **Not Verified**

Explain: Lisa Hartman showed me a variety of lesson plans and the master schedule to confirm that all learning activities required by the TTS are being implemented.

2102 - Academy requires each student to complete Physical Conditioning Program Requirements.
☒ **Verified** ☐ **Not Verified**

Explain: Lisa Hartman confirmed that every student must complete the Physical Conditioning program requirements in order to graduate from their academy. Section 2.02 of the Recruit Training Manual documents that all students must complete the program.

2103 – Academy has procedure for medical pre-screening all students.
☒ **Verified** ☐ **Not Verified** - (*attach copy for reviewers*)

Explain: The medical screening procedure is handled prior to a student's entry into the Academy through the department hiring process. The documentation is kept as part of the students personnel file in an off-site location. Lisa also provided me with a medical information form that each student completes giving emergency response information about allergies, medications or other limitations that would be important for staff to be aware of.

2104 – Prior to every exercise session or assessment students shall be asked to identify any injuries or medical restrictions that may affect their ability to safely participate.
☒ **Verified** ☐ **Not Verified**

Explain: Lisa Hartman explained that this is standard practice for all instructors. I observed this interaction take place with two separate classes with different staff.

2105 - Appropriate, supervised, alternate physical activities are available for injured students.
☒ **Verified** ☐ **Not Verified**

Explain: This type of alternate training is provided and supervised.

2106 - Medical release is required before injured student can resume full training.
☒ **Verified** ☐ **Not Verified**

Explain: Students must get a medical clearance through a doctor in order to resume training. I was given a copy of the form used to document this procedure. This is documented on page 6 of the Safety Manual and section F-6-a.

2107 - Injury reports are reviewed periodically to identify any trends or patterns.
☒ **Verified** ☐ **Not Verified**

Explain: Lisa Hartman explained that the Academy does monitor trends and patterns to determine if adjustments need to be made in training. Lisa explained she is currently assessing whether students are more prone to injury wearing boots or tennis shoes during certain types of training. The prevailing thought from administration was that there are more injuries if students wear boots during certain aspects of physical training. Lisa has monitored 100's of students through several academy classes. Although the assessment is ongoing, the study indicates that there is not significant difference.

Section 2200 - Lifetime Fitness Training: Facilities and Equipment

2201 - Facility has safety policy for physical training and testing.
☒ **Verified** ☐ **Not Verified** (will be *available for reviewers*)

Explain: I was given a current copy of the safety manual which has a dedicated section for Physical Training.

2202 - Facility has an emergency medical response plan (how does the presenter handle student or instructor injuries).
☒ **Verified** ☐ **Not Verified**

Explain: This is documented on page 6 of the Safety Manual and posted on site at the various training areas.

2203 – First aid equipment/materials are available at all training sites.
☒ **Verified** ☐ **Not Verified**

Explain: I saw the first aid equipment and AED on site. First aid equipment is available for off-site runs and training. This is documented in section F-6-g of the Safety Manual.

2204 – Facility is conductive to a safe training environment.
☒ **Verified** ☐ **Not Verified**

Explain: The areas are clean, orderly and regularly inspected for safety by instructors. This is required of instructors as documented on page 2 and 4 of the Safety Manual.

2205 – Proper safety considerations given to offsite physical training activities.
☒ **Verified** ☐ **Not Verified**

Explain: Lisa Hartman explained that the areas to be used are monitored and proper safety and communication equipment are readily available. This a required under Instructor Responsibilities on page 4 and section F-1-c of the Safety Manual.

2206 - Emergency operational plan is available to staff and students.
☒ **Verified** ☐ **Not Verified**

Explain: This is posted on site in training areas and is reviewed and available in the Safety Manual.

2207 – Physical training instructors shall be familiar with symptoms of heat illness, exhaustion, respiratory, and cardiac emergencies. Training in advanced level first aid and CPR is encouraged.
☒ **Verified** ☐ **Not Verified**

Explain: All staff member are CPR and First Aid certified through their agency and are familiar with the above listed symptoms. This requirement is documented in section F-c-3 of the Safety Manual.

Describe physical training facility/facilities:
All areas used for physical training are clean and safe. The areas provide adequate space and environmental comforts as needed. Calisthenics and aerobics-type activities will be performed in the Training Center multipurpose rooms (RM 202 & 203), grass areas (hourglass park), or areas inspected by instructional staff for suitability.
Weight training classes -10440 Black Mountain Road -Room #203. (Photos attached in ppt)
Circuit training classes - Hourglass Park 10440 Black Mountain Road. (Photos attached in ppt)
Running sessions - Scripps Ranch neighborhood (run on sidewalks when available), Mission Beach boardwalk, (Mission Beach, SD) and Miramar Lake (Scripps Lake Road, SD).

Describe controlled access and security measures:
Miramar College is an open campus, thus open to foot traffic from other students. This is a concern for staff. They use certain measure to mitigate outside distractions or interference such as training signs and additional staff for security.

Miscellaneous / Other (describe):

Section 2300 - Lifetime Fitness Training: Assessment Testing

2301 - An appropriate warm-up is done immediately before each assessment testing session.
☒ **Verified** ☐ **Not Verified**

Explain: I observed this activity. Lisa Hartman explained this is standard practice and built into the lesson plans. Section F-6-c documents this in the Safety Manual.

2302 - An appropriate cool-down is done immediately after each assessment testing session.
☒ **Verified** ☐ **Not Verified**

Explain: I observed this activity. Lisa Hartman explained this is standard practice and built into the lesson plans. Section F-6-c documents this in the Safety Manual.

2303 - Assessment test norms are provided to students.
☒ **Verified** ☐ **Not Verified**

Explain: Lisa Hartman confirmed this. The norms are provided on page 32 of the Recruit Training Manual.

2304 - Physical ability test progress charts are completed for/by each student.
☒ **Verified** ☐ **Not Verified**

Explain: Records are maintained to chart student progress. Students also keep a log of their own activity away from the academy.

2305 - Push-ups.
☒ **Verified** ☐ **Not Verified**

2306 - 1.5 mile run.
☒ **Verified** ☐ **Not Verified**

2307 - Bent-knee sit-ups.
☒ **Verified** ☐ **Not Verified**

2308 - Body composition measurement.
☒ **Verified** ☐ **Not Verified**

Comments for 2305-2308:

Section 2400 - Lifetime Fitness Training: Physical Conditioning

2401 - Physical conditioning schedule includes 36 sessions within a 10-to-14-week period.
☒ **Verified** ☐ **Not Verified**

Explain: I reviewed the schedule and confirmed there are 36 sessions within the required time period.

2402 - Counted physical conditioning sessions are at least 60 minutes in duration.
☒ **Verified** ☐ **Not Verified**

Explain: The schedule I reviewed shows that all training sessions are at least 60 minutes.

2403 - Weekly physical conditioning schedules are planned appropriately.
☒ **Verified** ☐ **Not Verified**

Lisa Hartman is a highly trained fitness expert. Lisa lays out the physical training program as described in the POST Lifetime Fitness Manual. There is a Foundational Phase, a Conditioning Phase and a Peak Performance Phase. Each session builds upon previous sessions. Each sessions has a particular focus to ensure the goals of the training session are met. The goals include Cardiovascular: Aerobic and Anaerobic. Muscular: Strength, Power and Endurance. Flexibility/Stability/Mobility. Core work: Acceleration and Agility. This is documented in the Expanded Course outline.

2404 – Assessments are conducted in the manner and frequency required.
☒ **Verified** ☐ **Not Verified**

Explain: I reviewed the schedule which indicates that an assessment is done in the Foundational Phase. Lisa Hartman explained the assessment will be done again at the Peak phase schedule permitting.

2405 – Instructors shall advise students of the causes of common exercise-related injuries and strategies for preventing injuries.
☒ **Verified** ☐ **Not Verified**

Explain: This is standard practice for all instructors. I observed this interaction in both sessions I observed. It is also covered in Section F-5-d of the Safety Manual.

2406 – An appropriate warm-up is done before every conditioning session.
☒ **Verified** ☐ **Not Verified**

Explain: I observed this activity. Lisa Hartman explained this is standard practice and built into the lesson plans. Section F-6-c documents this in the Safety Manual.

2407 - An appropriate cool-down is done immediately following each conditioning session.
☒ **Verified** ☐ **Not Verified**

Explain: I observed this activity. Lisa Hartman explained this is standard practice and built into the lesson plans. Section F-6-c documents this in the Safety Manual.

2408 – Instructors consider environmental conditions in planning and leading exercise sessions.
☒ **Verified** ☐ **Not Verified**

Explain: Lisa Hartman explained this is standard practice. Section F-5-c of the Safety Manual documents this requirement.

Section 2500 - Lifetime Fitness Training: Learning Activities

2501 – Students participate in all learning activities required by TTS.
☒ **Verified** ☐ **Not Verified**

Explain: This is documented in the Recruit Training Manual section 2.02 and Section 7.0

Section 2600 - Lifetime Fitness Training: Work Sample Test Battery

2601 - The WSTB is administered in accordance with POST requirements.
☒ **Verified** ☐ **Not Verified**

Explain: Lisa Hartman confirmed that the WSTB is administered in accordance with POST requirements. This is documented for the students in the Recruit Training Manual section 2.02.

2602 - Documentation supporting any alternate physical ability test has been submitted to and approved by POST.
☒ **Verified** ☐ **Not Verified**

Explain: No alternate physical ability test is conducted.

2603 – All WSTB obstacles, surfaces, and test equipment meet POST specifications.
☒ **Verified** ☐ **Not Verified**

Explain: I examined the WSTB obstacles and equipment and determined they meet POST specifications.

2604 - Safety matting is used on equipment and landing surfaces where required.
☒ **Verified** ☐ **Not Verified**
Explain:
The landing surfaces for the solid wall and chain link fence are dirt, but mats are placed on the landing sites for added safety.

2605 - All staff who administer the test have completed WSTB proctor training.
☒ **Verified** ☐ **Not Verified** (*please provide verification to reviewers*)

Explain: Lisa showed me the records of her Lifetime Fitness staff. All instructors administering the WSTB have been properly certified as 1070 instructors.

PHYSICAL FITNESS MANAGEMENT FINDINGS

Compliance Issues:
None

Recommendations:
None

Exemplary Aspects:
Lisa Hartman is a certified fitness trainer and has previous professional experience in this area. This level of expertise adds credibility to the program and enhances the quality of the training. The students keep a personal log of their physical activity to help them chart their progress.

General Comments:
Lisa Hartman and her staff are very dedicated, professional and enthusiastic about their work. They are passionate about delivering a high quality program for their students.