

SWAT Physical Requirements

Course Requirements

Physical Requirements

Firing Range Qualifications

Handgun Qualifications Course
Qualification Course of Fire

Course Requirements

Participants must complete a series of tests that demonstrate their ability to meet the minimum requirements of the course. These tests will be conducted the first day of class. **All SWAT candidates are required to pass these tests to continue the course.**

Physical Requirements

The physical fitness test battery includes minimum standards to proceed in this SWAT course. They are:

Skill	Minimum Standard
1.5 Mile Run	16.28 Minutes
300 Meter Run	1:11 Minutes
1 Minute Maximum Push-Ups	25 Push-Ups
1 Minute Maximum Sit-Ups	29 Sit-Ups

Firing Range Qualifications

Handgun Qualifications Course

60 Rounds

- Student must show proficiency with handgun
- Student will have two chances to qualify with a minimum score of 90%
- **Students must qualify with a minimum score of 90% to remain in the course**

Any unsafe weapons handling or violation of range rules is grounds for dismissal from the course. Alibis will not be allowed.

There will be no refunds for any candidate dismissed for failure to meet the minimum physical standard or firearms qualifications

Qualification Course of Fire

Distance	Requirements
3 Yard Line	1 rd, 1 hand from holster, 2 seconds, repeat 6x
	2 rds, 2 hands from holster, 3 seconds, repeat 3x
	3 rds, from holster, 4 seconds, 2 rds from holster, 3 seconds, 1 rd from holster, 2 seconds
7 Yard Line	2 rds, 2 hands, repeat 3x; first pair from holster, 3 seconds, remaining from law ready, 2 seconds
	3 rds, 2 hands, 4 seconds, 2 rds, 3 seconds, 1 rd, 2 seconds; first string from holster, remaining from low ready
	Draw, transition to non-dominant hand, 2 rds, 4 seconds, maintain weapon in non-dominant hand, 2 rds, from low ready, repeat 2x
15 Yard Line	18 rds, 45 seconds
	6 rds, standing
	6 rds, kneeling, strong side cover
	6 rds, kneeling, weak side cover
25 Yard Line	3 rds, standing, from holster, 9 seconds
	3 rds, kneeling, from holster, 9 seconds

Targets: Targets will be TQ 19 or equivalent

Scoring: 5 points for the inner ring and 3 points for the outer ring