



Health & Physical Fitness Standards for New Recruits

Our Goals:

1. Provide recruits with basic information on Health & Fitness
2. Provide training standards to assist recruit prior to the first day of training
3. Prevent or reduce injuries

Prior to the recruits' first day as an Apprentice Police Officer, we encourage each recruit to physically and mentally start preparing their minds towards the lifestyle of Law Enforcement. Part of the life style consists of Health & Fitness. Listed are some areas that will help recruits with the transition and better prepare them during their training period.

Nutrition / Fitness:

Prior to the first day of training, each recruit must practice healthy eating habits in order to have sufficient energy to maintain classroom composure, meet physical fitness standards, and other related training demands.

Daily, recruits should be eating at least three balanced meals that consist of all the food groups: Fruits, Vegetables, Meats, Dairy Products and Bread & Cereals.

- 60% Carbohydrates: bread, rice, pasta, fruits & vegetables
- 20% Protein: meats, fish, dairy products
- 20% Fats: unsaturated fats / good fats

Practice calorie control with each meal and don't overeat.

Calorie control formula: Your body weight times 10 equals your total calories per day

Per meal: your total per day times the number of meals you eat per day.

If your goal is to be a certain weight prior to your arrival, then you would use your weight goal and times it by 10 to get your caloric consumption per day / meal to reach your goal. To maintain your weight, you would maintain your calorie control.

Some of the benefits of healthy eating habits:

- 1) Improved decision making
- 2) Increased self esteem
- 3) Sick time reduction
- 4) Better performance



Physical Fitness

Prior to your first day, each recruit is responsible for getting in shape. The following is a list of the diverse training that recruits will be exposed to during their training period:

Circuit Training / Cross Fit - various body weight and weight exercises

Running

Sprinting

Weight lifting – various exercises such as: bench press, squats, curls, pull-ups, sit-ups

Other challenging obstacle courses

Prior to the first day, we strongly encourage and **HIGHLY** recommend all recruits be in adequate physical condition to avoid injuries and prevent setbacks or terminations.

The following is a list of exercises that will prepare recruits:

- Stretching exercises to gain flexibility / mobility
- Push-up at least 40 correct push-ups – recruits will do **MANY OF THESE**
- Sit-ups (at least 40 correct sit-ups) hands behind head or ears, elbows must touch thighs
- Sprints (at least 300 meters)
- Run a 1.5 mile in at least 12 minutes

Conclusion

The Tulsa Police Department places high demands on recruits because they are the future leaders of the Tulsa Police Department. Each recruit will be challenged daily and are expected to give maximum effort. From day one, all will be responsible for their physical and mental readiness and will be required to work as a team to address all challenges and contingencies. To be mentally and physically prepared, each recruit is encouraged to utilize the listed information to assist with the transition prior to first day of training. This training isn't mandatory but serves as a guide to prevent injuries and better prepare recruits prior to arrival.

For further questions, contact the Recruit Class Coordinators or the Physical Fitness Coordinator.

Good luck with your training.