Basic Police Academy
Information Packet

Cuyahoga
Community
College

PUBLIC
SAFETY
A TRI-C® CENTER OF EXCELLENCE

TO: Prospective Cadets
FROM: Rachael Sedlak, Coordinator

Thank you for your interest in the Cuyahoga Community College (Tri-C®) Basic Police Academy. Find answers to frequently asked questions below:

What are the admission requirements?

You must:

- Have your high school diploma or GED
- Be a U.S citizen with a valid Ohio driver's license with full driving privileges
- Be in good physical condition, as documented by a physical exam signed by a licensed physician
- Pass a background check, nine-panel drug screen and Physical Fitness Assessment (PFA)
- Complete the application process for the academy

We recommend you be at least 21 years old by the time you complete the academy, as you currently cannot hold a commission until this age in Ohio.

When does the academy start, and how long does it run?

We offer three academies each academic year. In the fall semester, beginning on the last Monday in August, we offer two academies: a full-time day academy and a part-time evening and Saturday academy. During the spring semester, we offer a full-time day academy that begins around the first Monday in February. A complete academy consists of four Criminal Justice courses that must be completed: Police Academy I, II, III, IV.

When and where do the classes meet?

The full-time academies are held Monday through Friday from 8 a.m. – 5 p.m., with some weekend training sessions. The part-time academy is held Monday through Thursday from 6-10 p.m. and every Saturday and some Sundays from 8 a.m. – 5 p.m. Classes are located on the Western Campus at the KeyBank Public Safety Training Center at 7029 Homewood Ave., Parma Heights.

How much does the academy cost?*

The current total cost for in-county residents is about $5,875. Tuition includes:

- Twenty-four academic hours
- Two noncredit courses
- Classroom materials
- Handouts and the Ohio Peace Officer Training Commission curriculum
- American Heart Association First Aid/CPR certification
- Two uniform polos and two uniform PT shirts
- Optional use of duty gear and firearms
- The cost of one attempt to pass the State Certification Exam

Since you will earn college credit, eligible students may use financial aid. Veterans can also use their benefits.

What is not included in the academy cost?*

The tuition does not cover:

- The nonrefundable $25 PFA fee
- $140 technology fee for two semesters ($70 per semester)
- $40 pre-entrance drug screen (paid directly to screen agency)
- A pre-entrance physical exam, paid directly to the medical provider
- Required uniform pants (about $25 per pair)
- Ammunition for handguns and shotguns (about $345)
- The cost of $60 per hour make-up

How do I apply for the academy?

The application process starts online at tri-c.edu/workforce/public-safety/law-enforcement/basic-police-academy.

What should I do to prepare for the academy?

The biggest obstacle most applicants face is the PFA. We recommend beginning a physical fitness workout routine. See the following page for standards and an idea of how to prepare.

How do I register for academy classes?

Individuals cannot register for the credit and noncredit classes associated with the Basic Police Academy. This is done by the academy office through the Enrollment Center after the roster is set.

Tuition or fees are subject to change without notice.

Cuyahoga Community College
Public Safety Training Center Law Enforcement Division
Physical Fitness Assessment

WHAT TEST STANDARDS MUST BE MET?

Applicants must complete and pass all three Physical Fitness Assessment (PFA) events — sit-ups, push-ups and a 1.5-mile run — during the same testing session based on the Cooper Standard 30th percentile to be considered for the Tri-C Basic Police Academy. If you are injured or recovering from an injury, you will not be tested and will need reschedule when you are completely recovered. To graduate from the Basic Police Academy, cadets must exit at the 50th percentile.

The entry standards are as follows:

		COOPER INSTITUTE OF AEROBIC RESEARCH STANDARDS				
		30th percentile				
AGE		20-29	30-39	40-49	50-59	60+
MEN	1.5-Mile Run	13:16	13:46	14:34	15:58	17:38
	Sit-Ups (1 Minute)	35	32	27	21	17
	Push-Ups (1 Minute)	26	20	15	10	8
WOMEN	1.5-Mile Run	15:52	16:38	17:22	18:59	
	Sit-Ups (1 Minute)	30	22	17	12	
	Push-Ups (1 Minute)	13	9	7	9*	

*modified push-ups

HOW TO PREPARE FOR THE TEST?

PHYSICAL FITNESS ASSESSMENT PREP / TRAINING ROUTINES						
	MAX PUSH-UPS and SIT-UPS 3X/WEEK Determine your max push-up/sit-ups for the initial training repetition dose (ITRD). Add two repetitions for each successful week.		**1.5-MILE RUN** The progressive routine below is proven to gradually increase your running endurance. If applicable, you may advance the schedule on a weekly basis and then proceed to the next level.			
	SETS	REPS	ACTIVITY	DISTANCE	MAX TIME	FREQUENCY
1	1	ITRD	Walk	1 mile	17-20 min	5x/week
2	2	ITRD+2	Walk	1.5 miles	25-29 min	5x/week
3	3	ITRD+4	Walk	2 miles	32-35 min	5x/week
4	3	ITRD+6	Walk	2 miles	28-30 min	5x/week
5	3	ITRD+8	Walk / Jog	2 miles	27 min	5x/week
6	3	ITRD+10	Walk / Jog	2 miles	26 min	5x/week
7	3	ITRD+12	Walk / Jog	2 miles	25 min	5x/week
8	3	ITRD+14	Walk / Jog	2 miles	24 min	5x/week
9	3	ITRD+16	Jog	2 miles	23 min	4x/week
10	3	ITRD+18	Jog	2 miles	22 min	4x/week

Basic Police Academy Application Process

Students must complete all the steps in the application process listed below to be considered for the Basic Police Academy. We encourage you to complete these actions simultaneously so you can work through the entire process in a timely manner.

	I am in good academic and financial standing with Tri-C (past or current student).
	I have been accepted as a student at Tri-C by completing the admission/readmission or transfer application at **tri-c.edu/apply**.
	My student status reflects the Criminal Justice/Police Academy Major Codes S606 or S608.
	I have submitted an official high school or GED transcript, other college transcript(s) and/or my military credit to the Tri-C Office of the Registrar/Enrollment Center (NEW students only). A DD214 is required for all veterans.
	I have taken and scored at or above the entry level on my math and English assessment tests (NEW students only).
	I have successfully signed in to the *my Tri-C space* account created for me by the College.
	A form of payment has been established (select all that apply): Financial aid Payment plan Veterans benefits Out of pocket Scholarship(s) Third party:_____
	I have completed the online application.
	I have completed my nine-panel drug screen.
	I have completed the SF114 Student Health Data Form (student and physician portion) and returned it to the academy office. This form must be turned in BEFORE you take the PFA.
	I have requested a certified copy of my driving record from the BMV.
	I have completed and passed all three PFA events AND have paid the nonrefundable application fee of $25.
	I have completed the BCI&I/FBI National WebCheck® for Law Enforcement background check.
	I have completed and returned the following forms to the academy office: • SF114 Student Health Data form (must be turned in before PFA) • Copy of Certificate of Release or Discharge from Active Duty (DD Form 214) for veterans, if not previously emailed • SF147 Authorization of Use or Disclosure of Drug Screen Information form • SF102 Request for National WebCheck® • Certified copy of three-year driving record from BMV • SF104 FERPA Consent to Release Student Information Form • SF101 Student Disclosures and Statement of Understanding