

# SWAT School 2026

## **Physical & Weapon Skill Requirements**

### **Physical Skill Requirements**

This class will require physical exertion and many hours of practical exercises at various training sites, which includes physical training each day. Students attending are expected to be in good health and physical condition.

**MINIMUM PHYSICAL REQUIREMENTS: (Must pass to graduate school. PT Testing will be conducted on the first and last day of the school).**

1.5 mile run	12:00 minutes	(PT Gear)
Push-ups (45)	2 minutes	(PT Gear)
Sit ups (45)	2 minutes	(PT Gear)
5 Pull ups	(dead hang)	(PT Gear)

### **Firearms Skill Requirements**

#### **Pass/Fail Scoring (Must pass to graduate school)**

All firearms certification is conducted with cardio exertion during course of fire with all rounds being fired within the scoring rings of targets at multiple distances (7yds-100yds), utilizing the weapons systems brought by student. This will include perimeter rifle, entry weapon, handgun and shotgun.

Qualification with perimeter rifle:

- ⇒ Run 100 yards in a ready response uniform and with a .223 caliber rifle, fire 10 rounds in a prone position within 90 seconds or less. 100% accuracy level of all 10 rounds must be obtained.

Qualification with assault/entry weapon:

- ⇒ Run 93 yards in a ready response uniform with donned gasmask to the 93 yard line. Fire 6 rounds (2 center mass/1 headshot) into 2 targets, from a standing position, then magazine change, fire 6 rounds (2 center mass/1 headshot) into 2 targets, from a standing position, all being within designated scoring area within 45 seconds or less.

Qualification with Shotgun:

- ⇒ Run 93 yards in a ready response uniform with donned gasmask to the 93 yard line. Fire 4 rounds at from a standing position with a minimum accuracy level of 4 out of 4 within the body mass of a silhouette target in a time within 30 seconds or less.

Qualification with Handgun:

- ⇒ Run 93 yard in a ready response uniform with donned gasmask to the 93 yard line. Fire 6 rounds (2 center mass/1 headshot) into 2 targets, from a standing position, then magazine change, fire 6 rounds (2 center mass/1 headshot) into 2 targets, from a standing position, all being within designated scoring area within 45 seconds or less.