

Certain documents or portions of documents related to this training may be exempt from disclosure under the California Public Records Act on one or more of the following grounds:

- a. They are records dealing with security and safety procedures that are exempt pursuant to Government Code Section 6254(f). (Northern California Police Practices Project v. Craig (1979) 90 Cal.App.3d 116, 121-122.);
- b. They are materials for which the City of San Rafael does not hold the copyright or have permission to publish.

Where exempt material can be reasonably segregated from nonexempt material in these records, the exempt material has been redacted and the nonexempt material is shown. Where it is not reasonably possible to segregate out the exempt material, the Department is withholding the entire document from disclosure.

**S.R.T. QUARTERLY
PHYSICAL FITNESS QUALIFICATIONS**

MINIMUM passing score , **ONE POINT IN EACH TEST.**
MAXIMUM possible points, **16 POINTS.**

TEST

RUN-

13 MINUTES OR LESS-	4 POINTS
14 MINUTES OR LESS-	3 POINTS
15 MINUTES OR LESS-	2 POINTS
16 MINUTES OR LESS-	1 POINT (MINIMUM PASSING)
17 MINUTES OR LESS-	1 POINT (OVER 35)

PULL-UPS-

14 PULL-UPS OR MORE-	4 POINTS
11 PULL-UPS OR MORE-	3 POINTS
9 PULL-UPS OR MORE-	2 POINTS
5 PULL-UPS OR MORE-	1 POINT (MINIMUM PASSING)

SIT-UPS- (TWO MINUTES OR LESS)

90 SIT-UPS OR MORE-	4 POINTS
80 SIT-UPS OR MORE-	3 POINTS
70 SIT-UPS OR MORE-	2 POINTS
60 SIT-UPS OR MORE-	1 POINT (MINIMUM PASSING)

PUSH-UPS-

65 PUSH-UPS OR MORE-	4 POINTS
55 PUSH-UPS OR MORE-	3 POINTS
45 PUSH-UPS OR MORE-	2 POINTS
35 PUSH-UPS OR MORE-	1 POINT (MINIMUM PASSING)

SAN RAFAEL POLICE DEPARTMENT

SWAT TRAINING – LESSON PLAN

Handgun and Assault Rifle Combat Course Barricaded/Suicidal Subject Scenarios

Friday, March 17, 2000 0700-1700 hours

0700-0730	Critical Incident Debriefing
0730-0800	Travel to College of Marin
0800-0830	Physical Fitness Test
0830-0900	Travel to Richmond Gun Club
0900-1000	Handgun - Combat Stress Course
1000-1100	Assault Rifle – Basic Proficiency
1100-1200	Assault Rifle – Combat Stress Course
1200-1230	Weapon Cleaning
1230-1300	Travel to Hamilton Training Facility
1300-1400	Lunch
1400-1500	Barricaded/Suicidal Subject Lecture
1500-1600	Barricaded Subject Scenarios
1600-1700	Suicidal Subject Scenarios