

Date Revised: 11/2019

Course Goal: To have recruit officers experience as close to reality as possible, the feeling of being both mentally and physically exhausted and to let training take over as a survival method in a life and death situation.

Session Goal: Given a role-play scenario, the student will be put in a strenuous and taxing situation where their minds will play a role in wanting to stop.

Learning Objectives:

- Reinforce the will to survive
- Reinforce the importance of being physically fit
- Reinforce to the recruit officers to never give up
- Reinforce the importance of being mentally strong

Session Time: 4 hours

Resources:

- Recruits handgun with two magazines
- Sam Browne with baton
- Eye and hearing protection
- Ammo 9mm
- Body armor for each recruit
- Police vehicle
- Mule or bicycle for the run
- Targets
- Mat Room
- Focus mitts
- Mats for push-ups and sit-ups
- 'Numb John' for baton strikes
- Run area secured with chain locked in place with training sign
- 1 radio for emergency notifications
- First aid kit with trauma kit
- Stop watch for run and calisthenics

Session Summary: The instructor will begin with a walk through with the recruit officers showing them the location of each event. The instructor will brief the recruits with the shooting sequence of the last event, shooting on the move. The instructor will have the recruits load their magazines 4 rounds in the first magazine and 6 rounds in the second magazine. The recruits will stage up all their equipment against the wall in between range B and C in the order they are called. The recruits will be given a safety briefing inside the mat room where they will stretch.

Outline	Instructor Notes
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<p>I. Set up and Safety Briefing.</p> <p>A. The instructor will ensure the students stretch properly prior to conducting the sequence of events.</p> <p>II. Event 1: 600 yard run.</p> <p>A. Description</p> <ol style="list-style-type: none">1. The students will be equipped with their Sam Browne (with baton) and vest. The magazines will be loaded in the magazine pouch.2. The run shall begin at range "C" at the north end of the building. The runner will be sitting in the passenger seat of a police vehicle. The time will start when the student exits the vehicle. The runner shall run to a cone placed in the crosswalk between the guard shack and the armory of the Davis Facility. The student will turn around and run back to the south end of range "C."3. Instructor's following the runner shall not drive onto the sidewalk of range C for any reason. The instructor must exit the vehicle at the sliding gate.4. The run is a timed event with the best possible time being 85 seconds.	<p><i>"Sometimes we're tested, not to show our weaknesses, but to discover our strengths."</i> <i>-unknown</i></p> <ul style="list-style-type: none">✓ <i>Quality through continuous improvement</i>➤ Ensure tactical challenge sheet is completed.➤ Mop the mats inside the mat room and mats outside before and after use.➤ Ensure the chain is fastened and the run path is secure.➤ The instructor will do a walkthrough with the students which will include demonstrating a proper sit-up and push-up.➤ The students will load the first magazine with 4 rounds and second magazine with 6 rounds (Do not make ready for live fire prior to the shooting event)➤ The students will enter the mat room and stretch while the instructor gives a briefing.➤ The instructor will demonstrate how to properly strike the mitts.
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5. The maximum score possible in this event is 100 points
6. One point shall be subtracted for every second the runner takes longer than 85 seconds
7. If a student runs the course in less than 85 seconds 1 point for every second under 85 will be added to the students score of 100

III. Event 2: Baton strikes

- A. The goal of the baton strikes is to simulate an altercation where a less lethal force is used.
 1. After the run the student will encounter a combative suspect (Numb John).
 2. The student will use proper baton strikes while verbalizing with the suspect.
 3. The responsibility of the instructor is to make the recruit work for approximately 35-45 feet moving the 'Numb Jon' backwards.

- Ensure the students are striking the Numb Jon on the proper target areas
- Remind the students to verbalize with the suspect

IV. Event 3: Pugilistics

- A. The goal of doing pugilistics is to simulate an altercation with a suspect in the field.
 1. Student will enter the mat room after removing their running shoes, Sam Browne and vest.
 2. Student will properly do pugilistics for two minutes using focus mitts.
 3. The instructor's responsibility

- Students will use open palm strikes, elbows, knees and kicks

is to make sure the student is using proper technique and make the recruit work.

V. Event 4: Grappling

A. The goal of the grappling event is to simulate an altercation with a suspect in the field.

1. Student will take a position on their knees after pugilistics.
2. The instructor will grapple with the recruit for two minutes. If the recruit is able to take the instructor into custody before the two minutes has expired the grappling session shall start over
3. The instructor's responsibility is to make the recruit work. The instructor should place the recruit in difficult situations, **but never attempt to submit the recruit**. The instructor should always be mindful of injuries and never attempt a technique that will injure the recruit
4. Due to the instructor allowing the recruit to attain certain positions or holds during the two minutes of grappling, there shall be no points associated with the grappling

- The instructor will remind the student to verbalize to the suspect.

<p>VI. Event 5: Sit-ups</p> <p>A. Description</p> <ol style="list-style-type: none">1. The maximum score possible in this event is 1002. The recruit receives one point for each sit-up completed3. There is a two minute time limit for sit-ups <p>VII. Event 6: Push-ups.</p> <p>A. Description</p> <ol style="list-style-type: none">1. The maximum score possible in this event is 100.2. The recruit receives two points for each push-up completed.3. There is a one minute time limit for this activity. <p>VIII. Event 7: Shooting on the move.</p> <p>A. All firearm and range safety guidelines shall be followed. A TTU HITS instructor shall be present and wearing body armor during all live fire training.</p> <ol style="list-style-type: none">1. This event is conducted on range "C".2. Each recruit has two magazines. First magazine has 4 rounds and the second	<p>➤ Positive reinforcement is essential for the students to be successful in the completion of Tac Challenge.</p> <p>➤ Encourage the students to not give up!</p> <p>➤ The HITS instructor will make ready for live fire when the student steps on the range just prior to shooting the live fire course.</p>
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magazine has 6 rounds.

3. The recruit has 15 seconds to complete the course of fire.
4. The recruit fires four rounds from the barricade position at the 51 foot line, then conduct's an out of battery speed reload.
5. The recruit fires six more rounds while moving forward at a 45-degree angle to the 21 foot line, where there is a position of cover.
6. The maximum score possible in this event is 100.
7. Ten points for each round fired that strikes the target in the designated area.
8. 10 points is deducted for every shot fired after the 15 second time limit.

IX. Debrief as a large group

A. Procedures

1. After each recruit has completed the 7 events the scores are tallied and read to the recruits.
2. Each recruit is evaluated in the areas where strengths and weaknesses are identified. This allows the

➤ **Reinforce the Will to Survive!**

Before debriefing a clearing run will be conducted to ensure the recruits have no live ammo.

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recruits to make a personnel self-evaluation of their overall commitment to being a complete officer.

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