



City of Meridian
Public Safety Training Center
1223 E. Watertower St.
Meridian, ID 83642



Physical Fitness Testing & Assessment Utilizing the Rower

Presented by Texas Department of Public Safety

September 28, 2021 0800-1700

(Hosted by Meridian Police Department)

This training course is designed to present students with information about the Texas Department of Public Safety's Physical Fitness Testing and Assessment Program using a rowing machine.

Course details will include:

- Background of the fitness program evolution
- Impact of the 6th pillar of the 21st Century Policing, requirements for de-escalation, Occupational Duty of Care, and case law impacting physical fitness testing and assessment as well as lack thereof
- Considerations from by EEO, Legal, Risk Management, ADA and HR
- Means to deal with apathetic responses and program implementation pushback
- Appropriate form, technique and protocols for utilization of the Rower
- Demographic Performance Observations
- How to begin program implementation

Registration Cost: FREE

Registration Deadline: September 17, 2021

Training Hours: 8 hours, Idaho POST Certified

**Instructors: Michael Harper
Greg Davis**

Registration Information:

Email registration information to:

training@meridiancity.org.

Please Include:

Attendee Name

Attendee Email

Rank/Title

Agency

For additional information, contact Lt. Scott Colaianni at scolaianni@meridiancity.org.

REGISTRATION IS ON A FIRST COME, FIRST SERVE BASIS. CLASS IS LIMITED TO 30 PARTICIPANTS.