



Search all of Utah.gov »

Home Divisions Commissioners Media Contact Employees

Utah Peace Officer Standards and Training



- [POST Home](#)
- [Prospective Officers](#)
- [In-Service & Investigations](#)
- [The Academy](#)
- [Satellite Academies](#)
- [E-Learning Portal](#)
- [Publications and Forms](#)
- [Contact POST](#)

Advanced Officer

Description

The Advanced Officer course is the second step in the POST Career Development Program.

The Advanced Officer certificate requires the officer to achieve a score of 50% or higher on each of the POST physical agility exam areas which are derived from The Cooper Institute's Law Enforcement Age and Gender base Standards. The tests are; (Vertical Jump, One minute sit up, 300 meter run, max push-ups, and 1.5 mile run). The Cooper "age and gender" based tests at 50% will require some physical exertion on the part of the applicant and thus some prior preparation is strongly recommended. Applicant's that achieve 85% or higher in each category will also receive the Superior Fitness uniform pin. For additional information on Cooper test times etc. Cooper Test Times.pdf

The course required P.T. test will be given at the end of the first day of training. Please bring appropriate P.T. gear to change in to, prior to the test.

Requirements:

- » Three years experience as a full time peace officer
- » Minimum firearms qualification score of 80% on a POST accepted course
- » Current CPR card
- » Complete application signed by the officer's supervisor
- » Current Intoxilyzer and radar certification or (forty hours of specialized training directly related to the officers present assignment may be substituted for the Intoxilyzer and radar certifications)

Advanced Officer must be submitted prior to the first day of the course. A confirmation letter will not be sent to the agency if the application is not completed prior to the course date. Follow this link for a copy of the application [Advanced Officer Application.pdf](#)

This course is limited to 35 students. All courses are registered through POST In-Service, please contact Sheryl Allums at sallums@utah.gov to apply.

***Dress code for attending POST classes is a neat, clean, and professional appearance. Slacks, shirts with collars, and/or department uniform can be worn. No shorts, cut-offs, open toe shoes, sweats, tank tops, or t-shirts are permitted.

Course Dates	Location	Time	Status
April 6-9, 2009	Hosted by the Layton Police Department located at 429 Wasatch Drive Layton, Utah	0800	Completed
Nov. 2-5, 2009 2009 <i>(PT test on Wednesday the 4th)</i>	POST 410 West 9800 South, Sandy	0800	Completed
March 22-25, 2010	BATC in Logan 1301 North 600 West, Logan Southwest Wing Room 171.	0800	Open

<<<Back To Course Listing

Last updated: December 30, 2009 12:27 PM

Utah.gov Home | Utah.gov Terms of Use | Utah.gov Privacy Policy | Utah.gov Accessibility Policy | Translate Utah.gov
Copyright © 2010 State of Utah - All rights reserved.

");

ADVANCED OFFICER: @BATC ROOM 171

MARCH 22-25, 2010

UTAH PEACE OFFICER STANDARDS AND TRAINING

Application for Advanced Officer Certificate

Date: _____

Applicant's Full Name _____
Last First Middle

Address _____ Phone _____

Department _____ Position _____

Requirements (Refer to P.D.S.T. Policy and Procedures on Career Development.):

- 1. Minimum of three (3) continuous years of peace officer experience.

Department	Dates of Employment
_____	_____
_____	_____

Peace officer experience refers to time served as a certified, full time law enforcement officer. The acceptability of time served as a peace officer in a jurisdiction other than the state of Utah shall be subject to the determination of P.O.S.T.

- 2. Each applicant must have attained a minimum firearms qualification score of 80% on a P.O.S.T. accepted course during the preceding year.

Date _____ Score _____ Instructor _____

- 3. Each applicant must attach evidence of:

- A. A current CPR card
- Current breathalyzer / intoxilyzer certificate
- Current radar certification OR
- Forty (40) hours of specialized training, directly related to your present assignment (will take the place of B&C).

- 4. Upon approval of this application, each candidate will be required to attend a four-day, thirty (30) hour advanced officer course.

I certify that the information supplied in this application is true and complete to the best of my knowledge.

Supervisor's Signature _____ Date _____

**ADVANCED OFFICER PHYSICAL TESTING PROGRAM
QUESTIONNAIRE**

NAME: _____

AGE: _____

DEPARTMENT: _____

YES NO **Mark the correct box**

1. Have you ever had, or has your doctor ever said you have heart trouble?
2. Do you frequently have pain in your heart or chest?
3. Do you often suffer from severe dizziness?
4. Do you have any orthopedic problem such as arthritis that might be aggravated by exercise?
5. Are you over age 65 and not accustomed to vigorous exercise?
6. Have you ever been told by a doctor that your blood pressure was too high?
7. Is there a good reason not mentioned here why you could not engage in a physical test or an exercise program?

If you have answered "YES" to any question on this sheet you will not be allowed to participate in the Advanced Officer training program.

Signature _____

Date _____

**ADVANCED OFFICER PHYSICAL TESTING PROGRAM
INFORMED CONSENT AND HOLD HARMLESS AGREEMENT**

The purpose of the testing is to determine the physical condition of Advanced Officer Candidates: (flexibility, muscular strength, muscular endurance, and cardiovascular condition). All exercise testing will be supervised and monitored by trained exercise technicians. These activities will include, running, and calisthenic exercises performed in either gymnasium or field settings.

There exists the possibility that certain detrimental physiological changes may occur during physical testing. These changes could include heat related illness, abnormal heartbeats, abnormal blood pressure, and in rare instances, a heart attack. If abnormal changes were to occur, the staff has been trained to recognize symptoms and to take appropriate action, including administering CPR and first aid.

I have read this form and understand that there are inherent risks associated with the physical testing program. I recognize that it is my responsibility to provide accurate and complete health/medical history information and I certify that the answers given to the questions in this application are accurate.

For and in consideration of the Division of Peace Officer Standards and Training allowing me to participate in the Advanced Officer Physical Testing Program, I do hereby agree that "I will hold the State of Utah, Department of Public Safety, Division of Peace Officer Standards and Training, its officers, agents and employees, harmless for any and all injuries to my person that may arise out of the above referenced activity.

Signature _____

Date _____

**SEND APPLICATION TO SHERYLE
ALLUMS @ P.O.S.T. BY FEB 26, 2010**