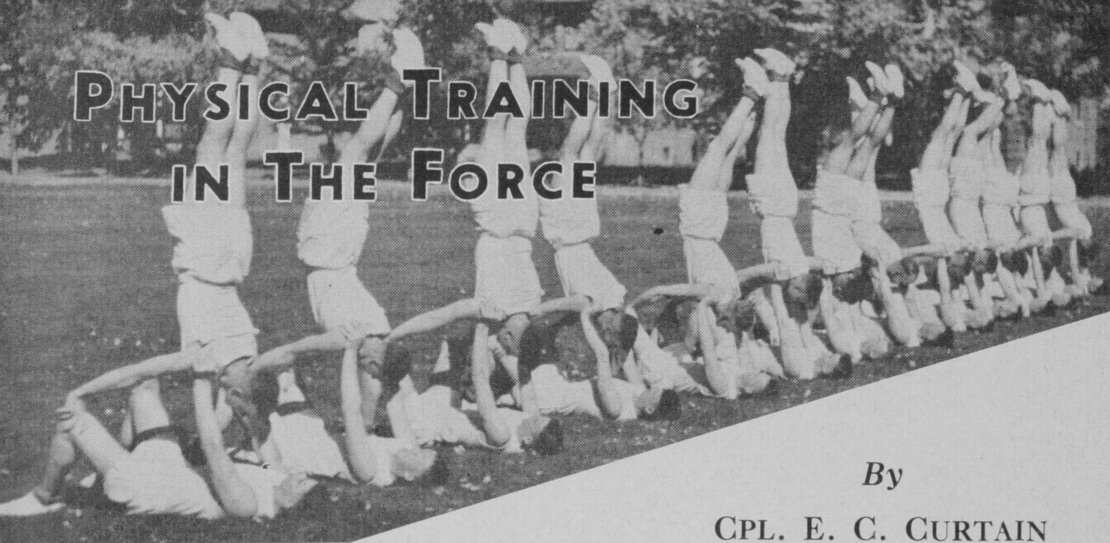


# PHYSICAL TRAINING IN THE FORCE



By

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*The Quarterly* has published articles on training methods from time to time but all have dealt with the academic side of RCMP tuition. The author here touches on the present-day P.T. program for preparing Police recruits for service in the Force.

A POLICEMAN of today must be an alert, versatile person, capable of carrying out his varied duties in an efficient, quick and unspectacular manner. Many times these duties are of a strenuous nature, lasting for hours on end without any hope of rest or lessening of tension. Regardless of how he may endeavor to carry out his duties with a minimum of public attention, often it is impossible to keep out of the public eye. Even with a constantly changing procession of curious spectators, imagine how the prestige of his force would suffer if a policeman allowed himself to show his fatigue or emotions. These arduous duties tax a man's physical and mental powers almost to the breaking point, but he must have enough courage and stamina to conquer his feelings in order to remain on the job without loss of prestige or efficiency.

Physical training is one of the many subjects included in RCMP recruits' training to prepare men to meet and overcome these hazards and to carry out their duties in such a manner as is expected of them. Despite the rigid physical examination passed by all recruits at the time of their engagement in the Force, much remains to be done to prepare them for the physical aspects of police work. When an applicant joins

the Force he is posted to one of the training divisions, at Regina, Saskatchewan or at Rockcliffe, Ontario. Part I training requires six months to complete and includes 50 hours of physical training, 15 hours of police holds and 15 hours of boxing instruction. The object of this type of training is to develop character and alertness of mind, as well as to create bodily fitness in harmonious proportions. A recruit on joining is not considered in a fit state to undertake his work as a policeman, without preparation.

Physical training in the Force calls for a great deal of self-control, and a high standard of discipline is necessary. The recruit is taught that he must carry out instructions to the exact detail, which in turn will develop leadership qualities, assuring that when he is on his own he will set a good example as a member of the Force.

During the first hour of physical training each member of the troop is "weighed in" by the physical training instructors. This consists of recording the individual's age; normal, minimum and maximum chest measurements; waist measurement; height; weight; previous occupation; place of birth and education. At the completion of weighing in, the remainder of the first hour is spent on impressing