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:

<table>
<thead>
<tr>
<th>Skill</th>
<th>Minimum Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 Mile Run</td>
<td>16.28 Minutes</td>
</tr>
<tr>
<td>300 Meter Run</td>
<td>1:11 Minutes</td>
</tr>
<tr>
<td>1 Minute Maximum Push-Ups</td>
<td>25 Push-Ups</td>
</tr>
<tr>
<td>1 Minute Maximum Sit-Ups</td>
<td>29 Sit-Ups</td>
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</tbody>
</table>
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