

Police Academy

What To Expect During Police Recruit Training

Police recruits participate in training to successfully complete the Virginia state certified police officer training at the Norfolk Police Academy. The police recruit academy training lasts approximately 6 months and consists of classroom, physical fitness, and police situation simulation training. Police recruits attend the academy for forty hours per week. Training times and days are changed from time to time for various training elements such as night firing of the pistol, night driving, and other scenarios. The Norfolk Police Academy is not a Residential/Barracks Academy, recruits commute between their residence and the academy.

Classroom

Recruits receive quality classroom instruction in such areas as basic law, criminal investigation, report writing, and other law enforcement related topics. Recruits receive periodic testing to assess their success in learning classroom materials. Recruits must meet or exceed minimum standards established by the Norfolk Police Department and the Virginia Department of Criminal Justice Services (DCJS).

Physical Fitness

Recruits receive intense and rigorous physical training related to fitness and health standards on a daily basis as needed to perform the sometimes physically demanding aspects of law enforcement. Training includes: Running a minimum of three times a week for distances up to five miles • Exercise will include: various forms of abdominal exercises • various forms of push-ups • sit-ups • pull-ups • mountain climbers • biceps and triceps exercises • stretches/flexibility training • strength training and aerobics conditioning.

Recruits normally participate in Physical Fitness Testing during the 1st, 8th, 17th, and final week of the academy. This testing involves a 1.5 mile timed run, maximum number of sit-ups in one minute, and maximum number of push-ups in one minute.

Police Situation Simulation Training

This includes defensive driving • defensive tactics • firearms training