DEFENSIVE TACTICS COURSE RULES

PERSONAL ITEMS:

Weapons:
- No weapons are allowed.
- Practice weapons are provided.

Clothing:
- Wear a T-shirt (short or long-sleeved) or sweatshirt (also with sleeves).
- Wear sweat pants or appropriate gym shorts to help avoid mat burns.
- Do not wear tank tops or body suits.
- Do not wear blue jeans.
- Clothing must be in good condition and appropriate for this type of program.
- Only socks or shoes made for mats will be allowed.

Jewelry:
- No earrings, watches, necklaces, or other face jewelry may be worn.
- No finger rings other than plain band rings may be worn.
- Rings that cannot be removed will need to be taped.

Fingernails must be short and trimmed and acrylics must be taped.

Personal Hygiene:
- This course requires strenuous practice and close physical contact.
- Deodorant must be worn daily.
- Make sure clothes are fresh each day.

Energy and Hydration:
- Drink plenty of water and/or sports drinks with electrolytes.
- Eat plenty of fruit, especially bananas and apples.
- Bring some quick snacks as an energy source.
- Avoid heavy meals at breakfast and lunch.

SAFETY PROCEDURES:

Safety is the first priority:
- Safety rules will not be compromised at any time.
- Anyone who violates the rules or disregards the safety of others will be asked to leave.

NO HORSEPLAY (including breaks).

Practice ONLY the techniques presented during the course.

Use the “PAT OUT” (slapping your chest) signal when a technique applies too much stress to muscles or joints. Upon hearing or feeling a PAT OUT, reduce the level of tension, but maintain the technique until an instructor tells you to disengage.

In the practice area, keep the surface (mats) free of clothing and/or equipment.

Maintain a safe distance between you, your partner, instructors and other training participants.

- Increase your distance during the Weapons Retention, Disarming Techniques and Tactical Baton sessions.
- DO NOT practice near walls, tables or other objects you may fall over.

Warm-up exercises are required in the morning, after lunch, and other times when students have been sitting for more than a half hour. This is to prepare your muscles and joints for physical activity, and lessen the chance for injury. You are expected to be on time and participate.

Practice:

- Slowly gain control and accuracy before practicing for speed.
- If you have questions or problems with a technique, ask an instructor rather than another training participant to help you.

INJURY PROCEDURES:

No one will be allowed to attend the Defensive Tactics Academy without a "Fit for Training" form in the file. This requirement is a part of the Safety Training Policy. All questions regarding injuries shall be dealt with by the Lead DT Instructor. The Lead DT Instructor is responsible for all that occurs during this academy.

If you are injured during class:

- Immediately advise an instructor of ANY injury.
- DO NOT "just shake it off." A minor injury may become a major injury should you continue with the class.
- You may be required to seek a medical assessment.
- You must submit an incident report regarding the circumstance and type of injury to the Lead DT Instructor. The original report should be forwarded to the Officer Safety Education Specialist.

The Lead DT Instructor will fill out a Workmen's Compensation form or direct the student to do so with the student's department. A copy should be submitted with the Incident Report.

CLASSROOM ATTENDANCE:

100 % attendance and participation is required.

You must be on time, and ready to begin warm-up exercises each day. Promptly return from lunch and breaks.

You are required to sign a class attendance roster at the beginning of each academy.

You must report to an instructor if you plan to leave the class for any reason, and report again when you return. This must be approved in advance by the Lead DT Instructor and will be documented for your department.