

**Version 9 Cadet Training Program
Applied Police Sciences Outline**

Session	Description	# of Hours
Module 1		
M01s01	History of the Force/Heritage Centre	2
M01s02	Evolution of policing	4
M01s03	Mission/vision/core values/strategic priorities/service standards	2
M01s04	Community policing	1
M01s05	CAPRA	3
M01s06	Fitness club scenario: CAPRA	1
M01s07	Problem based learning/learning journals	2
M01s08	Discrimination and harassment scenario: CAPRA/teamwork	2
M01s09	Ethics in policing	2
M01s10	Bias-free policing	1
M01s11	Negotiation/mediation/conflict resolution	2
M01s12	Notetaking/Learning Resource Centre	3
M01s13	Human rights/harassment/discrimination	2
M01s14	Discrimination and harassment scenario: CAPRA	1
M01s15	Develop formal presentations	1
M01s16	Team presentations on harassment and discrimination	2
M01s17	Discrimination and harassment scenario: CAPRA	1
Module 2		
M02s01	Telephone call for assistance scenario: CAPRA/telephone communication	2
M02s02	Telephone call for assistance scenario: risk assessment and CAPRA	2
M02s03	PROS: introduction	1
M02s04	Non-verbal communication/PROS: open an occurrence	3
M02s05	Front counter role plays/PROS: open the front counter occurrence	2
M02s06	CPIC	3
M02s07	PROS: search, tasking, officers/units, general report	2
Module 3		
M03s01	Theft scenarios: CAPRA	1
M03s02	Radio communications	1
M03s03	Theft: elements of the offence	2
M03s04	PROS: tasking, rework, open an occurrence/witness and note taking role play	3
M03s05	Parties to offence/accessory after the fact/theft and theft related	3
M03s06	Witness interviews/theft scenario: witness interview role plays	3
M03s07	PROS: physical descriptors, current officers, general report, paper document, paper witness statement	2
M03s08	Type of offence & punishment	2
M03s09	PROS: supplementary report, summary window, quick entry	1
M03s10	Theft scenario: CAPRA	2
M03s11	Theft role plays	4
M03s12	Reserved for future development	1
Module 4		
M04s01	Cause a disturbance scenario: CAPRA	2
M04s02	Cause a disturbance scenario: risk assessment	2
M04s03	Research anger management and mediation	3
M04s04	Road to Mental Readiness	4

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Session	Description	# of Hours
M04s05	Team presentations on anger management and mediation	2
M04s06	Charter of Rights and Freedoms	1
M04s07	De-escalation role plays	7
M04s08	Powers of arrest and limitations	3
M04s09	Information/summons/subpoena	2
M04s10	PROS: Module 3 and theft scenario occurrences review, alias & variant entities	2
M04s11	Officer/violator contact role plays	7
M04s12	Powers of arrest review quiz	1
Module 5		
M05s01	Mischief scenario: CAPRA	3
M05s02	Evidence/photography	1
M05s03	Mischief scenario: photography role plays	2
M05s04	PROS: property	2
M05s05	Mischief scenario: witness interview role plays/PROS: involved vehicle	3
M05s06	Powers of release	3
M05s07	Use of force law and policy/IMIM scenarios	3
M05s08	Firearms law and policy/firearms case studies/mischief scenario: risk assessment	2
M05s09	Suspect interviews	3
M05s10	Disclosure	2
M05s11	Release procedures/PROS: charges	3
M05s12	Prosecutor's information sheet	1
M05s13	PROS: UCR, PROS & Module 5 review	2
M05s14	Mischief scenario: CAPRA and community justice forum	1
M05s15	Community profile	2
M05s16	Community consultative groups	1
Module 6		
M06s01	Assault (child abuse) scenario: CAPRA/research child abuse	2
M06s02	Offence of assault/1 hour reserved for future development	2
M06s03	Outside presentation: Victim Services	1
M06s04	Assault (child abuse) scenario: risk assessment (info gathering and en route)	1
M06s05	Offence of obstruction/assault (child abuse) scenario: arrest	2
M06s06	Assault (child abuse) scenario: risk assessment (entry & interior)	2
M06s07	Searches and warrantless searches	2
M06s08	Arrest, handcuff, search and seizure role plays	2
M06s09	Prisoners: care and handling	2
M06s10	Prisoners: transport and booking	2
M06s11	Team presentations on child abuse	2
M06s12	Identification of Criminals Act	1
M06s13	Finger and palm printing	3
M06s14	Persons in custody	1
M06s15	Reserved for future development	2

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Session	Description	# of Hours
M06s16	PROS: victim report/assault (child abuse) scenario: victim statements, suspect interviews	3
M06s17	Outside presentation: child abuse/indicators of abuse, and injuries	1
M06s18	Powers of release review	1
M06s19	Assault (child abuse) scenario: charges and release	1
M06s20	Competency based management	1
M06s21	PROS: Module 5 occurrence review, Module 6 review, UCR	3
M06s22	Assault (child abuse) scenario: CAPRA	1
M06s23	Powers of release review quiz	1
M06s24	Code of Conduct	1
Module 7		
M07s01	Domestic violence (assault causing bodily harm) scenario: CAPRA and risk assessment (info gathering)	1
M07s02	Family violence multimedia: Modules 7 & 8	1
M07s03	Domestic violence involving colleague: CAPRA	1
M07s04	Outside presentation: domestic violence	2
M07s05	Domestic violence (assault causing bodily harm) scenario: risk assessment (en route & arrival)	2
M07s06	Weapons offences/family violence multimedia: Module 9	2
M07s07	PROS: filter tasks, add a caution	1
M07s08	Search warrants	3
M07s09	Domestic violence (assault causing bodily harm) scenario: risk assessment (interior & exit)/risk assessment case studies	2
M07s10	Domestic violence role plays	4
M07s11	PROS: Module 6 occurrence review	1
M07s12	Domestic violence (assault causing bodily harm) scenario: release	1
M07s13	Domestic violence (assault causing bodily harm) scenario: witness and suspect interview role plays	3
M07s14	Domestic violence (assault causing bodily harm) scenario: CAPRA/offence of criminal harassment	2
M07s15	Family violence multimedia: Module 10	2
M07s16	Outside presentation: persons with physical challenges	1
Module 8		
M08s01	Elder fraud and false pretence scenario: CAPRA	1
M08s02	Outside presentation: elder abuse	1
M08s03	Elder fraud and false pretence scenario: suspect interview role plays	2
M08s04	Offences of fraud and false pretence	1
M08s05	Module 7 forms review/PROS: BOLO	2
M08s06	Warrant for arrest	3
M08s07	Elder fraud and false pretence scenario: risk assessment (info gathering) and release	3
M08s08	Organized crime	1
M08s09	Elder fraud and false pretence scenario: CAPRA/PROS: Module 8 occurrence review	1
Module 9		
M09s01	Youth break and enter scenario: CAPRA	1

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Session	Description	# of Hours
M09s02	Youth Criminal Justice Act	2
M09s03	Investigative detention	1
M09s04	Offence of break and enter and related offences	3
M09s05	Youth break and enter scenario: risk assessment (approach)/young person's suspect interview taking	2
M09s06	Youth break and enter scenario: young person's suspect interview role plays	3
M09s07	PROS: Module 7 occurrence review, alarm system, occurrence activity log	1
M09s08	Offence of possession of property obtained by crime/youth break and enter scenario: search warrant	2
M09s09	Youth break and enter scenario: search, seizure and arrest role plays	5
M09s10	Youth break and enter scenario: release	2
M09s11	Youth break and enter scenario: extrajudicial measures or charge	1
M09s12	Community justice forum role play	2
M09s13	Outside presentation: Youth Criminal Justice Act	2
M09s14	Individual learning plan	1
Module 10		
M10s01	Impaired driving scenario: CAPRA	1
M10s02	Driving and impaired driving offences	4
M10s03	Impaired driving (office violator contact) role plays	7
M10s04	Impaired driving scenario: CAPRA	1
M10s05	Outside presentation: suicide	4
M10s06	Next of kin notification role plays	3
M10s07	PROS: Module 9 occurrence review/Module 10 review	2
M10s08	Outside presentation: problem gambling or alcoholism	1
Module 11		
M11s01	Sexual assault scenario: CAPRA/risk assessment	3
M11s02	Outside presentation: biohazards	1
M11s03	Sexual assault scenario: CAPRA/risk assessment/field interview	2
M11s04	ViCLAS	1
M11s05	Victim interview	1
M11s06	Exhibits/forensic laboratories	1
M11s07	Sexual assault scenario: CAPRA/risk assessment/suspect interview	2
M11s08	DNA	1
M11s09	PROS: Module 10 occurrence review, tasking across units or domains, link related occurrences, save and run searches, CPIC man	2
M11s10	DNA	2
M11s11	Sexual assault scenario: CAPRA/National Sex Offender Registry	1
Module 12		
M12s01	Drug scenario: CAPRA/Controlled Drugs and Substances Act	2
M12s02	CAPRA risk assessment and Occupational Health	1
M12s03	CDSA: role plays	4
M12s04	Cannabis Act	3
M12s05	Cannabis Act: role plays	4
M12s06	Drug /Cannabis scenario interviews	2

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Session	Description	# of Hours
M12s07	Drug/Cannabis –handling exhibits	1
M12s08	Indicators and hazards of marihuana grow ops and chemical clan labs/first responder steps	1
M12s09	Review CDSA and Cannabis Act. Review Police Dog Services	1
M12s10	Intelligence led policing, annual performance plan	1
Module 13		
M13s01	Missing person scenario: CAPRA and risk assessment	1
M13s02	Blanket exercise	3
M13s03	Truth and reconciliation/missing person scenario: next steps/Missing and Murdered Indigenous Women and Girls Inquiry	2
M13s04	IMIM tabletop scenarios	2
M13s05	Missing person scenario: CAPRA	2
M13s06	Investigational considerations for vulnerable populations	2
M13s07	Missing person scenario: CAPRA/PROS: Module 12 occurrence review	1
Module 14		
M14s01	Mental health scenario: CAPRA and risk assessment (information gathering and en route)/suicide by cop	1
M14s02	Outside presentation: persons with cognitive challenges/crisis intervention and de-escalation	2
M14s03	Excited delirium syndrome	1
M14s04	Mental health acts/policy, procedures and documentation	1
M14s05	Mental health scenario: guided de-escalation	2
M14s06	Mental health scenario: scenario role plays	4
M14s07	Mental health scenario: CAPRA	
M14s08	Field Coaching Program	1
Module 15		
M15s01	Courtroom testimony scenario: CAPRA/court system	1
M15s02	Courtroom demeanour	1
M15s03	Court brief	1
M15s04	Courtroom testimony role plays/PROS: end users' exam	7
M15s05	Outside presentation: parole	1
M15s06	Outside presentation: Member Workplace Services Program	1
M15s07	Federal statutes/terrorism	2
Other		
	Midterm Exam	2
	Final Exam	3
	First Detachment	21
	Second Detachment	14
	Practice Detachment	11
	Final Detachment	14
	On call Scenarios	Various
	Half way Progress Reports	3
	Final Progress Reports	3

**Version 9 Cadet Training Program
Police Defensive Tactics Outline**

Session	Description	# of Hours
1	IMIM	1
2 & 3	7 stages of risk assessment/7 tactical principles of officer safety	2
4	AIM/discharging of firearms	1
5	Stances and pain sensitive areas	1
6 & 7	Five areas of concern/arrest/speed handcuffing (standing and kneeling)/steel wrist lock/"C" clamp escort/removal of handcuffs	2
8	DARCS/standing subject search	1
9	Prone handcuffing procedure – method 1/prone subject search	1
10 & 11	Building approaches/entries/searching	2
12	Building approaches/entries/searching practical application	1
13	Passive resistant subject escort/standing controlled handcuffing	1
14	Falls and straight arm bar takedown from the passive resistant subject escort position to the front half mount and handcuffing	1
15	Controlled handcuffing from the front half mount/off set mount/ controlled handcuffing from the off set mount	1
16	Takedowns and turnover	1
17	Legal articulation	1
18	Learning demonstration	1
19 & 20	Test #1	2
21	OC spray	1
22 & 23	OC spray exposure	2
24	OC spray strategies and tactical movement	1
25 & 26	CEW practical	2
27	Fist, palm heel and knee	1
28	Blocks	1
29	Elbow, hook, uppercut strikes	1
30	Foot strikes	1
31	Ground defence	1
32	Strikes and blocking strategies and tactic	1
33	Strikes simulation (rings)	1
34	Multiple subject scenarios working with a partner/cadet re-testing	1
35	Introduction to defensive baton/target zones/closed mode strikes/closed	1
36	Defensive baton open and closing/ low profile carry/open mode strikes/ open mode takedown	1
37	Defensive baton strikes/shielding/ baton retention	1
38	Application of baton skills/weapon retention	1
39 & 40	Building approaches, entries and searches practical – medium risk	2
41	Flashlight techniques	1
42	Rescue techniques	1
43	Learning demonstration	1
44 & 45	Test #2	2
46 & 47	Edged and impact weapon defences	2
48	Short barreled weapon defence	1
49	Long barreled weapon defence	1
50 & 51	Carotid control – three methods/handcuffing/recovery position	2

**Version 9 Cadet Training Program
Police Defensive Tactics Outline**

Session	Description	# of Hours
52	Carotid control – from the rear/turning the subject	1
53	Carotid control – from the front	1
54	Carotid control – weapon retention/push back/carotid defences	1
55 & 56	Introduction to grappling and body hold releases	2
57	Ground defence guard positions	1
58	Grounded headlock escapes	1
59	Mount escapes and maintaining the mount	1
60	Side control: maintaining and escaping	1
61	Breakdown from the four point	1
62	Inside control body lock takedowns	1
63	Ground defence simulation (rings)	1
64	Single officer high risk arrest with and without separation from a weapon	1
65	Learning demonstration	1
66 & 67	Test #3	2
68	Application of cord cuff and introduction to TranZport Hood	1
69	Handcuffing a resistant subject with a partner simulation	1
70 & 71	Vehicle extractions and insertions	2
72	High risk arrest with a partner with and without separation from a weapon, and securing an unresponsive person	1
73 & 74	IARD – hallway movements and rescues	2
75	IARD – stairways and breaching	1
76	IARD – room entries	1
77 & 78	IARD – firearm safety and SecuriBlank/FX practice scenarios	2
79 – 84	IARD – indoor test scenarios	6
85 – 87	IARD – angles and cover	3
88 – 90	IARD - outdoor practical – working around PC/movement in open areas	3
91 & 92	Simulations	2
93 & 94	Simulations	2

**Version 9 Cadet Training Program
Firearms Outline**

Session	Activity
1-2	ALL - Orientation, Firearms Safety, Equipment Set--Up, FTU Tour
3-4	ALL - Pistol Issue, Nomenclature, Field stripping
5-6	ALL – Big 4 Shooting Fundamentals, Dry Firing
7-8	ON - Manipulations, Loading OFF - Pistol Cleaning
9-10	ON – 1 st Live Fire Shooting Drill, Pistol Practice OFF – Firing Pin Cleaning
11-12	ON – Pistol Practice OFF – Stoppage Clearing Lecture
13-14	ON – Pistol Practice OFF – Stoppage Clearing Drills
15-16	ON – Pistol Practice OFF – Shooting Fundamentals Self-Assessment
17-18	ON – Pistol Practice OFF – Intro to Simulator
19-20	ON – Pistol Practice OFF – Simulator #1
21-22	ON – Pistol Practice, Stoppage Clearing Assessment OFF – Pistol Practice, Intro to On Cover
23-24	ON – Pistol Practice, Benchmark Practice OFF - Pistol Practice - On Cover
25-26	ON – Benchmark #1 OFF – TBD
27-28	ON – Pistol Practice (Accuracy with speed) OFF – Pistol Practice (Extended Range, All Positions)
29-30	ON - Pistol Practice, On and Off Cover OFF - Shooting in Operational Clothing
31-32	ON – Pistol Practice OFF – Simulator #2
33-34	ON - Pistol Practice (Extended Range, All Positions) OFF - Pistol Practice (Accuracy with Speed, Self-Assessment)
35-36	ALL – Intro to Shotgun
37-38	ON - Pistol Practice OFF - Shotgun Skills
39-40	ON – Pistol Practice OFF – Simulator #3
41-42	ON – Pistol Practice OFF – Shotgun Skills
43-44	ON – Pistol Practice (Low light/Flashlight techniques) OFF – Simulator #4

**Version 9 Cadet Training Program
Firearms Outline**

Session	Activity
45-46	ON – Pistol Practice OFF – Shotgun Skills
47-48	ON – Shotgun Skills OFF – Simulator #5
49-50	ON – Benchmark #2 (SHOTGUN QUALIFICATION) OFF - Pistol Practice
51-52	ON – Pistol Practice OFF - Simulator #6
53-54	ON – Benchmark #3 (PISTOL QUALIFICATION) OFF - Pistol Practice - One handed drills
55-56	ON – Pistol Practice - Night COF OFF - Tactics (Dry) Static and Walking Turns
57-58	ON – Simulator #7 OFF – Mental Resilience Case Study
59-60	ON – Pistol Review OFF – External Investigations
61-62	ON - Final Proficiency Check, Marksmanship Awards (5 Stage COF) OFF - Neutralization
63-64	ON - Final Review, Skill Retention OFF - Shotgun Cleaning and Pistol Shipping
37.5 hours	Carbine Training

**Version 9 Cadet Training Program
Police Driving Outline**

Session	Description	# of Hours
1 & 2	Orientation lecture	2
3 & 4	Orientation drive	2
5 & 6 A	DSim #1 (radio)	1
5 & 6 B	DSim #1 (drives)	1
7 & 8	Patrol drive #1	2
9 & 10 A	DSim #2 (radio)	1
9 & 10 B	DSim #2 (drives)	1
11 & 12	Patrol drive #2	2
15 - 18	Patrol drive #3	4
19 & 20 A	Spike belt lecture/practice	1
19 & 20 B	DSim #4 (drives)	1
21 - 23	Collision investigation	3
24 - 30	Collision investigation	7
31	AEVOC lecture	1
32	Highway/gravel road lecture	1
33 - 38 A	Highway drive	3
33 - 38 B	Gravel road/4x4 track drives	3
39 - 52	AEVOC	14
53 & 54	DSim #5 (EVO 101)	2
55 & 56	EVO lecture	2
57 & 58	EVO exposure	2
59 & 60	DSim #6 (EVO 101 communication drives)	2
61 - 63	EVO	3
64 - 66	High risk vehicle extraction	3
67	EVO exam	1

**Version 9 Cadet Training Program
Drill and Department Outline**

Session	Description	# of Hours
1	Orientation/Drill and Department Unit/dorm rules and layout	1
2	Sizing troop and troop formation/wearing of uniform and grooming/stand easy, stand at ease, attention/marching and halting at double time/dismiss and break off	1
3	Answer to your name, stand at ease/break ranks/eyes right, dress, eyes front/troop number/from the right, tell off by sections/flanks of sections prove; as you were/paces; fall out and fall in/open and close order march/for inspection, open order march/paying compliments	1
4	Marker fall in/right and left turns at the halt/troop column/marching and dressing in troop column/basic halt/changing step/acceleration and deceleration pace	1
5	90 degree wheels/head, left and right wheels/mechanics of the halt	1
6	Mark time; halt from mark time/from the right, form sections, quick march/to the halt on the left, form troop	1
7	Review/sections right, quick march/open and close ranks march/marching and dressing in squad formation/retire and advance, about turn at the halt	1
8	On parade	1
9	To the halt, troop to the left	1
10	S/M parade	1
11	Review/right and left close march/Officers of depot/ranks of the force	1
12	To the front, salute (on the march)/Officer on parade, dismiss	1
13	To the left/ right salute (on the march)/eyes right, left, front (on the march) /review, facilitator-led remedial (hour block reconciliation)	1
14	Sections right and left/sections about/head right and left about wheel/¼ and ¾ wheels/head right, left, forward	1
15	Review/Blues challenge	1
16	Care and upkeep of leather/how to fit and wear the ceremonial uniform	1
17	Form half sections, quick march/to the halt, reform sections	1
18	Check pace/mark time, forward/form half sections (on the march)/reform sections (from half sections – on the march)	1
19	Department	1
20	Form open ranks, by the right, quick march/to the halt, form troop (from open ranks)	1
21	Leadership	1
22	Advance, retire about turn (on the march in quick time)	1
23	Review, advance to the halt, about turn/advance to the halt, reform troop	1
24	Mark time and halt at slow march/by the center, left, right slow march	1
25	Review slow march/squad will advance and retire, about turn (at slow time)/squad will break into quick time, quick march (from slow time)	1
26	From the right of sections to the front file, quick march/form half sections (from files)/to the halt, form troop (from files)	1
27	Review/form line, sections troop right and left/marching and dressing in line/form column, sections troop right and left	1
28	Form wedge, quick march/to the halt, form troop	1
29	Form sections, quick march/to the halt, form troop/Musical Ride	1
30	Senior troop lecture	1
31	Graduation display rehearsal	1

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Drill and Department Outline**

Session	Description	# of Hours
32	Graduation display rehearsal	1
33	Graduation display rehearsal	1
34	Graduation display rehearsal	1
35	Graduation display rehearsal	1
36	Changing of the numbers/graduation display rehearsal	1
37	Badge presentation/graduation display rehearsal	1
38	Graduation display rehearsal	1

**Version 9 Cadet Training Program
Operational Conditioning Outline**

Session	Description	# of Hours
1	Introduction	1
2 & 3	PARE #1	2
4	Orientation/max tests	1
5	Shuttle run	1
6	Rest, roll and rehab workshop	1
7	Run training I - intro run	1
8	Resistance clinic I - endurance	1
9	Body comp/max bench press	1
10	5k run test	1
11	Principles of training lecture	1
12	Resistance clinic II - building muscle	1
13	Resistance clinic III - complex pattern development	1
14	Resistance clinic IV - complex pattern development	1
15	Resistance Clinic V - power light	1
16	Nutrition	1
17	Run training II - pacing	1
18	Resistance clinic VI - on the road	1
19	Run training III - HIIT team	1
20	Metcon I - nightshift I	1
21	Tier challenge	1
22 & 23	PARE #2	2
24	Run training IV - HIIT short	1
25	Resistance clinic VII - building strength	1
26	Resistance clinic VIII - building strength - hang cleans	1
27	Run training V - distance training	1
28	Metcon II - garage workout	1
29	Run training VI - HIIT long	1
30	Resistance clinic IX - LDP	1
31	8 km run	1
32	Uniform session I - foot chase	1
33	Resistance clinic X - power heavy	1
34	Metcon III - nightshift II	1
35	Shuttle run/max testing II	1
36	Body comp/max bench press II	1
37 & 38	PARE #3	2
39	5 km run test II	1
40	Uniform session II - tactical metcon	1
41	Uniform session III - foot chase	1
42	Uniform session IV - team challenge	1
43	Policing - optimizing health and mitigating risks	1
44	In the field - success and risk management in water rescues	1
45	Organized sports	1

**Version 9 Cadet Training Program
Other Outline**

Session	Description	# of Hours
	Orientation (senior management presentations, completion of Informatics forms, facilitator/troop introductions, staffing, inoculations, civilian photos, mess orientation, computer systems orientation: part 1, Depot Physical Security, 1st and 2nd kit issue)	21
	Miscellaneous (Medical Treatment Centre [TB test/inoculations], S/M's inspection, TO's inspection, CO's inspection, TO's lecture, CO's lecture, Sgt.'s briefings, program debriefing, troop service file photos, pay/benefits, relocation, staffing, stores, 3 rd kit issue)	20