



# CALCASIEU PARISH REGIONAL LAW ENFORCEMENT TRAINING ACADEMY

**All cadets pre-testing for or attending the Full Basic Academy must be assigned to full duty status (meaning not on modified, light or limited duty assignment).**

The following must be completed and submitted to Academy Staff prior to attending Pre-Academy Fitness Testing: *(This includes those attending as refresher or transition)*

- Full Basic Registration Form with all signatures
- Full Basic Physical Examination Form listing all pre-existing conditions and limitations with cadet and physician signatures.\*
- Medical Release to Attend Basic Training Academy with physician's signature
- Informed Consent signed by Cadet and 2 witnesses
- Copy of the cadet officer's current valid driver's license and commission card
- Copy of the cadet's POST account Dashboard page showing the cadet's name as proof of their POST log-in (See POST account instructions for details on how to set up your POST account)
- **Submit your COMPLETED PACKET by email at [trainingsupport@cpsso.com](mailto:trainingsupport@cpsso.com) and the original to academy staff prior to attending Pre-Academy Fitness Testing**

(Example of POST Dashboard page)



\*Due to the strenuous physical requirements expected of a cadet, serious or recent medical issues may require additional medical clearance beyond that of an NP or GP and will be addressed on an individual basis.



# CALCASIEU PARISH REGIONAL LAW ENFORCEMENT TRAINING ACADEMY

## Setting up your Louisiana POST In-Service Training Account

To set up a NEW account:

- Click this link to begin: [PostClient \(la.gov\)](https://postclient.la.gov)
- Click on “Create an account” and provide the requested information.
- Once complete an email will automatically be send your agency’s training coordinator to verify your employment status. Once you are verified by the training coordinator, your account will be active.
- Once your active account is established, log in. (You should notice your name in the top right corner of the Dashboard page.) Print this screen and attach it to your registration form.

(Example of POST Dashboard page)



To reactivate a previous account:

If you have had an account previously or with another police agency in the State of Louisiana. **DO NOT** set up a new account. Your training coordinator will need to notify POST of your employment and your original account will be re-activated and updated to include your current agency.

If you create another account, your previous training records **WILL NOT BE INCLUDED** in your training history. If this has occurred, contact POST to have the two accounts merged.

Once your account is re-activated, log in and print the Dashboard page showing your name in the top right.



# Calcasieu Parish Regional Law Enforcement Training Academy FULL BASIC REGISTRATION FORM

P.O. Box 3722 . Lake Charles, Louisiana 70602 . Phone (337) 491-3850 Fax (337) 494-1136

Full Basic     Refresher     Transition

<b>CADET INFORMATION</b>			<b>(PLEASE ATTACH COPY OF YOUR DRIVER'S LICENSE)</b>			
Last Name (Print or Type)		First	Middle	<input type="checkbox"/> Mr. <input type="checkbox"/> Miss	Marital Status (Circle One)	
				<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.	Single / Mar / Div / Sep / Wid	
Is this your legal name? <input type="checkbox"/> Yes <input type="checkbox"/> No	If not, what is your legal name?	(Maiden Name)		Birth Date / /	Age	Sex <input type="checkbox"/> M <input type="checkbox"/> F
Home Street Address		City	State	ZIP Code	Social Security Number	Home Phone Number ( )
Employer Name		Employer Address		City		State
Zip Code		Job Title & Division			Employer Phone Number ( )	
Height	Weight	Drivers License No. & State	Are you a full-time Employee?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Hire Date / /	

Cadet's business email address: \_\_\_\_\_

(will be used for academy course work)

<b>PERSONAL INFORMATION</b>		<b>(PLEASE ATTACH COPY OF YOUR DEPARTMENT COMMISSION)</b>			
High School Attended	Graduated <input type="checkbox"/> Yes <input type="checkbox"/> No	If not a graduate, give highest grade attained		City and State of High School	
College Attended	Graduated <input type="checkbox"/> Yes <input type="checkbox"/> No	If not a graduate, give number of hours completed		City and State of College	
Weapon Type					
<b>No Single Action (Check One)</b> <input type="checkbox"/> (.38 / .357) <input type="checkbox"/> (9mm) <input type="checkbox"/> (.40 cal) <input type="checkbox"/> (.45 cal) <input type="checkbox"/> (Other)					
Shirt Size (Check One) <input type="checkbox"/> (Medium) <input type="checkbox"/> (Large) <input type="checkbox"/> (XLarge) <input type="checkbox"/> (XXLarge) <input type="checkbox"/> (XXXLarge)					
In case of an emergency, notify:		Home Phone No. ( )		Work Phone No. ( )	Other Phone No. ( )
Relationship to cadet <input type="checkbox"/> Spouse <input type="checkbox"/> Parent <input type="checkbox"/> Child <input type="checkbox"/> Other _____					

<b>SIGNATURES</b>	
X Cadet Signature	DATE
X Chief / Sheriff / Department Head Signature	DATE



**Calcasieu Parish Regional Law  
Enforcement Training Academy  
FULL BASIC PHYSICAL EXAMINATION FORM**

P. O. Box 3722, Lake Charles, Louisiana 70602 Phone: (337) 491-3850 Fax: (337) 494-1136

Must be completed and returned with registration form  Full Basic  151 Basic Transition  169 Trans. Correctional

*\*Refresher cadet only does not need a physical examination*

CADET INFORMATION						
Last Name (Please Print or Type)		First	Middle	<input type="checkbox"/> Mr. <input type="checkbox"/> Miss <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.	Marital Status (Circle One) Single / Mar / Div. / Sep. / Wid.	
Is This Your Legal Name? <input type="checkbox"/> Yes <input type="checkbox"/> No	If not, what is your legal name?		(Maiden Name)	Birthdate / /	Age	Sex <input type="checkbox"/> M <input type="checkbox"/> F
Home Street Address		City	State	Zip Code	Home Phone No. ( )	Do You Smoke? <input type="checkbox"/> Yes <input type="checkbox"/> No
Employer:	Are you currently taking medication? what kind? <input type="checkbox"/> Yes <input type="checkbox"/> No		If so,	Are you currently involved in a physical activity program? (Jogging, stretching, weight training, etc.) <input type="checkbox"/> Yes <input type="checkbox"/> No		
Describe your level of Physical Activity (check one) <input type="checkbox"/> Very Active <input type="checkbox"/> Moderately Active <input type="checkbox"/> Occasionally Active <input type="checkbox"/> Inactive <input type="checkbox"/> Other						
History of Hospitalization: If any item number is checked, please note item number and explain. 1 <input type="checkbox"/> Allergies 2 <input type="checkbox"/> Injuries 3 <input type="checkbox"/> Operations 4 <input type="checkbox"/> Asthma 5 <input type="checkbox"/> Diabetes 6 <input type="checkbox"/> Other _____						
Past and Present Health History <input type="checkbox"/> 1. Stroke <input type="checkbox"/> 2. Epilepsy <input type="checkbox"/> 3. Orthopedic or muscular problems <input type="checkbox"/> 4. High Blood Pressure <input type="checkbox"/> 5. Cancer <input type="checkbox"/> 6. Heart & arterial diseases <input type="checkbox"/> 7. Anemia <input type="checkbox"/> 8. Abnormal chest x-ray <input type="checkbox"/> 9. Chest pains <input type="checkbox"/> 10. Other _____ If any item number is checked, please note item number and explain. _____						
Any Previous Work. Comp. Injuries Or Claims: NO YES To What Area Year						
COMPLETE BY PHYSICIAN			(To be completed by Physician ONLY)			
Blood Pressure Reading		Pulse Rate	Note any further information or recommendations on cadet's medical status			
Systolic	/ Diastolic					

From your examination, do you consider this cadet to be in good physical condition and capable of performing sustained physical activity and defensive tactics, such as push-ups, sit-ups, sit and reach, 1.5 mile run, 300 meter run, and obstacle course that includes a pull/drag 185 pound dummy. Besides the physical activities, cadets are required to participate in all defensive tactics training which includes punching, kicking, blocking drills, takedowns, and firearms training.

Please check one:  DO Recommend  DO NOT Recommend

If not recommended please explain: \_\_\_\_\_

**MD SIGNATURE**

This examination and resulting information applied to the foregoing questions truly depicts the physical condition of this applicant on this day.

X

PHYSICIAN SIGNATURE

DATE

Please place your business stamp or print in box below.



**Calcasieu Parish Regional Law Enforcement  
Training Academy**

**P.O. Box 3722 . Lake Charles, Louisiana 70602  
Phone (337) 491-3850 . Fax (337) 494-1136**

**Medical Release to Attend Basic Training Academy  
Nov. 2020**

**Cadets attending the law enforcement training academy, can expect to endure the following during 500+ hours of training (this is not an all- inclusive list):**

- Many facets of training take place for an extended number of hours (up to 8) in the heat or cold, depending on the time of year, and in inclement weather
- Many aspects of training are highly mentally and physically taxing with a very high probability of physical strain and being struck in various parts of the body
- Cadets will be exposed to 50+ people on a daily basis both in a classroom setting and in close physical proximity to each other while engaged in self-defense and other law enforcement training
- High intensity firearms training wherein cadets will shoot several thousand live rounds during the course of 80+ hours of training using a 9mm side-arm, patrol rifle, and shotgun; all cadets will be required to show proficiency with their weapon(s) while under extreme mental and physical stress
- Very high intensity officer survival training (80+ hours) involving all aspects of ground fighting including traditional self-defense tactics - striking, blocking, kicking; controlling non-compliant subjects; ground fighting and grappling tactics when the subject is stronger and larger than the officer; defense against disarming attempts; handcuffing non-compliant subjects from standing, kneeling and prone positions; and the ability to control resistive subjects
- Outdoor high intensity physical training such as running 2 -3 miles and circuit training several times each week
- Active shooter training and practical scenarios which are very high intensity both physically and mentally with a high probability cadets will be hit with simulated training ammunition and required to subdue combative role-players
- Training in diffusing riotous crowds during civil disturbances and physically gaining control of uncooperative subjects with a probability of physical strain and being struck in various parts of the body

Understanding the above requirements, by signing below, I: (please check one option below)

\_\_\_\_\_ Do Recommend

\_\_\_\_\_ Do NOT Recommend

\_\_\_\_\_ attend the Calcasieu Regional Law Enforcement Training Academy.

\_\_\_\_\_  
PHYSICIAN SIGNATURE

\_\_\_\_\_  
PHYSICIAN PRINTED NAME

\_\_\_\_\_  
DATE



**Calcasieu Parish  
Regional Law Enforcement  
Training Academy**

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**INFORMED CONSENT FORM**

The undersigned hereby gives informed consent to engage in a series of procedures relative to completing a written physical examination form, taking a battery of exercise tests and participating in a variety of physical activities. The purpose of the testing is to train law enforcement cadets on techniques to determine physical fitness, cardiovascular function and health status. All exercise testing and physical activity sessions will be supervised and monitored by Staff Instructors, emergency medical technicians and or certified defensive tactic instructors. These activities including running and callisthenic exercises performed in either field or classroom setting.

There exists the possibility that certain detrimental physiological changes may occur during exercise and exercise testing. These changes could include heat-related illness, abnormal heartbeats, abnormal blood pressure and in rare instances, a heart attack. If abnormal changes were to occur, the staff would take necessary steps for CPR-First Aid, or make contact with emergency medical assistance if needed.

I have read this form, understand that there are inherent risks associated with any physical activity, and recognize it is my responsibility to provide accurate and complete physical examination information. If my blood pressure reading is 140 over 90 or higher, the examining Emergency Medical Technician, and or Training Academy staff will not allow me to pre-test or continue doing any other physical activities until my physician clears me to do so. I will monitor my individual physical performance during any activity and **immediately** inform instructors of any physical discomfort. I also understand if I fail any of the required entry or graduation level testing abilities, then I did not complete the level successfully. It is also my responsibility to start a physical fitness wellness program at least 10-12 weeks prior to my pre-test date.

In the event of a medical problem, I further recognize that any medical care that may be required is my personal financial responsibility.

\_\_\_\_\_  
**Cadet Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Witness Signature**

\_\_\_\_\_  
**Witness Signature**

- *This form must be signed and returned with registration and physical examination forms  
(This does not apply to refresher cadet's only)*



**Calcasieu Parish  
Regional Law Enforcement  
Training Academy**  
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Phone (337) 491-3701. Fax (337) 494-1136

**EQUIPMENT NEEDED FOR FULL  
BASIC TRAINING SESSIONS**

**All cadets will be required to bring the below following to class everyday even though Firearms or Defensive Tactics is not scheduled. A schedule change may be unforeseen at the last minute.**

**Firearms Equipment and Dress Attire:**

- Unloaded duty weapon – due to safety regulations there will be **no single action** allowed.
- Complete duty nylon or leather rig belt – inner/outer belt, holster, magazine case, speeder loader case, and keepers (recommended)
- Ammo carrier – semi-automatics-3 magazines; revolvers-2 speeder loaders
- Eye protection – made for shooting (Preferred wrap around)
- Rain gear or change of clothes
- Gun cleaning kit – will be covered during class
- Ear protection – (Provided by Academy if cadet does not have own)
- Blue academy t-shirt (Shirts must be tucked in at all times)
- Khaki pants with belt loops (belts must be worn at all times)
- Black lace up boots or shoes and or running shoes
- Flashlight
- Caps – Highly Recommended with no explicit logos or sayings (Only to be worn when outside)
- Water Bottle

**Defensive Tactics Equipment and Dress Attire:**

- Blue academy t-shirt (Shirts must be tucked at all times)
- Khaki pants with belt loops (belts must be worn at all times)
- Complete duty nylon or leather rig belt – same as firearms
- Handcuffs and Handcuff key
- No firearms, tasers, OC spray, knives,
- Black lace up boots or shoes and or running shoes
- Support bra (women) and athletic cup (men) – (protection)
- Handcuffs, cuff case, and handcuff key
- Caps – Highly recommended with no explicit logos or sayings (Only to be worn when outside)
- Water bottle
- Because of hands on contact, fingernails must be cut short to help prevent scratching
- No jewelry allowed that may cause injury to yourself or others

**Physical Training Dress Attire:**

- Gray gym shorts or gray sweatpants
- Blue academy t-shirt (shirts must be tucked in at all times)
- Running shoes only
- Navy blue or black biker shorts to wear underneath gray gym shorts – (Optional but highly recommend)
- Navy blue or black turtle neck or sweatshirt allowed to be worn underneath academy t-shirt during cold weather – (optional)
- Water bottle
- Caps – Highly recommended with no explicit logos or sayings (Only to be worn when outside)