

# Mental and Physical Survival Training for Female Law Enforcement Officers

## 40 hours



**Course Description:** This physically demanding 40-hour class will provide the female officer with skill development and strategies to enhance the survival mindset. The course focuses on effective use of firearms, defensive tactics, and use of force decision making on the range, the gym, and during scenarios. This course is physically demanding, and participants are expected to be able to perform the drills to acceptable standards.

**Course Objectives:** At the end of this program, students should be able to:

- Improve firearms deployment and marksmanship skills.
- Develop firearms skills for an injured officer.
- Develop skills to effectively use cover and concealment, shooting from unconventional positions, low/no light situations.
- Develop skills for shooting effectively under realistic stressful conditions.
- Improve defensive tactics skills in weapon retention, ground avoidance and escape, and handcuffing techniques.
- Understand the development and implementation of the survival mindset.
- Understand the physiological responses of high stress situations and how to manage them effectively.
- Understand the aftermath of a critical incident and how to survive from a physical, emotional, and legal perspective.



### Who Should Attend:

- Female Law Enforcement Officers

**Fees:** Please see Training Calendar for appropriate fees

**Hours:** 8am – 5pm

**Instructor:** Asst Chief Karen Dietrich (ret) is a 31-year veteran law enforcement officer serving with the City of Ft. Lauderdale Police Department(FLPD). During her tenure she was FLPD's first female motorcycle officer and a member of the SWAT team. With a life-long training mindset Asst Chief Dietrich earned numerous firearms instructor certifications through FLETC and began teaching at Broward College Institute of Public Safety in 2006. Asst. Chief Dietrich developed this course to address the needs of female officers in terms providing a high standard, level training field, that is demanding and tactically sound.

**Equipment Requirements:** Ballistic vest, gun belt, firearm, magazines, include flashlight, handcuffs, handcuff key, TQ, mouthpiece for defensive tactics, hydration source, and **1500 rounds of non-frangible training ammunition**. Ear and eye protection are provided however personal gear is permitted.

**Attendance:** Attendance at the initial class is mandatory. All students must adhere to the attendance requirements of the Criminal Justice Standards and Training Commission and the Rules, Policies and Procedures of the Institute of Public Safety

**Dress Policy:** Your department's authorized training uniform, or BDU's, t-shirt, and appropriate shoes/boots. If carrying an exposed firearm on campus LE students are to display LE credentials.

**This course is applicable for Mandatory Retraining**