



# Idaho Peace Officer Standards and Training

## ALERRT Practical Exercise

**SECTION 1: INITIAL TEST** Go to: **Exercise Test / Observable Behaviors**

|                                 |                      |
|---------------------------------|----------------------|
| STUDENTS NAME (LAST, FIRST, MI) | STUDENT I.D. NUMBER  |
| COURSE PRESENTER AND LOCATION   | ACADEMY CLASS NUMBER |

| TECHNIQUES USED                   |                          |                          |   |                                 |                          |  |  |  |                                       |  |  |
|-----------------------------------|--------------------------|--------------------------|---|---------------------------------|--------------------------|--|--|--|---------------------------------------|--|--|
| <input type="checkbox"/> Approach |                          |                          | <input type="checkbox"/> Response Tactics |                                 |                          | <input type="checkbox"/> Threat Engagement |  |  | <input type="checkbox"/> After Action |  |  |
| PERFORMANCE DIMENSIONS            | PASS                     | FAIL                     |   | PERFORMANCE DIMENSIONS          | PASS                     | FAIL                                       |  |  |                                       |  |  |
| -Safety                           | <input type="checkbox"/> | <input type="checkbox"/> |   | -Safety                         | <input type="checkbox"/> | <input type="checkbox"/>                   |  |  |                                       |  |  |
| -Awareness                        | <input type="checkbox"/> | <input type="checkbox"/> |   | -Awareness                      | <input type="checkbox"/> | <input type="checkbox"/>                   |  |  |                                       |  |  |
| -Balance                          | <input type="checkbox"/> | <input type="checkbox"/> |   | -Balance                        | <input type="checkbox"/> | <input type="checkbox"/>                   |  |  |                                       |  |  |
| -Control                          | <input type="checkbox"/> | <input type="checkbox"/> |   | -Control                        | <input type="checkbox"/> | <input type="checkbox"/>                   |  |  |                                       |  |  |
| -Controlling Force                | <input type="checkbox"/> | <input type="checkbox"/> |   | -Controlling Force              | <input type="checkbox"/> | <input type="checkbox"/>                   |  |  |                                       |  |  |
| -Proper Techniques                | <input type="checkbox"/> | <input type="checkbox"/> |   | -Proper Techniques              | <input type="checkbox"/> | <input type="checkbox"/>                   |  |  |                                       |  |  |
| -Verbal Commands / Instructions   | <input type="checkbox"/> | <input type="checkbox"/> |   | -Verbal Commands / Instructions | <input type="checkbox"/> | <input type="checkbox"/>                   |  |  |                                       |  |  |
|                                   | <input type="checkbox"/> | <input type="checkbox"/> |   | -                               | <input type="checkbox"/> | <input type="checkbox"/>                   |  |  |                                       |  |  |

|   |   |        |        |
|---|---|--------|--------|
| TEST RESULTS:                                   |   | PASSED | FAILED |
| <b>Evaluator</b><br>Print Name:                 | <b>Evaluator Signature</b><br><br>Date:                 |        |        |
| <b>Student (On Failure ONLY)</b><br>Print Name: | <b>Student Signature (On Failure ONLY)</b><br><br>Date: |        |        |

**SECTION 2: RETEST**

| TECHNIQUES USED                 |                          |                          |                          |                                 |                          |                          |  |  |                          |  |  |
|---------------------------------|--------------------------|--------------------------|--------------------------|---------------------------------|--------------------------|--------------------------|--|--|--------------------------|--|--|
| <input type="checkbox"/>        |                          |                          | <input type="checkbox"/> |                                 |                          | <input type="checkbox"/> |  |  | <input type="checkbox"/> |  |  |
| PERFORMANCE DIMENSIONS          | PASS                     | FAIL                     |                          | PERFORMANCE DIMENSIONS          | PASS                     | FAIL                     |  |  |                          |  |  |
| -Safety                         | <input type="checkbox"/> | <input type="checkbox"/> |                          | -Safety                         | <input type="checkbox"/> | <input type="checkbox"/> |  |  |                          |  |  |
| -Awareness                      | <input type="checkbox"/> | <input type="checkbox"/> |                          | -Awareness                      | <input type="checkbox"/> | <input type="checkbox"/> |  |  |                          |  |  |
| -Balance                        | <input type="checkbox"/> | <input type="checkbox"/> |                          | -Balance                        | <input type="checkbox"/> | <input type="checkbox"/> |  |  |                          |  |  |
| -Control                        | <input type="checkbox"/> | <input type="checkbox"/> |                          | -Control                        | <input type="checkbox"/> | <input type="checkbox"/> |  |  |                          |  |  |
| -Controlling Force              | <input type="checkbox"/> | <input type="checkbox"/> |                          | -Controlling Force              | <input type="checkbox"/> | <input type="checkbox"/> |  |  |                          |  |  |
| -Proper Techniques              | <input type="checkbox"/> | <input type="checkbox"/> |                          | -Proper Techniques              | <input type="checkbox"/> | <input type="checkbox"/> |  |  |                          |  |  |
| -Verbal Commands / Instructions | <input type="checkbox"/> | <input type="checkbox"/> |                          | -Verbal Commands / Instructions | <input type="checkbox"/> | <input type="checkbox"/> |  |  |                          |  |  |
| -                               | <input type="checkbox"/> | <input type="checkbox"/> |                          | -                               | <input type="checkbox"/> | <input type="checkbox"/> |  |  |                          |  |  |

|   |   |        |        |
|---|---|--------|--------|
| TEST RESULTS:   |   | PASSED | FAILED |
| <b>Evaluator</b><br>Print Name:                         | <b>Evaluator Signature</b><br><br>Date:                 |        |        |
| <b>Student (On Failure ONLY)</b><br>Print Name:         | <b>Student Signature (On Failure ONLY)</b><br><br>Date: |        |        |
| <b>Academy Coordinator – RETEST ONLY</b><br>Print Name: | <b>Academy Coordinator Signature</b><br><br>Date:       |        |        |



# Idaho Peace Officer Standards and Training

## ALERRT Practical Exercise

### SECTION 3: EXERCISE TEST

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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 Techniques
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

### DIMENSIONS

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|  |   |
|--|---|
| <p><b>1. Safety</b></p> <ul style="list-style-type: none"> <li>• Follows facility rules and regulations</li> <li>• Follows instructor directions</li> <li>• Demonstrates proper use of safety equipment</li> </ul>   | <p><b>5. Controlling Force</b></p> <ul style="list-style-type: none"> <li>• Demonstrates control of subject/suspect</li> <li>• Demonstrates use of appropriate force options</li> <li>• Demonstrates instructed technique(s)</li> <li>• Demonstrates appropriate speed and power</li> </ul>   |
| <p><b>2. Awareness</b></p> <ul style="list-style-type: none"> <li>• Demonstrates awareness of immediate threat(s)</li> <li>• Demonstrates awareness of potential threat(s)</li> <li>• Demonstrates awareness of immediate environment and other subjects</li> <li>• Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons</li> <li>• Demonstrates awareness of possible escape routes</li> </ul> | <p><b>6. Proper Technique(s)</b></p> <ul style="list-style-type: none"> <li>• Replicates technique as instructed</li> <li>• Demonstrates fluidity, speed, and power</li> </ul>  |
| <p><b>3. Balance</b></p> <ul style="list-style-type: none"> <li>• Demonstrates balanced stance</li> <li>• Demonstrates a strong foundation for self-defense</li> <li>• Executes movements in a fluid manner in any direction</li> </ul>  | <p><b>7. Verbal Commands / Instructions</b></p> <ul style="list-style-type: none"> <li>• Demonstrates proper verbal commands/instructions which demonstrate command presence</li> <li>• Demonstrates appropriate voice control/tone</li> <li>• Requests/demands compliance</li> <li>• Allows subject/suspect reasonable time to comply</li> </ul> |
| <p><b>4. Control</b></p> <ul style="list-style-type: none"> <li>• Displays self-confidence</li> <li>• Demonstrates appropriate body language, voice modulation, and physical response(s)</li> <li>• Demonstrates proper application of reasonable force</li> <li>• Demonstrates when control over a subject has been achieved</li> </ul>   |   |

**Additional Instructor Comments:**