

## Participant Reference Guide

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### Pets

DOC employees and persons employed by contracted facilities are not allowed to have pets in the dorm facilities. Prior approval from the OCCDC Training Manager is granted for service animals. Please notify us as soon as possible if you are planning to bring a service animal.

### Phone Calls and Mail

Routine phone messages and any participant mail will be given to the class coordinator for delivery. A staff member will carry emergency messages immediately to the participant.

### Physical Standards Requirements for Correctional Officer Cadets

As a portion of your training in the Basic Correctional Officer Cadet Academy you will be required to actively participate in physical conditioning and successfully complete a course in basic self-defense. Participants who participate in a regular physical fitness program are less likely to encounter problems or sustain injuries during physical training.

Listed below are the academy's physical conditioning activities that begin on the second day of training with a basic physical assessment which includes a 1.5 mile run/walk, one (1) minute of push-ups and one (1) minute of sit-ups. These activities are performed at the individual participant's own pace and current ability. Physical conditioning will continue, at a minimum of, one hour (1) per day, three (3) days per week. The duration and endurance maximums listed below are goals rather than requirements, and not all activities are performed every day.

Participants are also required to act as a subject during self-defense training, which will include having wrist joints, elbow joints, and shoulder joints manipulated to a controlling posture.

<b>Aerobic Activities</b>	<b>Duration</b>
Walking	3-5 miles
Jogging	1-3 miles
Running	.25 - .5 mile
Sprinting	100 yards
Aerobics	45 minutes
Climbing Stairs	20 flights
Jumping	30-50 reps
Side Straddle Hop	50 reps
Lateral Runs	20 yards X 10
Backward Runs	20 yards X 10