

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:

- Student must show proficiency with **handgun**.
- Student will have two chances to qualify with a minimum score of 90%.

A locked-back slide is the only way to change magazines for this course of fire.

Any accidental discharge will be grounds for dismissal from the course. Alibis will not be allowed.

Number of Rounds: 50

Target: TQ-19

Scoring: Inner Ring – 5 Points; Outer Ring – 3 Points

25 Yard Stage – 1 Magazine Loaded with 8 Rounds, 1 Magazine Loaded with 6 Rounds

- 1) Weapon Holstered, 2 Rounds from Holster, 5 Seconds, Repeat 4 Times
- 2) Weapon Holstered, 6 Rounds from Holster, 20 Seconds

15 Yard Stage – 2 Magazines Loaded with 6 Rounds Each

- 3) Weapon Holstered, 2 Rounds from Holster, 4 Seconds
- 4) Low Ready, 2 Rounds, 4 Seconds, Repeat 2 Times
Reload
- 5) Low Ready, 2 Rounds, 4 Seconds, Repeat 3 Times

7 Yard Stage – 2 Magazines Loaded with 6 Rounds Each

- 6) Weapon Holstered, 6 Rounds, *Timed Reload*, 6 Rounds, 20 Seconds

3 Yard Stage – 2 Magazines Loaded with 6 Rounds Each

- 7) Weapon Holstered, Weapon Hand Only, 6 Rounds, 12 Seconds
- 8) Low Ready, Support Hand Only, 6 Rounds, 12 Seconds

TQ-19 Target Scoring

