

Central Missouri Police Academy  
at the University of Central  
Missouri

# Cadet Handbook



UNIVERSITY OF  
**CENTRAL  
MISSOURI**  
LEARNING TO A GREATER DEGREE



Revised November 2020

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## 600 Hour Missouri POST Class A Program Application Packet

Dear Cadet Applicant,

Thank you for your application to the Central Missouri Police Academy. CMPA has been successfully training qualified and competitive Police Officers since 1971.

Our mission at the Central Missouri Police Academy is to

- Make our graduates more desirable and competitive in the job market
- Provide experiential learning in a real-world environment
- Reduce the time needed for students to earn their degree
- Maintain competitive costs for students

When you graduate from the Central Missouri Police Academy, you can be confident that you have received some of the best entry level law enforcement training available. Our instructors are current and former Federal Agents, Prosecutors, Deputy Coroners, Troopers, Police Chiefs, Detectives, Sergeants, and Officers and bring tens of thousands of hours of experience with them. All are POST Certified in their specialties and the curriculum exceeds the requirements of the Missouri POST Commission. The CMPA standards are high to ensure graduates of the Academy are prepared to perform well on the job. Our facilities provide realistic training environments and our academy is part of the University of Central Missouri, with all campus facilities available to students.

Graduation from the Central Missouri Police Academy provides each cadet with 18 hours of 2000 level free elective credit (six, 3-hr classes) toward select undergraduate degrees from the University of Central Missouri. You can earn these credit hours in approximately five months (part-time academy is nine months). The Academy understands that most people come to us wanting education that leads to a fulfilling career, and often cannot wait four years to get their career started. We also know the clear advantage that a college degree provides to one's career potential. Central Missouri Police Academy meets both needs. After graduation you could work as a law enforcement officer immediately and complete your degree while working. If you are ready to take the next step, fill out the attached forms and apply now.

***Tim Lowry***

Director, Central Missouri Police Academy

## Included in this packet

### General Information

- Eligibility Requirements
- Application Process
- Once Admitted to CMPA
- Course Information
- CMPA Attendance Cost
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  - Initial Range Instructions
  - Gun Cleaning Kit
- CMPA Physical Training Requirements

### Forms in this Packet

- Peace Officer License Application Information
- Applicant Statement
- Authorization for Release of Information
- Assumption of Risk, Release and Indemnification

### Submit the Following to CMPA for Application Completion

- Birth certificate or passport
- Driver's license
- High school diploma, GED certificate, or university transcript
- Any medical or court records requested at the time of interview
- Copy of receipt from official fingerprint submission – **instructions on how and where to get fingerprints will be sent to cadets with acceptance letter to CMPA**



## Eligibility Requirements

- Be at least 21 years old on or before the date of class graduation
- Be a U.S. citizen
- Have graduated High School or its equivalent
- Have a valid Missouri driver's license
- Be capable of completing all required physical activities
- Not have a disqualifying criminal record

Missouri Revised Statutes 590.080.1(2) state any applicant may be denied acceptance if he or she “has committed any criminal offense, whether or not a criminal charge has been filed.” Failure to disclose any criminal record, including arrests for which no charges were filed, may be grounds for application denial. A background check will be conducted on each cadet.

## Application Process

**Submit materials listed. Specific forms will be provided to cadet applicants.**

- Online CMPA prerequisites form and all required attachments  
[www.missourisafetycenter.com/divisions/institute-for-public-safety/central-missouri-police-academy](http://www.missourisafetycenter.com/divisions/institute-for-public-safety/central-missouri-police-academy)
- Copy of Birth Certificate and/or Passport
- Copy of High School diploma, official high school transcripts, GED Certificate or official college transcripts showing course work completed
- Signed **Applicant Information** form
- Signed **Statement by Applicant**
- Signed and notarized **Authorization for Release of Information** form
- Signed and notarized **Missouri Peace Officer License Legal Questionnaire**
- Signed **Missouri Peace Office License Application**
- Signed **Assumption of Risk, Release and Indemnification Statement**

## Once Admitted to CMPA

- Apply for admission to the University of Central Missouri at <https://www.ucmo.edu/future-students/apply-to-ucm/index.php> Cadets must pay the UCM application fee
- **Submit Fingerprints**
  - Fingerprints are required for every applicant, even if previously fingerprinted.
  - Fingerprints must be current, meaning they cannot have been taken earlier than 120 days and no later than 10 days before the start of the academy.
  - If you have applied previously and deferred your application to a later semester, you must submit new fingerprints taken within the dates specified.
  - Have fingerprints taken by 3M/Cogent. There will be a fee for this (approximately \$48). See attached instructions.
  - As you fill out the online fingerprint forms you will need the CMPA four-digit Registration Number **5980**. Choose the correct CMPA – **OCI #10**.

## Course Information

The CMPA is a certified Police Academy, regulated by the State of Missouri's Peace Officer Standards and Training (POST) program. Completion of this course will prepare you to take the Missouri POST Class A examination; required for you to be hired as a Peace Officer in Missouri.

- To attend this course, you must agree to and comply with certain behavior and appearance standards, pass a criminal background check and be able to perform various physical tasks. This class also requires a significant commitment of time outside of the classroom.
- You will be provided with access to the course schedule on the first day of class.
- POST requires any missed training under 30 hours must be made up to the instructor's or Director's satisfaction. Missing hours takes away from the Academy experience and may reflect a lack of commitment to the law enforcement profession. If a cadet regularly misses class, the cadet may be counseled by Academy staff regarding attendance, commitment, and professionalism. If a cadet misses more than 30 hours, they will fail the Academy.
- If a make-up time is not available prior to academy graduation, the trainee may not be allowed to graduate with that academy and may have to return at a future date to make up the missed topic during another academy class. It is the trainee's responsibility to check and verify the correctness of the rescheduled time and location for make-up sessions. A trainee who fails to show up for a scheduled make-up or fails to contact the Academy Director to cancel or reschedule a make-up in advance, may not be allowed to take a make-up and thus may be required to re-apply and re-enroll in the academy.
- There are some training blocks that cannot be rescheduled and missing them may result in inability to graduate or take the POST test. These include, but are not limited to, Firearms, First Responder, SFST and Type III training, and Emergency Driving.
- Exams –A minimum score of 70% must be obtained for all tests in order to pass. If a student gets below a 70%, they get 1 retake, if the retake is passed the score documented is 70% even though they may have scored higher on the retake. The student is allowed only two retakes on any test. If the cadet does not pass on the first retake, they will fail the Academy.
- The course curriculum is broken into "training blocks" that differ based on the subject matter.
- Several additional hours are offered in supplemental training blocks to ensure cadets are given adequate practical application training and certification in certain skills that have proven to be desired by most law enforcement agencies.
- If you desire to attend just for the college credit or experience, without intending to seek employment as a Peace Officer, the requirements remain the same.
- Some of the training is held off-campus so you will need to use your personal vehicle or have alternate transportation arrangements.
- Most full-time academy training starts at 7:30 AM and ends at 5:00 – 6:00 PM., however, there will be evening training during the Firearm, Car Stop and Building Search blocks. Roll call is at 7:45 AM sharp, and attendance is required. Part-time academy will follow the Tuesday, Thursday, Saturday, and Sunday schedule. However, there will be some training that may be outside of traditional classroom hours.
- If the UCM campus is closed due to inclement weather, we are required to close as well. We make up those hours during the campus breaks of either Spring Break or Fall Break.
- POST requires that you must demonstrate improvement of your physical fitness in order to pass. It is critically important for every law enforcement officer to be able to handle any of the physical challenges that the job involves.
- When you successfully graduate, you will receive 18 hours of 2000-level free elective credit toward your bachelor's degree with UCM.

- The final grade you receive for the UCM courses will be based on the total numerical grades you receive on all tests.
- There are also several “Pass/Fail” practical exercises that you must pass. These include firearms qualification, police driving, defensive tactics, standard field sobriety testing, first responder training, report writing, and final practical application scenarios.
- If you have any history of criminal offenses, including arrests that never led to charges, or you provide false or misleading information to the CMPA or State of Missouri, you may be denied entry into the academy. If such criminal history exists, it is best to discuss this with the Academy Director to see if it would prevent you from attending.
- A criminal background check will be conducted by the State of Missouri to determine eligibility prior to being accepted.
- If, while attending the CMPA, you are found to have provided any false or misleading information, or are cited or arrested for any offense, you may be dismissed without refund of any tuition or fees paid.

### **CMPA Attendance Cost\*\*Tuition & fees are subject to change**

<b>Fees</b>	<b>Amount</b>	<b>Refundable?</b>
CMPA Tuition – Summer 2019 6 hours	\$1353.90	Follows UCM Refund Policy
CMPA Tuition – Fall 2019 12 hours	\$2851.20	Follows UCM Refund Policy
UCM Mandatory Student Fees – Summer 2019	\$180.60	Follows UCM Refund Policy
UCM Mandatory Student Fees – Fall 2019	\$276. 90	Follows UCM Refund Policy
Course Fee	\$310.00	
Program Fee	\$1237.40	Portion Non-Refundable
<b>Fees charged to Cadet UCM student account</b>	<b>\$6210.00</b>	
<b>Additional Fees and Expenses for attendance</b>		
UCM admissions fee	\$30.00	
Fingerprint processing – approx.	\$50.00	
Ammunition for firearms training – approx.	\$400 - 500	
Cadet provided black duty boots – approx.	\$40 - 100	
Housing and meals while attending CMPA	Variable	

**NOTE:** As the Academy will be split over two or more semesters (based on full-time or part-time enrollment), the total bill will be charged over two or more semester billing periods as applicable. **Please see the UCM Refund Policy on the next page.**

### **Additional Fees**

- Undergraduate admission to UCM = \$30
- Fingerprints = approx. \$50
- Ammunition for the firearms training = approx. \$400 – 500
- Cadets must provide own black duty boots = approx. \$40 - 100
- PT clothes and shoes
- Housing and meals while attending the Academy

## UCM Housing

If you apply as a Freshman or Sophomore or have fewer than 60 hours of college credit and DO NOT NEED campus housing, YOU MUST fill out the **Request for Exemption** from UCM's Residency Requirement and submit the notarized form to the UCM Housing Office in Ellis Hall, Room L23.

**Request for Exemption form** can be found at the following link. <https://www.ucmo.edu/future-students/university-housing-and-dining-services/housing-agreements-forms-and-resources/exemptionform3.pdf>

## Applying for Federal Financial Aid

**If a cadet is not a degree-seeking student, the cadet is not eligible for financial aid. Do not apply for Federal Financial Aid. To do so is a felony. Such intentions and actions are indicators of basic dishonesty, and therefore conflict with the desirable character traits of a police academy student and a law enforcement officer. If it is discovered that you have fraudulently taken money under such circumstances, these actions will be grounds for dismissal from the Academy.**

According to POST rules, cadets missing any time in a period of instruction will be required to make up that class. All those missing less than 30 total hours of academy instruction will be required to make up the missed hours of instruction, to the satisfaction of the instructor or the Director. Make-up times will be determined by the Director or the class instructor and scheduled in accordance with the reasonable availability of the training staff. If a make-up time is not available prior to academy graduation, the trainee may not be allowed to graduate with that academy and may have to return at a future date to make up the missed topic during another academy class. It is the trainee's responsibility to check and verify the correctness of the rescheduled time and location for make-up sessions. These sessions are subject to schedule changes. A trainee who fails to show up for a scheduled make-up or fails to contact the Academy Director to cancel or reschedule a make-up in advance may not be allowed to take a make-up. It is the trainee's responsibility to arrange for make-up sessions with either the class instructor or the Director.

If a cadet applicant has any history of criminal offenses, including arrests that never led to charges, or an applicant provides false or misleading information to the CMPA or State of Missouri, they will be denied entry into the academy. If such criminal history exists, it is best to discuss this with the Academy Director to see if it would prevent admission. A criminal background check will be conducted by the State of Missouri to determine eligibility prior to being accepted. If, while attending the CMPA, cadets are found to have provided any false or misleading information, or are cited or arrested for any offense, they may be dismissed without refund of any tuition or fees paid.

## Refund Policy

### **Withdrawal from the Police Academy after enrollment, but before classes start**

Students who choose to Withdraw or Drop the Police Academy course after they've been enrolled, but before the start date will be charged a DROP FEE of no less than \$100. In addition to the DROP FEE, any costs incurred by the Central Missouri Police Academy for uniforms and/or supplies that were ordered in anticipation of your attendance and to recover any costs associated with the processing of your application, will be recouped from the National Police Institute Program Fee. The remaining balance will be removed from the student bill.

### **Withdrawal after classes start**

Students who withdraw completely from the University should initiate this process at the Office of Student Experience and Engagement, 214 Admin Bldg. The following is the UCM refund schedule for instructional fees

- Withdrawal prior to the announced deadline for full payment of all charges for the current semester, in week one – 100% refund
- Withdrawal during second week of classes – 50% refund
- Withdrawal during third week of classes – 25% refund
- No instructional fees are refunded if a student withdraws after the third week of classes

In accordance with U.S. Department of Education rules, financial aid recipients who withdraw from the university will be required to repay the unearned portion of the grant and loan assistance received for the semester. Contact the Office of Financial Aid for more information.

### **What cadets must provide by the first day of class**

- Classroom materials (notepaper, pens, pencils, highlighters, etc.)
- A laptop, tablet or other technology (capable of word processing) to view curriculum, testing taking, homework, etc...
- One pair of black military or police-type duty boots. Must provide ankle protection with non-marking soles
- Athletic shorts and/or sweatpants. Plain if possible. No graphics or logos unless CMPA-related
- Bike shorts or compression shorts to wear under athletic shorts during training
- One pair of athletic shoes with non-marking soles to be kept separate from shoes used for PT. Training shoes will be worn when using the training mats in the Academy.
- Jacket, sweater, raincoat, etc. as needed for protection from inclement weather
- Mouthpiece and groin protection (if applicable) for protection during PT
- Parking Passes can be purchased at Public Safety, 306 Broad Street, Warrensburg. Parking passes are required to park in UCM campus lots.
- Handguns (optional), and ammunition are required by the first day of firearms training.

### **What CMPA provides to each cadet**

- Duty belt with accessories (must be returned before graduation)
- Ammunition pouch
- One set of handcuffs
- One handcuff pouch
- Training uniform (yours to keep) which includes
  - Three polo type short sleeve shirts
  - Two pair BDU type pants (one under belt included)
  - Two PT T-shirts
  - One black CMPA jacket
  - One CMPA cap
- All instructional books, equipment and materials **not included** in the downloadable curriculum. Due to the excessive costs to have that done here at UCM, the Academy does not offer a printed version of the curriculum.
- UCM ID and email address



## **Dress and Appearance Standards**

Hair will be clean, well-groomed, and neat. If dyed it must look natural. Hair will not contain excessive amount of grooming aids, touch eyebrows when groomed, or protrude below the front band of properly worn headgear. Cadets will maintain a professional appearance and demeanor at all times. Wigs and hairpieces must be of good quality and fit properly. When worn, wigs and hairpieces must comply with the same grooming standards for natural hair.

When in training uniform, visible skin must be free of tattoos. Tattoos that are not covered by short sleeves must be covered by long sleeves. As noted, the Academy provides short sleeve shirts. Long sleeved shirts must be purchased by students as needed. You can request the Academy to order long sleeve shirts instead of the short-sleeve, but the minimum ordering amount must be met for long-sleeves to be purchased.

All students must wear the prescribed uniform for the day or event. The uniform must be clean and serviceable. Any personal clothing or accessories worn while in attendance must not have any logos or graphics except those that are CMPA related. Necklaces and earrings are not permitted due to safety issues that can arise during training. For safety reasons facial piercings and tongue piercings are not allowed to be worn during cadet training.

### **MEN**

Hair will be styled to present a professional appearance. Hair style should be "military" or "police" style. It will have a tapered appearance on both sides and back, both with and without headgear. A tapered appearance is one that when viewed from any angle the individual's hair so that it conforms to the shape of the head.

Hair will not touch the ears, and only closely cut or shaved hair on the back of the neck may touch the collar. Hair will not exceed 1 inch in bulk and not exceed 1/4 inch at the natural termination point. It will not contain or have any visible foreign items attached to it.

Sideburns will be neatly trimmed and tapered in the same manner as the haircut. They will be straight and of even width (not flared) and end in a clean-shaven horizontal line. They will not extend below the lowest part of the exterior ear lobe.

Face and neck must be cleanly shaven. Mustaches and beards are not allowed.

### **WOMEN**

Hair will be styled to present a professional appearance. Unadorned pins, combs, headbands, elastic-bands, and barrettes similar to the cadet's hair color are permitted to keep hair in place. Hair will not be worn in an extreme or fad style. Hair will not extend in length on any side to a length touching the shirt collar at the back of the neck but may be worn up. It will not exceed 3 inches in bulk or prevent proper wearing of headgear.

Nail polish may be worn if it is a subtle or neutral, single color, and in good taste. Nail polish will not contain ornamentation.

# CMPA Cadet Standards of Conduct

## Purpose

This policy defines proper conduct for a Cadet of the Central Missouri Police Academy. It is based on common ethical codes used in law enforcement organizations and is designed to not only encourage ethical conduct by a CMPA Cadet, but also to prepare that cadet for expected behavior when they are employed by a law enforcement agency.

## Scope

This policy applies to all cadets enrolled in a CMPA Basic Academy course. Unless otherwise noted, this policy also applies to "off duty" conduct when a cadet identifies himself or herself as a CMPA cadet or is wearing any insignia that indicates their status as a CMPA Cadet. Conduct not mentioned under a specific rule, but which violates a generally accepted principle of ethical behavior is prohibited.

## Standards of Conduct

Includes, but not limited to

- 1) Any person who, while attending the academy or other training activity at UCM, violates the rules and regulations of the University, fails to perform satisfactory work, fails to make satisfactory academic progress, or fails to exhibit respectful behavior toward students, faculty, staff members and others at the University, may be subject to dismissal. All disciplinary actions will be conducted in such a manner as to be compliant with the procedures established by the University. The occurrence of any disciplinary problems that do not have a University proscribed/prescribed response will be dealt with on a case-by-case basis. The Director of the academy or his representative will determine appropriate action(s) necessary to resolve the problem and prevent future problems.
- 2) All cadets are required to be prompt for class and all academy functions.
- 3) Should any trainee become ill and report for class, the trainee is to notify the Academy staff and, when possible, report the illness prior to the beginning of classes.
- 4) Cadets who are injured during academy training and related activities, must **immediately** notify the instructor in charge, may call for medical attention as appropriate. Injured cadets will make a written report of the incident to the Academy Director. Notification of injury and associated circumstances must be made at the earliest practical time.
- 5) Cadets shall not possess or consume alcoholic beverages or illegal drugs while in attendance. Controlled substances may be taken only as legally prescribed, consistent with federal, state, and local law. Cadets shall not report to class under the influence of alcohol or with the odor of an alcoholic beverage on their breath. Cadets that are taking any legally prescribed medication that may impair their ability to safely operate a motor vehicle or firearm, or take part in physical fitness or practical exercises, must inform the Director or instructor before such event is to take place. Any trainee suspected of being impaired as a result of being under the influence of alcohol or a controlled substance may be dismissed from the academy. Possession, use, or abuse of illegal drugs/substances will result in the trainee being dismissed from the Academy.

- 6) The use of tobacco in any form is not permitted on the UCM campus (1/1/14). -The use of tobacco is not permitted while a cadet is in uniform.
- 7) The eating of meals is not allowed in the classrooms, and drinks must be in securely covered containers.
- 8) There should be no loud or disrespectful talking, disruptive noise or horseplay on campus or at training activities at any time.
- 9) Cadets will be provided with a training schedule. This schedule is for planning purposes and may be changed to accommodate changes in facility availability and instructor availability. Cadets are required to read the training schedule and adapt to schedule adjustments.
- 10) Parking of private vehicles on the UCM campus is governed by the traffic rules and regulations established by the UCM Department of Public Safety (DPS). A copy of these rules and a campus map may be obtained from DPS at 306 Broad Street, Warrensburg, Missouri. Cadets will need to purchase a parking permit prior to the beginning of the academy. These permits enable the trainee to park in designated parking lots indicated on the permit. Failure to display the permit and/or parking in areas other than those designated will result in the issuance of a ticket for the parking violation. Cadets who have excessive parking violations (5 or more) during an academy may be dismissed from the Academy. All outstanding fines must be paid prior to academy graduation or the certificate of graduation and state certification may be withheld.
- 11) Cadets are required to obey laws and statutes of the United States, the State of Missouri, and all ordinances and rules enacted or pursuant to any other legal authority. Cadets are also required to have and maintain a valid operator's license during the academy.
- 12) Any Cadets arrested during the academy shall be presumed innocent until proven guilty. The trainee will be dismissed from the academy to allow the trainee the opportunity to devote full attention and time to resolving the issues surrounding his/her arrest. Once the trainee is found innocent, charges are dropped or dismissed as unfounded; the trainee may reapply for admission to the next available academy. There is no implied guarantee that the trainee will be readmitted to the next available academy. POST will review the circumstances and determine if the trainee meets the legal requirements for admission to the Academy according to Chapter 590 of Missouri Revised Statutes and any other applicable laws or regulations that might pertain to the trainee's academy enrollment, as well as University policies.
- 13) Cadets are required to conduct themselves as ladies and gentlemen and are required to practice all common rules of etiquette. Cadets shall not ridicule, mock, deride, taunt, belittle, willfully embarrass, humiliate, or shame another trainee unless such act is part of a prescribed practical exercise, as part of the course. Hazing will not be tolerated. Cadets should behave in a positive manner that contributes to the ability of any other cadet to successfully complete the course. These rules apply anywhere on the UCM campus, and at any time cadets are identifiable as CMPA cadets.

- 14) Cadets should refer to all Academy / University faculty and staff as Mr., Ms., Professor, Doctor, or by title if they are sworn, or retired officers.
- 15) Cadets shall always exercise professional courtesy, and especially when addressing Academy staff, UCM officials, guests, and members of government and law enforcement organizations.
- 16) Cadets shall refrain from any conduct that detracts from the public's faith in the integrity of the CMPA, University of Central Missouri, or any law enforcement agency. Cadets are prohibited from attempting to impersonate a law enforcement officer, or infer they have any authority greater than that of an ordinary citizen. Cadets may not wear duty gear, whether CMPA issued or personal, away from the CMPA training unless authorized.
- 17) Cadets shall speak and act in a manner that exhibits respect for all persons regardless of race, color, creed, religion, national origin, sex, marital status, and status regarding public assistance, disability, sexual orientation, or age.
- 18) Cadets shall not commit any act which, as defined under federal or Missouri law, constitutes sexual harassment. The academy follows the policy and procedures of the University of Central Missouri. Please refer to the Sexual Misconduct Policy and Complaint Resolution Procedures. <https://www.ucmo.edu/offices/general-counsel/university-policy-library/procedures/sexual-misconduct-policy-and-complaint-resolution-procedures/>
- 19) Cadets, instructors, and staff should refrain from any romantic relationship sexual advances, requesting sexual favors, engaging in sexually motivated physical contact, or other verbal or physical conduct or communication of a sexual nature with any Academy staff, at any time from the beginning of an academy until after graduation. The academy follows the policy and procedures of the University of Central Missouri. Please refer to the Consenting Relationships Policy and Procedure. <https://www.ucmo.edu/offices/general-counsel/university-policy-library/procedures/consenting-relationships/>
- 20) Cadets shall promptly obey all lawful and proper instructions issued by an instructor or other Academic staff member. Reasonable concerns regarding the propriety of any directives should be reported to the Director.
- 21) Cadets are responsible for the proper care and handling of equipment, vehicles, or other materials in their custody during the academy. Any losses or damages will be reported to the instructor in charge of the training activity.
- 22) Cadets will abide by these rules and regulations and other rules, regulations, ordinances, and laws that govern their behavior and activities during the academy.
- 23) Cadets shall avoid regular personal associations with persons who are known to engage in criminal activity where such associations will undermine the public trust and confidence in the cadet, or the CMPA. This rule does not prohibit those associations that are unavoidable because of the cadet's personal or family relationships.

- 24) Cadets shall not use their position, or UCM or CMPA identification (1) for personal or financial gain, for themselves or another person; (2) for obtaining privileges not otherwise available to them; and (3) for avoiding consequences of unlawful or prohibited actions.
- 25) Cadets shall not authorize the use of their names, photographs or titles in a manner that identifies them as a cadet of the CMPA in connection with advertisements for any product, commodity or commercial enterprise.
- 26) Cadets will not bring weapons or ammunition onto UCM or contracted training property without prior approval from an instructor. Cadets may not carry any devices, such as OC spray or batons, that they have not been properly trained and certified to carry and employ.
- 27) Academic Property - Written and/or practical examinations will be administered in most of the courses presented at the Academy. All tests are the property of the Academy and, as such, are sensitive items. No test material is allowed to be in the students' possession without the supervision of the instructor or staff person in charge.
- 28) Full Participation: Cadets are required to fully participate in all scheduled Basic Academy courses, whether classroom, practical, or physical training. If injury or illness hinders the ability to fully participate in the assigned physical training for a given day, an alternative may be allowed by the instructor as long as it approximately equates to the goals of the regularly assigned activity for that day. If there is no acceptable alternative available, the Cadet will be required to make up the lost time before the end of the Academy.
- 29) Physical Training (PT) Make-Up: Since physical training may not be made up by studying course objectives and lesson plans, this is the only area in which a student may eliminate missed hours by making them up on an hour-for-hour basis. All missed PT hours must be made up before the end of the Academy or the trainee will not be allowed to graduate.
- 30) Injuring Classmates: If a student(cadet) injures a classmate during training, in a manner that was intentional, reckless (knew that the act was unreasonably dangerous and proceeded anyway), or careless (should have known that the act was likely to cause injury but did not proceed with due caution or adjustment), and causes the injured student to miss class time, the offending student will be suspended from class for the same amount of time. This will be added to the offending student's cumulative hours missed for POST reporting and attendance requirements. The determination of the nature of the incident will be based on the Director's / Assistant Director's findings after investigation of the incident.

Violations of the standards of conduct may result in the cadet's removal from the classroom temporarily or for the duration of the block of instruction, at the discretion of the instructor. Such time will count toward the cadet's absence total. Repeated or excessive individual violations may result in expulsion from the Academy, at the discretion of the Director.

The following documents are included by reference. Please go to the applicable Internet URL to review each document.

- Missouri Code of State Regulations, Title 11, Division 75, Chapter 13, "Peace Officer Licenses"  
<http://www.sos.mo.gov/adrules/csr/current/11csr/11c75i13.pdf>
- Missouri Code of State Regulations, Title 11, Division 75, Chapter 14, "Basic Training Centers"  
<http://www.sos.mo.gov/adrules/csr/current/11csr/11c75i14.pdf>

## CMPA Firearms Requirements

Each cadet must provide the following equipment **by the first day of firearms training**. Please note this is not the first day of class. Check the course calendar for when firearms training is scheduled. One of the firearms instructors will be available during the first day of class to answer any questions. Cadets may wish to wait until after the first of class to purchase weapons or ammunition.

Firearms training is cumulative, so missing any portion is difficult or impossible to make up. A Cadet missing any training may not have an opportunity to continue and may be dismissed. A cadet reporting without required equipment, or reporting with insufficient or unapproved equipment, will not be able to participate in training and may be dismissed. (Please review section)

Firearms training is conducted at Midwest Tactical near Leeton, Missouri which is an outdoor range. Training will take place regardless of weather conditions.

### List of Approved Firearms

Firearms must be full-sized models chambered in 9mm, 10mm, .40 S&W caliber, or .45 ACP caliber. If a cadet already knows which model they will use on the job, the Academy suggests the cadet train with that model. Any other weapon **MUST** be approved by the firearms instructors prior to class. To avoid the possibility of being unprepared for the first day of firearm training, cadets are encouraged to choose a weapon from the list above. Weapons not appearing on the list below are unlikely to be approved.

Whatever firearm is chosen, cadets must provide at least 3 magazines with a capacity of at least 12 rounds or more per magazine. If the firearm has a magazine capacity of fewer than 12 rounds, additional magazines must be provided to provide the cadet with a minimum of 36 rounds.

### Approved Handguns

Beretta	Px4, 92, 96 (full size)
Glock	17, 19, 21, 22, 23, 34, 35
Smith & Wesson	M&P, Sigma, 1911, 5906
Sig Sauer	P-220, P-226, P-229, SP2022, 1911
Heckler & Koch (H&K)	P30, HK45, P-2000, USP
Springfield	XD, XDM, 1911
Taurus	24/7, 92, 100, 809, 840, 1911
Ruger	SR9, SR40, P345, 1911
FN Herstal	FNS-9, FNP-9, FNP-40, FNP-45
1911 style pistol with at least a 4-inch barrel manufactured by Kimber, Ruger, Sig Sauer, Taurus, Remington, Colt, Smith & Wesson, Springfield	

### **Holster** (If you are using your own weapon)

- Must have a capability of retaining the weapon
- Holster must be specifically designed to fit the chosen weapon
- Blackhawk Serpa (preferred choice)
- Safariland holster with at least a level one restraint
- Uncle Mike with at least a level one restraint

### **Magazine Pouch**

Cadets should provide any magazine pouch with some retention capability (some device like a button or Velcro flap that secures the magazine in the pouch which prevents loaded magazines from falling out during strenuous activity like running, jumping, going prone, etc.) with either one dual magazine pouch or two single magazine pouches. Make certain the magazines properly fit in the magazine pouch.

### **Ammunition**

- 1400 rounds of pistol ammunition
- Factory fresh or factory re-manufactured ammunition
- NO RELOADS OR MAGNUMS
- Steel cased or aluminum cased ammunition is acceptable. Certain weapon systems sometimes do not function properly when firing steel cased ammunition. Refer to pistol manufacturer's recommendations on this point.
- Recommended full metal jacket. Training and penetration/expansion capabilities are not important
- 30 rounds of 12-gauge slug shotgun ammunition. 12 gauge, 2 ¾ inch, rifled slug
- 30 rounds of 12-gauge 00 buck shotgun ammunition. 12 gauge, 2 ¾ inch, 00 buck, 9 pellets
- 150 rounds of 12-gauge birdshot shotgun ammunition. 12 gauge, 2 ¾ inch, 7 ½ or 8 shot, Winchester or Federal manufactured preferred
- The CMPA provides Remington 870 shotguns for cadet use

### **Initial Range Instructions**

Report to the range on the **first** day of firearms training with the following mandatory equipment

- Duty belt, holster, magazine pouch
- Pistol and magazines – **unloaded**
- Pistol ammunition – 200 rounds
- Eye and ear protection
- Gun cleaning kit

### **Gun Cleaning Kit should contain the following**

- Gun solvent – Hoppe's no.9 or equivalent
- Gun oil – Remoil or equivalent
- Nylon or brass bore brush – caliber-specific
- Cleaning rod
- Cheap nylon bristle toothbrush
- Handful of cotton swabs
- Gun cleaning patches



## **Additional equipment that you should have readily available**

- Cold weather gear. Dress in layers
- Rain gear
- Waterproof boots and spare socks
- Some means of hydration
- Sack lunch – there are no restaurants or eateries near Midwest Tactical

**Leave ALL weapons and ammunition secured in vehicles when reporting to the range classroom the first day** and wait for specific instructions. **DO NOT** bring weapons and ammunition to the Police Academy building or into the firing range classroom.

Read and be familiar with the specific firearm owner's manual.

## **CMPA Physical Training Requirements**

### **Synopsis**

This section is designed to educate and reinforce the need for peace officers to be in good physical condition in order to perform the physical requirements of the job (running, climbing, carrying, dragging, pushing, etc.), to maintain a professional appearance, to reduce the risk of heart disease and other health problems, to reduce the risk of disability, excessive sick leave and stress, and to enhance the quality and quantity of retirement years.

### **Objectives**

The trainee will be able to

- Participate in a program that includes fitness training for Flexibility, Aerobic, Anaerobic, ~~and~~ Muscular Endurance, and Agility.
- Flexibility should include an available range of motion at a given joint or structure, such as static, dynamic, passive, and active stretching.
- Aerobic Fitness should include training that involves increasing the heart rate for a period of time, such as 20-30 minutes through distance running, aerobics, stair climbing, etc.).
- Anaerobic Fitness should include training that involves short intense bursts of energy – such as sprints, etc., within a designated aerobic activity.
- Muscular Endurance Fitness should include training muscular groups for endurance through resistance training such as, push-ups, sit-ups and other endurance building workouts.
- Agility is the ability to generate speed, to start, to stop, and to change direction and should include training such as shuttle runs, lateral slides, and/or running backwards for short distances.



## 2021 Central Missouri Police Academy Training Courses

# Course Descriptions

### Basic Courses

#### **MO POST Class A Police Officer Academy-**

##### **Class 161 Full-time Program**

**Location:** University of Central Missouri  
Warrensburg, MO

**Date(s):** January 11-June 19, 2021

**Tuition & Fees:** \$6210

**Other Fees:** See page 5 of handbook

**Class Limit:** 40

The Missouri Peace Officer Standards & Training (POST) Class A academy course consists of 835 hours of training. Exceeding the Missouri POST requirement of 600 hours.

#### **Prerequisite:**

- Be at least 21 years old on or before the date of class graduation
- Be a U.S. citizen
- Have graduated High School or its equivalent
- Have a valid Missouri driver's license
- Be capable of completing all required physical activities
- Not have a disqualifying criminal record
- Apply to the University of Central MO

Please refer to the Handbook for additional information.

#### **MO POST Class A Police Officer Academy-**

##### **Class 2 Part-time Program**

**Location:** State Fair Community College  
Sedalia, MO

**Date(s):** January 11-September 19, 2021

**Tuition & Fees:** \$6210

**Other Fees:** See page 5 of handbook

**Class Limit:** 20

The Missouri Peace Officer Standards & Training (POST) Class A academy course consists of 835 hours of training. Exceeding the Missouri POST requirement of 600 hours.

#### **Prerequisite:**

- Be at least 21 years old on or before the date of class graduation
- Be a U.S. citizen
- Have graduated High School or its equivalent
- Have a valid Missouri driver's license
- Be capable of completing all required physical activities
- Not have a disqualifying criminal record
- Apply to the University of Central MO

Please refer to the Handbook for additional information.



## 2021 Central Missouri Police Academy Training Courses

# Course Descriptions

### Basic Courses

#### **MO POST Class A Police Officer Academy-**

#### **Class 162 Full-time Program**

**Location:** University of Central Missouri  
Warrensburg, MO

**Date(s):** July 6-December 10, 2021

**Tuition & Fees:** \$6210

**Other Fees:** See page 5 of handbook

**Class Limit:** 40

The Missouri Peace Officer Standards & Training (POST) Class A academy course consists of 835 hours of training. Exceeding the Missouri POST requirement of 600 hours.

#### **Prerequisite:**

- Be at least 21 years old on or before the date of class graduation
- Be a U.S. citizen
- Have graduated High School or its equivalent
- Have a valid Missouri driver's license
- Be capable of completing all required physical activities
- Not have a disqualifying criminal record
- Apply to the University of Central MO

Please refer to the Handbook for additional information.