# Idaho Peace Officer Standards and Training
ALERRT Practical Exercise

## SECTION 1: INITIAL TEST

<table>
<thead>
<tr>
<th>TECHNIQUES USED</th>
<th>PERFORMANCE DIMENSIONS</th>
<th>PASS</th>
<th>FAIL</th>
</tr>
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<tbody>
<tr>
<td>☐ Approach</td>
<td>☐ Response Tactics</td>
<td>☐ Threat Engagement</td>
<td>☐ After Action</td>
</tr>
<tr>
<td>☐ Safety</td>
<td>☐ Awareness</td>
<td>☐ Balance</td>
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<td>☐ Proper Techniques</td>
<td>☐ Verbal Commands / Instructions</td>
<td>-</td>
</tr>
</tbody>
</table>

### TEST RESULTS:

- Evaluated: PASSED
- Evaluated: FAILED

**Evaluator**

Print Name: ____________________________

Evaluator Signature: ____________________________

Date: ____________________________

**Student (On Failure ONLY)**

Print Name: ____________________________

Student Signature (On Failure ONLY): ____________________________

Date: ____________________________

## SECTION 2: RETEST

<table>
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### TEST RESULTS:

- Evaluated: PASSED
- Evaluated: FAILED

**Evaluator**

Print Name: ____________________________

Evaluator Signature: ____________________________

Date: ____________________________

**Student (On Failure ONLY)**

Print Name: ____________________________

Student Signature (On Failure ONLY): ____________________________

Date: ____________________________

**Academy Coordinator – RETEST ONLY**

Print Name: ____________________________

Academy Coordinator Signature: ____________________________

Date: ____________________________
**SECTION 3: EXERCISE TEST**

An exercise test that requires the student to demonstrate competency in effective search technique(s).

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Technique(s)
7. Verbal Commands / Instructions

Presenters must use the POST-developed ALERRT Competency Exercise Test Form, or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

**SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE**

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<tr>
<th>DIMENSIONS</th>
<th>OBSERVABLE BEHAVIORS FOR PERFORMANCE</th>
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| **1. Safety**       | • Follows facility rules and regulations  
                        • Follows instructor directions  
                        • Demonstrates proper use of safety equipment |
| **2. Awareness**    | • Demonstrates awareness of immediate threat(s)  
                        • Demonstrates awareness of potential threat(s)  
                        • Demonstrates awareness of immediate environment and other subjects  
                        • Demonstrates awareness of subject’s/suspect’s hands, feet, and/or weapons  
                        • Demonstrates awareness of possible escape routes |
| **3. Balance**      | • Demonstrates balanced stance  
                        • Demonstrates a strong foundation for self-defense  
                        • Executes movements in a fluid manner in any direction |
| **4. Control**      | • Displays self-confidence  
                        • Demonstrates appropriate body language, voice modulation, and physical response(s)  
                        • Demonstrates proper application of reasonable force  
                        • Demonstrates when control over a subject has been achieved |
| **5. Controlling Force** | • Demonstrates control of subject/suspect  
                        • Demonstrates use of appropriate force options  
                        • Demonstrates instructed technique(s)  
                        • Demonstrates appropriate speed and power |
| **6. Proper Technique(s)** | • Replicates technique as instructed  
                        • Demonstrates fluidity, speed, and power |
| **7. Verbal Commands / Instructions** | • Demonstrates proper verbal commands/instructions which demonstrate command presence  
                        • Demonstrates appropriate voice control/tone  
                        • Requests/demands compliance  
                        • Allows subject/suspect reasonable time to comply |

**Additional Instructor Comments:**