

# IDAHO POST ACADEMY

## Defensive Tactics Safety Rules



1. Duty belts and ballistic vests will be worn unless otherwise instructed.
2. Wear loose fitting clothing and any other protective gear you feel necessary. (i.e. knee braces, etc.)
3. Remove all watches, rings, glasses, necklaces, piercings or other jewelry that might be snagged or cause injury during training.
4. Only academy authorized clothing, professional in nature will be worn during gym/mat room activities.
5. Each participant shall notify an instructor, prior to beginning physical activity, of any pre-existing medical conditions, which may effect completion of this training.
6. Participants shall follow the instructor directions completely. If the student is in doubt about proper technique, he/she is responsible for requesting assistance from the instructor.
7. No techniques will be performed unless instructed to do so. All techniques will be performed slowly at first until the participant has demonstrated thorough knowledge of the proper application of each technique.
8. In order to reduce the likelihood of injury, the partner of the individual applying the technique shall only offer passive resistance, unless otherwise directed by the instructor.
9. Tapping out. Once a pain compliance technique has been applied, and pain is felt, the individual on whom the technique is applied will, as an indication to the person applying the technique that the pain threshold has been reached, by either vigorously tapping the person applying the technique or the floor or yourself. Make the tap audible. The person applying the technique will then immediately decrease pressure.
10. All medical emergencies will be brought to the instructor's attention. If necessary, 911 will be contacted immediately while the instructor assesses the medical emergency.
11. Horseplay of any kind will not be tolerated during the training. Violation of the horseplay rule can result in immediate dismissal from the training session.
12. Students may stop training at any time, without repercussions, if they perceive a safety issue.
13. Instructor to Student ratios for Defensive Tactics will be maintained at a minimum of 1:6.

I have read and understand the above safety rules and regulations.

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Date

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## EVOC Safety Rules



1. The Emergency Vehicle Operations Course requires quick responsive decision making, the ability to control a motor vehicle and a desire to learn complex driving skills
2. Safety equipment will be used at all times when operating any of the EVOC vehicles.
3. Participants shall follow the instructor's directions completely. If the student is in doubt about a proper technique, he/she is responsible for requesting assistance from the Instructor.
3. No driving techniques will be performed unless instructed to do so. All techniques will be performed slowly at first until the participant has demonstrated thorough knowledge of the proper application of each technique.
4. Duty belts and duty uniforms will be worn unless otherwise instructed.
5. Each participant shall notify an instructor, prior to beginning physical activity, of any pre-existing medical conditions, which may effect completion of this training.
6. Any injury sustained during this training shall be immediately reported to the instructor. Instructors will confirm with students at close of business each training day that there are no injuries.
7. Horseplay of any kind will not be tolerated during any EVOC training. Violation of the horseplay rule can result in immediate dismissal from the training session.
8. All medical emergencies will be brought to the instructor's attention. If necessary, 911 will be contacted immediately while the instructor assesses the medical emergency.
9. Students may stop training at any time, without repercussions, if they perceive a safety issue.
10. All activities may be stopped or suspended due to inclement weather.
11. Instructor to student ratio for EVOC track operations will be maintained at a minimum of 1:4.

I have read and understand the above safety rules and regulations.

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## Physical Training Safety Rules



The Physical Training program at the Idaho POST Academy is designed to help students achieve a minimum level of fitness in order to maintain readiness, avoid injury, and have the ability to perform the essential functions of their position.

1. Academies should assign a student EMS/EMT to help assess and assist in case of emergencies.

Students will be granted the opportunity to conduct stretching and warm up exercises prior to the start of each PT session.

2. Each participant shall notify an instructor, prior to beginning physical activity, of any pre-existing medical conditions, which may effect completion of this training.
3. Participants shall follow the instructor's directions completely. If the student is in doubt about proper technique, he/she is responsible for requesting assistance from the instructor.
4. Appropriate PT attire will be worn at all times.
5. Any injury sustained during this training shall be immediately reported to the instructor.
6. Horseplay of any kind will not be tolerated during the training. Violation of the horseplay rule can result in immediate dismissal from the training session.
7. When lifting, dragging and carrying, only approved techniques will be utilized as instructed. These techniques are designed to prevent back and other injuries.
8. All medical emergencies will be brought to the instructor's attention. If necessary, 911 will be contacted immediately while the instructor assesses the medical emergency.
9. Identify the first aid room, and first aid equipment to include AED.
10. Students will be afforded the opportunity to hydrate and are encouraged to do so. Students are encouraged to bring their own water containers.
11. All activities may be stopped or suspended due to inclement weather.
12. Students may stop training at any time, without repercussions, if they perceive a safety issue.
13. Instructor to Student ratios for physical training will be maintained at a minimum of 1:16.

I have read and understand the above safety rules and regulations.

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# IDAHO POST ACADEMY

## Range Safety Rules



1. Treat all weapons as if they are loaded at all times.
2. Keep your finger off the trigger and out of the trigger guard area unless on the firing line.
3. Do not point your weapon at anything other than an authorized range target or area directed by an instructor on or off the firing line.
4. Beware at all times of your target location(s), backstop area and beyond.
5. Pants, duty belt(s), ballistic vest(s), and authorized eye and ear protection will be worn on the range at all times.
6. Remove all watches, rings, glasses, necklaces, piercings or other jewelry that might be snagged or cause injury during training.
7. Only academy authorized clothing and related safety equipment will be worn on the range at all times.
8. Each participant shall notify an instructor, prior to the beginning of shooting, of any pre-existing medical conditions which may affect completion of this training.
9. Participants shall follow the instructor directions completely. If the student is in doubt about proper technique or range drill, he/she is responsible for requesting assistance from the instructor.
10. No unauthorized firearm shooting or drills will be performed unless instructed to do so.
11. Horseplay of any kind will not be tolerated during firearms training. Violation of the horseplay rule can result in immediate dismissal from the training session.
12. Any injury sustained during training shall be immediately reported to the instructor.
13. All medical emergencies will be brought to the instructor's attention. If necessary, 911 will be contacted immediately by range staff while the instructor assesses the medical emergency.
14. All activities may be stopped or suspended due to inclement weather.
15. Students may stop training at any time, without repercussions, if they perceive a safety issue.
16. Instructor to student ratio for firearms training will be maintained at a minimum of 1:3. Small group cell ratios will be maintained at 1:1.

I have read and understand the above safety rules and regulations.

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## Tactical Medicine Safety Rules



1. The Tactical Medical Training Program requires partner practice, scanning, raking, and feeling for injuries, bullet holes, mass arterial bleeding and sucking chest wounds. It is important that partners be rotated (exchange roles), or one partner will gain most of the skills while the other partner misses a critical learning experience.
2. Duty belts and ballistic vests will be worn unless otherwise instructed.
3. Remove all watches, rings, glasses, necklaces, piercings or other jewelry that might be snagged or cause injury during training.
4. Each participant shall notify an instructor, prior to beginning physical activity, of any pre-existing medical conditions, which may effect completion of this training.
5. Participants shall follow the instructor's directions completely. If the student is in doubt about proper technique, he/she is responsible for requesting assistance from the instructor.
6. No techniques will be performed unless instructed to do so. All techniques will be performed slowly at first until the participant has demonstrated thorough knowledge of the proper application of each technique.
7. In order to reduce the likelihood of injury, the partner of the individual applying the technique shall only offer passive resistance, unless otherwise directed by the instructor.
8. Any injury sustained during this training shall be immediately reported to the instructor.
9. Horseplay of any kind will not be tolerated during the training. Violation of the horseplay rule can result in immediate dismissal from the training session.
10. When lifting, dragging and carrying, only approved techniques will be utilized as instructed. These techniques are designed to prevent back and other injuries.
11. All medical emergencies will be brought to the instructor's attention. If necessary, 911 will be contacted immediately while the instructor assesses the medical emergency.
12. All activities may be stopped or suspended due to inclement weather.
13. Students may stop training at any time, without repercussions, if they perceive a safety issue.
14. Instructor to Student ratios for Tactical Medicine classroom instruction will be 1:32. During Tactical Medicine hands-on scenarios the Instructor to Student ratio will be maintained at a minimum of 1:2.

I have read and understand the above safety rules and regulations.

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