

B



# Ontario Provincial Police

Week Number:

## Recruit Progress / Interview Report

2

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

- IN TACTICAL COMMUNICATION WE COVERED EMPATHETIC LISTENING AND DISCUSSED THE TAGS PROBLEM SOLVING STRATEGY INVOLVED IN MEDIATION.
- IN ANTI-RACISM/COMMUNITY POLICING WE COVERED THE CORE POLICE FUNCTIONS AND ANALYSED "PROBLEM ORIENTED POLICING" MODEL
- IN PROVINCIAL STATUTES WE COVERED PART I & III OF THE POA AND HAD SOME PRACTICE WITH REGARDS TO THE PARTS.
- IN TRAFFIC WE LEARNED HOW TO WRITE TICKETS
- IN FEDERAL STATUTES WE LEARNED HOW TO IDENTIFY OFFENCES AND LOCATE TOPICS IN THE LAW BOOK.

*nice writing  
good detail*

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

- NO PVO THIS WEEK

Firearms: (What did you learn this week? What are you doing to improve?)

- HAD MY HANDS-ON PERSONAL FIREARM, LEARNED HOW TO OPERATE IT, HOW TO PROVE IT SAFE AND HOW TO ADMIN LOAD/UNLOAD IT.
- EMERGENCY RELOADS AND DRY-FIRE EXERCISES USING DUMMY AMMO.

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- BASIC OFFICER SAFETY, RELATIVE POSITIONING, AND ESCORT HANDCUFFING.
- HANDCUFFING AND SEARCHING OF A COOPERATIVE SUBJECT.

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

- BASIC INTRODUCTION TO PHYSICAL TRAINING AND IN-HOUSE PARTNER WORKOUT.

### Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
11-SEP-08	TRAFFIC	19/20 <i>good</i>
<i>[scribble]</i>	<i>[scribble]</i>	<i>[scribble]</i>

SUBMITTED ON THURSDAY, 11-SEP-08

The member(s) my academic study group are:

1	NIGEL HEELS	3	MACWELL GARY
2	LACELLE JONATHAN	4	MATT HARPELL

I am attending workshops in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? WE ARE STUDYING TOGETHER.

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
<u>N/A</u>				

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
<u>N/A</u>			

Do you require an interview with your supervisor? Yes \_\_\_\_\_ No \_\_\_\_\_

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
 Name Rank Badge

**For Supervisor Use only**

Reviewed by: BURT SGT 12 Sep '08  
 Print Name Signature Rank Date

Comments



# Ontario Provincial Police

Week Number:

## Recruit Progress / Interview Report

3

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

- PROVINCIAL STATUTES - TRESPASS TO PROPERTY ACT, LIQUOR LICENSE ACT.
- FEDERAL STATUTES - 5 TYPES OF RELEASE, POWERS OF ARREST.
- EVIDENCE - TYPES OF COURT PROCEEDINGS AND CANADA EVIDENCE ACT
- OFFICER SAFETY - BUILDING SEARCHES IN PAIRS.
- TACTICAL COMMUNICATION - CRISIS INTERVENTION STRATEGIES AND SCENARIO EXERCISES.
- TRAFFIC - DRIVER LICENCES CLASSIFICATION; WRITING POT TICKETS.

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

- PATROL/DESTINATION DRIVING
- PRACTICAL APPLICATION OF COOPERATIVE DRIVING PRINCIPLES
- MULTITASKING AND OTHER DRIVERS' REACTION

Firearms: (What did you learn this week? What are you doing to improve?)

- DISASSEMBLY AND RE-ASSEMBLY OF PERSONAL FIREARM
- CLEANING OF THE GUN
- FIRST LIVE TARGET PRACTICE

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- RESPONDING APPROPRIATELY TO RESISTANT BEHAVIOR AND TO EFFECTING GROUNDING AND HANDCUFFING TECHNIQUES.
- HIGH RISK TAKEDOWN OF A POTENTIALLY ARMED SUBJECT AT GUN POINT.

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

- SCHEDULED MORNING RUN, SCHEDULED WEIGHT LIFTING AND CARDIO WORKOUT.
- 2 WORKOUTS ON MY OWN.

Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
17-SEP-08	FEDERAL STATUTES	7/8
18-SEP-08	PROVINCIAL STATUTES	8/10
16-SEP-08	PROVINCIAL STATUTES	14/15

SUBMITTED ON THURSDAY, 18-SEP-08

The member(s) my academic study group are:

1	NIGEL HEELS	3	SINGLETON NORMAN
2	MAXIMILIEN RAPINE	4	JUSTIN HARRIGRE

I am attending workshops in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? MAKING Q-CARDS AND PLAYING THEM WITH NIGEL HEELS

good idea

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
/	/	/	/	/

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
/	/	/	/

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
 Name Rank Badge

**For Supervisor Use only**

Reviewed by: BUNT LS SGT 20 Sep 08  
 Print Name Signature Rank Date

Comments

D



# Ontario Provincial Police

Week Number:

## Recruit Progress / Interview Report

4

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

- FEDERAL STATUTES: PEACE OFFICER ARREST AUTHORITIES
- EVIDENCE: JUDICIAL PROCESS, TYPES OF EVIDENCE, RULES OF EVIDENCE.
- PROVINCIAL STATUTES: LLA ARREST, SEARCH, AND SEIZURE AUTHORITIES, UNLAWFUL POSSESSION / CONSUMPTION OF LIQUOR, UNLAWFUL CONVEYANCE.
- TRAFFIC: LICENSING SYSTEM, REQUIREMENTS FOR PERMITS, PLATES, AND VALIDATIONS. NUMEROUS DEFINITIONS.
- ETHICS: PROVIDING POLICE OFFICERS WITH ETHICAL TOOLS TO ASSIST THEM IN MAKING DECISIONS THAT AFFECT THEIR LIVES AND CAREERS.

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

- EMERGENCY RESPONSE DRIVING, TIME VS. SPEED, BASIC CORNERING TECHNIQUES, FOLLOWING PRINCIPLES, GSA - GUARANTEED SAFE ARRIVAL
  - UTILIZING COVER & TACTICAL RELOADS @ OPC SILHOUETTE TARGETS AT STANDING & KNEELING POSITIONS FROM WEAPON & SUPPORT SIDES
- Firearms: (What did you learn this week? What are you doing to improve?)
- PRIMARY & SECONDARY STOPPAGE DRILLS UTILIZING LIVE & ACTION PROVING RDS.
  - SHOOTING 95 ROUNDS @ 21 FEET OPC DOT TARGET

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- DEFENDING OURSELVES AND PEOPLE UNDER OUR PROTECTION.
- CONTROLLING RESISTIVE PERSONS USING OUR HANDS AND ARMS.
- (SLIGHTLY SPRAINED RIGHT WRIST DURING THE PRACTICAL EXERCISES.)

Physical Training: (What did you learn this week? What are you doing to improve? (How much extra PT have you completed?))

- HIGH PERFORMANCE EATING AND PHYSICAL TRAINING AGILITY CIRCUIT.

Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark

The member(s) my academic study group are:

1	NIGEL NEELS	3	
2		4	

I am attending workshops in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? NIGEL NEELS AND I SEEM TO BE STUDYING WELL TOGETHER.

EXPLAINED TO ONE RECRUIT THE BASICS OF MARKSMANSHIP;  
PROVIDED WITH ADVICE HOW TO PRACTICE ON YOUR OWN TO IMPROVE.

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
/	/	/	/	/

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
wrist sprain	/	/	? /

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
 Name Rank Badge

**For Supervisor Use only**

Reviewed by: BUNT [Signature] SGT 26 Sep 08  
 Print Name Signature Rank Date

Comments



# Ontario Provincial Police

Week Number:

## Recruit Progress / Interview Report

5

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

- AR/CP: NATIVE AWARENESS
- FEDERAL STATUTES: REASONS FOR AND STEPS OF AN ARREST AND THEIR ARTICULATE FACTS IN ISSUE FOR PENAL OFFENCES; PRESUMPTION IN 304(2) C.C.
- TACTICAL COMMUNICATION: MENTAL ILLNESSES AND THEIR INDICATORS; WAYS TO DEAL WITH THE
- TRAFFIC: COMPULSORY AUTOMOBILE INSURANCE ACT; COLLISION INVESTIGATION NOTES AND ACCIDENT REPORT FORM.
- EVIDENCE: JUDICIAL PROCESS, TYPES OF EVIDENCE, & EXCLUSIONARY RULES.
- PROVINCIAL STATUTES: REVIEWED MENTAL HEALTH AND LIQUOR LICENCES ACTS

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

- ALTERNATIVES TO PURSUIT - VIOLATION STOPPING METHODS: REAR STOP, SIDE STOP, COMBINATION STOP, TANDEM STOP.
- PRACTICAL APPLICATION OF COOPERATIVE DRIVING PRINCIPLES DURING VIOLATION STOPS

Firearms: (What did you learn this week? What are you doing to improve?)

- GOALS @ 41' UTILIZING COVER AND TACTICAL REWARDS - OPC SILHOUETTE TARGETS EMPLOYING STANDING & KNEELING WEAPON & SUPPORT SIDES COVER.

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- DEFENDING YOURSELF AND PEOPLE UNDER YOUR PROTECTION AND CONTROLLING RESISTIVE PERSONS USING KNEES AND LEGS.
- FAMILIARITY AND FIRST EXPOSURE TO CROSS-CONTAMINATION WITH O/C CONDITIONS.

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

- POLICE SKILLS ABILITY CIRCUIT
- REVIEWED FITNESS RIN PROTOCOL
- FUN TOWARD B CYCLE RIDE

### Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
26-SEP-08	FED. STATS.	17/18
30-SEP-08	PROV. STATS.	7/17 (ME=COCONNT)
2-OCT-08	FED. STATS	13/14
29-SEP-08	TAC. COMM.	15/15

better luck next time!

The member(s) my academic study group are:

1	BRIAN STIT	3	MAXIMILIAN RAPINE
2	NORMAN SINGLETON	4	MITAKIDIS STEVE

I am attending workshops in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way?

NOTHING THIS WEEK

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
/	/	/	/	/

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
RIGHT WAIST AND RIGHT PALM PINKY FINGER SPRAIN	NOT YET; SECOND EXAMINATION BY NURSE ON MONDAY	PT + DT - LIMITED PARTICIPATION.	HOPEFULLY SOONER THAN LATER.

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
Name Rank Badge

**For Supervisor Use only**

Reviewed by: \_\_\_\_\_  
Print Name Signature Rank Date

Comments NO CONCERN

Revised by S1 Sgt Muffatt /RB





# Ontario Provincial Police

Week Number:

## Recruit Progress / Interview Report

6

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

- FEDERAL STATUTES; FACTS IN ISSUE FOR THE OFFENCE OF POSSESSION OF PROPERTY OBTAINED BY CRIME, POSSESSION OF BURGLARY TOOLS.
- ASSAULT, FACTS IN ISSUE FOR VARIOUS LEVELS OF ASSAULT.
- PLAYING SCENARIOS RELATED TO ARREST AUTHORITIES (ROLE PLAYING)
- EVIDENCE: HEARSAY EVIDENCE EXCEPTIONS; REVIEW OF EVIDENCE MATERIAL
- PRACTICE: STATUTE ENFORCEMENT, PRACTICAL APPLICATIONS OF LEARNED MATERIAL.
- TRAFFIC: RULES OF THE ROAD OFFENCES; CARELESS DRIVING & SEATBELTS;
- HTA ARRESTABLE OFFENCES; DRINKING DRIVERS

good detail;

nice printing

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

- TERMINATION METHODS; PURSUIT PSYCHOLOGY, ADVANCED FOLLOWING TECHNIQUES, PURSUIT PRACTICE ON THE PUD TRACK, TIRE DEFLATION DEVICES.

Firearms: (What did you learn this week? What are you doing to improve?)

- MOVE-SHOOT-MOVE EXERCISE: 95 RDS @ 7X11 FEET; DRAW & FIRE, STANDING CLOSE QUARTER SKILLS, LATERAL MOVEMENT AND SCANNING.
- MOVE-SHOOT-MOVE EXERCISE: 127 RDS @ 21 FEET

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- PHYSICAL CONTROL SKILLS EVALUATION: ARM & LEG STRIKES, GROUNDING TECHNIQUES, HAND CUFFING & SEARCH, GUN POINT ARREST
- GOT BE SPRAYED. HAVE A PRETTY GOOD IDEA OF WHAT MELL MIGHT BE. SHALL LIVE MY LIFE MIGHTFULLY FROM NOW ON. (SURE YOU WILL!!!)

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

- TRIATHLON: 3K RUNNING, 9K BICYCLING, 250M SWIMMING; TIME: 43 MINUTES
- 2 WORKOUTS IN THE WEIGHT-LIFTING ROOM OVER THE WEEKEND
- 5K MORNING RUN; 30 MINUTES OF SWIMMING.

### Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
6-OCT-08	FED. STATS.	13/18
7-OCT-08	FED. STATS.	11/12

SUBMITTED ON THURSDAY, 9-OCT-08 AT 16:45

F

The member(s) my academic study group are:

1	NIGEL HEELS	3	
2		4	

I am attending workshops in the following area(s):

Academic	PVO	Firearms	<b>DT</b>	PT	Swimming
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Details: WORKSHOP FOR SKILLS IMPROVEMENT REGARDING SEARCH AND GUN POINT ARREST PROCEDURES.

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? NOTHING TO BRAG ABOUT THIS WEEK WE JUST ALL WORK TOGETHER.

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
/	/	/	/	/

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>	What are your limitations?	Expected Recovery Date
<u>SPRAINED RIGHT WRIST</u>		<u>ACTIVITY AS TOLERATED</u>	<u>?</u>

Do you require an interview with your supervisor? Yes  No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
 Name Rank Badge

**For Supervisor Use only**

Reviewed by: BURT LS SGT 11 Oct 08  
 Print Name Signature Rank Date

Comments: Remind me to discuss w/ you  
"abundance of personality"



# Ontario Provincial Police

## Recruit Progress / Interview Report

Week Number:

7

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

- ETHICS: REVIEWED AND DISCUSSED A VARIETY OF SCENARIOS RELATED TO POLICE WORK.
- FED. STATS: FACTS IN ISSUE FOR BREAK AND ENTER AND UNLAWFULLY IN A DWELLING HOUSE. ✓
- PROV. STATS: CHILD AND FAMILY SERVICES ACT: CHILD IN NEED OF PROTECTION, DUTY TO REPORT CHILD ABUSE, POLICE AUTHORITIES ✓
- EVIDENCE: DEFINITION & PURPOSE OF AN INTERVIEW; PHASES OF EFFECTIVE INTERVIEW. ✓

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

Firearms: (What did you learn this week? What are you doing to improve?)

- SEATED/WAIST ON RIB / WEAPON HAND 34 RDS. @ 10, 7, & 3 FEET ✓

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

- ONTARIO POLICE FITNESS AWARD (OPFA) TESTING: PUSH-UPS 73, FLEXIBILITY 48, ✓ excellent
- CURL-UPS 75, 1.5 MILE RUN 9:44 - OVERALL PERSONAL SCORE ATTAINED: 100%
- SCHEDULED MORNING RUN 5.5K
- 3 WORKOUTS IN THE WEIGHT LIFTING ROOM (EACH 7:30H)

Date	Subject	Quiz Mark
10-OCT-08	MIDTERM EXAMINATION	NOT RELEASED YET
10-OCT-08	OPFA TESTING	100% ✓

SUBMITTED ON WEDNESDAY 15-OCT-08 AT 7:40

G

The member(s) my academic study group are:

1	/	3	/
2	/	4	/

I am attending workshops in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: /

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: /

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way?

/

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
/	/	/	/	/

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
/	/	/	/

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
 Name Rank Badge

**For Supervisor Use only**

Reviewed by: BUNT [Signature] SGT 18 Oct 08  
 Print Name Signature Rank Date

Comments

\_\_\_\_\_  
 \_\_\_\_\_



# Ontario Provincial Police

## Recruit Progress / Interview Report

Week Number:

8

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

- FED. STATS: ASSAULT PEACE OFFICER AND OBSTRUCT PEACE OFFICER;
  - SEARCH & SEIZURE AUTHORITIES;
  - INFECTIOUS DISEASES: PREVENTION, IMMUNIZATION, AND DEALING WITH INFECT. DISEASES.
  - PROV. STATS: WARRANTS, OFFENCES, APPREHENSION UNDER THE CHILD AND FAMILY SERVICES ACT.
  - TRAFFIC: PRACTICAL EXERCISES OF TRAFFIC STOPS AND OFFENCE RECOGNITION.
  - YCJA: PRINCIPLES AND OBJECTIVES OF YOUTH CRIMINAL JUSTICE ACT AND EXTRAJUDICIAL MEAS.
  - AR/CP: HATE/BIAS MOTIVATED CRIMES; APPROPRIATE STEPS FOR RESPONDING TO THEM.
  - WORKED ON A TRADITIONS RESEARCH PROJECT ON THE HISTORY OF OPP CIB MAJOR CASES.
- Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)
- REVIEW OF THE MATERIAL LEARNED
  - ANSWERED ALL THE QUESTIONS IN THE SUSPECT APPREHENSION PURSUIT STUDY GUIDE

Firearms: (What did you learn this week? What are you doing to improve?)

- FLASHLIGHT TECHNIQUE - LOW LITE 93 RDS. @ 21' MOVE / SHOOT / MOVE
- DRAW & FIRE MULTIPLE THREATS; CLOSE QUARTER SKILLS WITH LATERAL MOVEMENTS 122 RDS @ 21 FEET.

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- IMPACT WEAPON: PROPER USE OF THE BATON.
- HANDGUN RETENTION & HANDGUN DISARMING TECHNIQUES.

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

- POLICE AQUATICS RESCUE
- FOOT PURSUIT - FULL UNIFORM, DSA
- 3 WORK OUTS IN THE WEIGHT-LIFTING ROOM

Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
15-OCT-08	FED. STATS.	13/15
/	/	/
/	/	/

} mid-term exam marks?

SUBMITTED ON 21-OCT-08 AT 16:25

H

The member(s) my academic study group are:

1	/	3	/
2	/	4	/

I am attending workshops in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
----------	-----	----------	----	----	----------

Details: N/A

thing at all?

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way?

/

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
/	/	/	/	/

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
/	/	/	/

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
Name Rank Badge

**For Supervisor Use only**

Reviewed by: Bert LS SGT 26 Oct 08  
Print Name Signature Rank Date

Comments

\_\_\_\_\_  
\_\_\_\_\_



# Ontario Provincial Police

Week Number:

## Recruit Progress / Interview Report

9

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

- DOMESTIC VIOLENCE: POLICE RESPONSE, PRIMARY NEEDS OF VICTIMS, MISCONCEPTIONS AND FACTS.
- AR/CP: DIVERSITY, DIFFERENCE, DISCRIMINATION IN CANADIAN COMMUNITIES.
- FED. STATS: AUTHORITY, CIRCUMSTANCES, LIMITATIONS OF POLICE TO ENTER PRIVATE PROPERTY
- INVESTIGATIVE DETENTION, CURRENT LEGAL ISSUES, CAUSE ARTICULATION.
- CRIME SCENE: THE "HOW TO?" OF CRIME SCENE PROTECTION; FORENSICS AND THEIR USEFULNESS;
- TRAFFIC: DRIVING WHILE IMPAIRED; CARE AND CONTROL; APPROVED SCREENING DEVICE
- EVIDENCE: 7 SINS OF TESTIFYING; CONCEPTS OF SUCCESSFUL TESTIMONY.
- DRUGS: DRUG IDENTIFICATION, EFFECTS, PACKAGING, PRICES, METHODS OF INGESTION.
- SCHEDULES FOR THE PURPOSE OF CLASSIFICATION; POSSESSION AND TRAFFICKING.

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

*[Handwritten scribbles]*

Firearms: (What did you learn this week? What are you doing to improve?)

- STANDING, KNEELING, USING COVER 72 RDS @ 21, 30, 41 FEET.
- STANDING, KNEELING, USING COVER 88 RDS @ 41 FEET

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- INTERVENTION OPTIONS; REMOVAL AND EXTRACTION TECHNIQUES AS THEY APPLY TO COMPLIANT, PASSIVELY RESISTANT, AND ACTIVELY RESISTANT PEOPLE.
- PROPER APPLICATION OF PRESSURE POINTS TO RESISTANT SUBJECTS. CONTROLLING SUBJECTS IN VEHICLES.

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

- HIGH INTENSITY INTERVAL TRAINING WITH DUTY BELT ON
- ONE SWIMMING SESSION AND TWO WORKOUTS IN THE WEIGHT LIFTING ROOM

Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
23 - OCT - 08	FED. STATS.	11/13
10 - OCT - 08	FED. STATS. MIDTERM CLOSED	87.5/100
10 - OCT - 08	PROV. STATS. MIDTERM CLOSED	88/100
10 - OCT - 08	FED. STATS & TRAFFIC OPEN	90/100
10 - OCT - 08	USE OF AEROSOL WEAPONS	75/100

*did I ment  
his is ~ goo  
idea, he no.*

The member(s) my academic study group are:

1	NIGEL NEELS	3	MICHAEL ROBERTSON
2	STEVE MITAKIDIS	4	

I am attending workshops in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? HELPED NIGEL NEELS SET HIS EMAIL AND INSTANT ACCOUNTS UP

BEING A ROLE MODEL IN FIREARMS AND PHYSICAL TRAINING. I HOPE IT IS A VALID ONE TO NOTE. YES, IT'S VALID IF IT'S POSITIVE & hopefully you give some verbal encouragement or

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
<u>N/A</u>	<u>/</u>	<u>/</u>	<u>/</u>	<u>/</u>

*direction to others*

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
<u>N/A</u>	<u>/</u>	<u>/</u>	<u>/</u>

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
Name Rank Badge

**For Supervisor Use only**

Reviewed by: BUNT LC SGT 30 Oct 08  
Print Name Signature Rank Date

Comments \_\_\_\_\_





# Ontario Provincial Police

## Recruit Progress / Interview Report

Week Number:

10

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

DEATH NOTIFICATION TRAINING: INTERVENTION, COMPASSION, THINGS TO DO AND THINGS TO AVOID.

TRAFFIC: DEALING WITH MOTOR VEHICLE ACCIDENT SCENES; SUSPENDED DRIVERS.

PROV STATS: THE CHILDREN'S LAW REFORM ACT; THE RESIDENTIAL TENANCIES ACT.

VICTIMS: VICTIMS OF CRIMINAL ACTIVITIES; TREATMENT, COMPASSION, JUSTICE.

DSA: PRACTICED 5 SCENARIOS: SCHIZOPHRENIC OFF HIS MEDS, ASSAULT IN A RESTAURANT, HATE CRIME WITH DEATH THREATS, ASTRAYED DRUNKEN GUY, SHOPLIFTING BY YOUNG PERSON

FED. STATS: PRACTICED 4 SCENARIOS: IMPAIRED DRIVING, POSSESSION OF ILLEGAL SUBSTANCE CAUSING DISTURBANCE IN A PUBLIC PLACE & TRESPASSING; SEXUAL EXPLOITATION.

DSA: 4 SCENARIOS: UPSHOT STORE OWNER, SCHIZOPHRENIC MAN, SUSPICIOUS SMOKE, MENTAL PATIENT

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

- NIGHT PURSUIT EVALUATION

Firearms: (What did you learn this week? What are you doing to improve?)

- 159 RDS @ 21' AND 7' MOVE SHOOT MOVE

21' 1 RD IN 4 SEC; 2 RDS. IN 5 SEC; 3 RDS. IN 6 SEC ✓

7' 1 RD IN 2 SEC; 2 RDS. IN 5 SEC; 3 RDS. IN 4 SEC.

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- EXCITED DELIRIUM: "HOLD-DOWN" TECHNIQUES AND ALTERNATIVE HANDCUFFING PROCESS. ✓

- GROUND DEFENCES: RESPONDING TO AN ATTACK WHILE ON THE GROUND.

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

- SCHEDULED MORNING RUN OF 6 K. ✓

- GAUNTLET TRAINING

- 1 SWIM + 2 WORKOUTS IN THE WEIGHT LIFTING ROOM

Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
4-NOV-08	FED. STATS.	9/9 ✓
4-NOV-08	PVO	FAIL

The member(s) my academic study group are:

1	ROBERT KONASHEWICH	3	
2	BRIAN SMIT	4	

I am attending workshops in the following area(s):

Academic	<u>PVO</u>	Firearms	DT	PT	Swimming
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Details: FAILED NIGHT PURSUIT TEST - DRIVING TOO SLOW, BEING EXTRA CAUTIOUS AND YET NOT MAINTAINING EYE LEAD ✓

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? HELPED A CLASSMATE IMPROVE HIS DIVING TECHNIQUE IN THE SWIMMING POOL; CONTINUED PUSHING THE RESEARCH AHEAD - INSTIGATE, INSTIGATE, INSTIGATE. HELPED A CLASSMATE WORK ON HIS FIREARM AIMING TECHNIQUES. good ↑ yes ↑

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
/	/	/	/	/

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
/	/	/	/

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
 Name Rank Badge

**For Supervisor Use only**

Reviewed by: BURT L SGT 7/20/08  
 Print Name Signature Rank Date

Comments

K



# Ontario Provincial Police

Week Number:

## Recruit Progress / Interview Report

11

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

DOMESTIC VIOLENCE: APPLICABLE PROVINCIAL AND FEDERAL LEGISLATION, SEPARATION TECHNIQUES.  
C.P.I.C.: PRACTICING ACCESSING AND USING C.P.I.C. FOR INVESTIGATIVE PURPOSES.  
FED. STATS: SEXUAL ASSAULT, EXECUTION OF POLICE/VICTIM AUTHORITY IN DEALING WITH SEXUAL ASSAULT; CRIMINAL MANAGEMENT AND THREATENING  
ANTI-TERRORISM: HEIGHTENING AWARENESS OF TERRORIST ACTIVITIES ✓  
TRAFFIC: DRIVE DISQUALIFIED, VEHICLE IMPOUNDMENT PROGRAM, IGNITION INTERLOCK, MOTOR CYCLE ENFORCEMENT  
DSA: TRAFFIC STOP, CRIME SCENE INVESTIGATION

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

N/A

Firearms: (What did you learn this week? What are you doing to improve?)

-LIVE FIRE 84 RDS @ 41': STANDING, KNEELING, USING COVER & DUMMIE ROUNDS. ✓

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- UNANTICIPATED EDGED WEAPON ASSAULT AND DEFENCES AGAINST IT. ✓  
- FLUID SKILLS TRAINING (NEXT WEEK FOR ME)

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

IN-HOUSE PARTNER WORKOUT; LECTURE ON SHIFTWORK & CIRCADIAN RHYTHMS. ✓  
3 WORKOUTS IN THE WEIGHT LIFTING ROOM

Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
5-NOV-08	FED. STATS.	9/14
6-NOV-08	OC SPAT. MIDTERM UPGRADE	93.8% ✓

The member(s) my academic study group are:

1	NIGEL NEELS	3	
2	THOMAS WILLIAMS	4	

I am attending workshops in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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ON 20 NOV-08

Details: DT WORKSHOP IN FLUID SKILLS DUE TO AN OLD INJURY WHICH (IN THE OPINION OF THE INSTRUCTOR) INCAPACITATED ME. (I TAKE IT YOU DIDN'T AGREE...?)

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details:

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? STAYING OUT OF THEIR WAY, SPECIFICALLY, NOT INTERFERING WITH THEIR PROGRESS. I HAVE NEVER HEARD THAT ONE BEFORE... HOW IS THAT HELPFUL?

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
/	/	/	/	/

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
NO	—	—	—

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
Name Rank Badge

**For Supervisor Use only**

Reviewed by: BURT L S SGT 16 NOV 08  
Print Name Signature Rank Date

Comments

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# Ontario Provincial Police

Week Number:

## Recruit Progress / Interview Report

11

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

DOMESTIC VIOLENCE: APPLICABLE PROVINCIAL AND FEDERAL LEGISLATION, SEPARATION TECHNIQUES  
CPIC: PRACTICING ACCESSING AND USING CPIC FOR INVESTIGATIVE PURPOSES.  
FED. STATS: SEXUAL ASSAULT, EXECUTION OF POLICE/VICTIM AUTHORITY IN DEALING WITH SEXUAL ASSAULT; CRIMINAL MANASSMENT AND THREATENING  
ANTI-TERRORISM: HEIGHTENING AWARENESS OF TERRORIST ACTIVITIES  
TRAFFIC: DRIVE DISQUALIFIED, VEHICLE IMPOUNDMENT PROGRAM, IGNITION INTERLOCK, MOTOR CYCLE ENFORCEMENT  
DSA: TRAFFIC STOP, CRIME SCENE INVESTIGATION

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

N/A

Firearms: (What did you learn this week? What are you doing to improve?)

- LIVE FIRE 89 RDS @ 41': STANDING, KNEELING, USING COVER & DUMMY ROUNDS

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

- UNANTICIPATED EDGED WEAPON ASSAULT AND DEFENCES AGAINST IT.  
- FLUID SKILLS TRAINING (NEXT WEEK FOR ME)

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

IN-HOUSE PARTNER WORKOUT; LECTURE ON SHIFTWORK & CIRCADIAN RHYTHMS.  
3 WORK OUTS IN THE WEIGHT LIFTING ROOM

Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
5-NOV-08	FED. STATS.	9/14
6-NOV-08	OC SPAY MIDTERM UPGRADE	93.8%

SUBMITTED ON: 11-NOV-08 @ 12:00

The member(s) my academic study group are:

1	NIGEL REELS	3	
2	THOMAS WILLIAMS	4	

I am attending workshops in the following area(s):

Academic	PVO	Firearms	<u>DT</u>	PT	Swimming
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on 20 NOV-08

Details: DT WORKSHOP IN FLUID SKILLS DUE TO AN OLD INJURY WHICH IN THE OPINION OF THE INSTRUCTOR INCAPACITATED ME.

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
----------	-----	----------	----	----	----------

Details: / / /

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? STAYING OUT OF THEIR WAY. SPECIFICALLY, NOT INTERFERING WITH THEIR PROGRESS.

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
/	/	/	/	/

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
NO	—	—	—

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
 Name Rank Badge

**For Supervisor Use only**

Reviewed by:

Print Name Signature Rank Date

Comments

\_\_\_\_\_  
 \_\_\_\_\_



# Ontario Provincial Police

Week Number:

L

## Recruit Progress / Interview Report

12

Probationary Constable: MICHAEL JACK Badge: 12690  
Class Number: 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

TRAFFIC: DANGEROUS DRIVING, RACING, FAIL TO REPORT, FLIGHT, NIA EQUIPMENT  
PROV. STATS: REVIEW OF LLA AND OF SEARCH, ARREST, & RELEASE AUTHORITIES  
IST-INTERACTING JUDGMENT TRAINING: ARTICULATION, LEGISLATIVE REQUIREMENTS.  
FED. STATS: UTTERING THREATS; ARREST, BENCH, COMMITAL WARRANTS;  
WEAPONS, NEW FIREARMS AND WEAPONS LAW, FIREARMS CLASSIFICATION;  
FIREARMS TRANSPORTATION AND POSSESSION REGULATIONS, SEIZURE AUTHORITIES.  
EVIDENCE: REVIEW OF EVIDENCE MATERIAL, QUESTIONS & ANSWERS SESSION.  
DSA: 4 SCENARIOS - UTTERING THREATS COMPLAINT, POSSESSION OF PROHIBITED  
FIREARM, IMPAIRED OPERATION OF M.V., BREAK & ENTER & POSSESSION OF STOLEN PROPER.

good  
de-  
tail

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)  
FINAL ASSESSMENT: PERSONALIZED PLATES, VEHICLES FOR OBSERVATION,  
LOW PRIORITY CALLS, COOPERATIVE DRIVING SKILLS, NAVIGATION  
USING A MAP. - PASSED? (I ASSUME YES --)

Firearms: (What did you learn this week? What are you doing to improve?)  
FINAL QUALIFICATION: LIVE FIRE, 70 RDS @ 41', 21', 11', 7';  
UTILIZING COVER @ 41', MOVE SHOOT MOVE @ 21', 11', 7'.  
MARKING/TIMING, COVER, LOAD/UNLOAD, DRAW/WOLSTER, STOPPAGES.  
PASSED: 70/70 good

Defensive Tactics: (What did you learn this week? What are you doing to improve?)  
- ESCAPE FROM GRABS, SIDE HEADLOCK WHEN STANDING, TURNING  
OVER AN UNRESPONSIVE SUBJECT, GROUND DEFENCES, SPONTANEOUS  
KNIFE ATTACK DEFENSE SKILLS, MANDAMIN RETENTION.

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)  
- AQUATIC ASSESSMENT: PASSED  
- PREP: PASSED - 1MM 52 SECS ON OBSTACLE COURSE well done  
10 STAGES ON THE SHUTTLE RUN  
- 2 WORK OUTS IN THE GYM + 1 4K RUN

Date	Subject	Quiz Mark
17-NOV-08	PREP (PT)	PASSED
18-NOV-08	FIREARMS	PASSED good
11-NOV-08	AQUATIC ASSESSMENT (PT)	PASSED

SUBMITTED ON 18-NOV-08 @ 19:45

The member(s) my academic study group are:

1	NIGEL HEBBS	3	
2	BRIAN SMIT	4	

I am attending workshops in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
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Details: N/A

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
----------	-----	----------	----	----	----------

Details: N/A

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? HELPPED A FRIEND WITH HER "FAIL TO STOP" REPORT (GOT HELP FILLING IT OUT MYSELF FROM ANOTHER CLASSMATE PRIOR TO THAT) good

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted
<u>N/A</u>	<u>/</u>	<u>/</u>	<u>/</u>	<u>/</u>

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date
<u>N/A</u>	<u>/</u>	<u>/</u>	<u>/</u>

Do you require an interview with your supervisor? Yes No

Date and time of interview \_\_\_\_\_

Completed \_\_\_\_\_

By \_\_\_\_\_

Name

Rank

Badge

**For Supervisor Use only**

Reviewed by:

BUNT

[Signature]

SGT

19 NOV 08

Print Name

Signature

Rank

Date

Comments

\_\_\_\_\_  
\_\_\_\_\_





Ontario Provincial Police

Week Number:

M

Recruit Progress / Interview Report

13

Probationary Constable: MICHAEL JACK Badge: 12690

Class Number: BC 0828 Supervisor: SGT. BURT

Academic: (Briefly explain what was covered this week for each subject. Record all Quiz Marks. Document progress and challenges.)

FED. STATS: OFFENCES RELATED TO POSSESSION, CARRYING A CONCEALED WEAPON;  
REVIEW OF DRUGS, SEARCH AUTHORITIES INCIDENT TO ARREST, POWERS OF ARREST,  
EVIDENCE: PRACTICED GIVING EVIDENCE IN COURT SETTINGS.  
TRAFFIC: REVIEW OF MATERIAL COVERED, SOLVED THREE QUIZES IN CLASS.  
FIREARMS DEL 'N AND TERMINOLOGY: FIREARMS FEDERAL REGULATIONS, FIREARMS  
CLASSIFICATIONS, PURCHASE, POSSESSION AND TRANSPORTATION REGULATIONS.  
DRUG DEMO: EXPERIENCED THE BURNING OF MARIJUANA FOR TRAINING PURPOSES.

Police Vehicle Operation: (What did you learn this week? What are you doing to improve?)

NIGHT PURSUIT ATTEMPT #2 - FAILED MISERABLY.  
TO IMPROVE: PRAYING TO GOD ALMIGHTY AND KEEPING MY FINGERS  
CROSSED FOR ATTEMPT #3 TO BE SUCCESSFUL.

Firearms: (What did you learn this week? What are you doing to improve?)

/ / / / /

Defensive Tactics: (What did you learn this week? What are you doing to improve?)

DEFENSIVE TACTICS/FIREARMS EVALUATION: DISPATCHED TO A CALL RE:  
TWO MALES FIGHTING IN A BAR; USE OF FORCE MODEL, JUDGMENT AND  
TRANSITION BETWEEN LEVELS OF OFFENDER BEHAVIOUR AND APPLICATION  
OF FORCE ACCORDINGLY.

Physical Training: (What did you learn this week? What are you doing to improve? How much extra PT have you completed?)

Weekly Quiz and Exam Marks

Date	Subject	Quiz Mark
21-NOV-08	DT/FIREARMS EVAL.	PASSED

The member(s) my academic study group are:

1		3	
2		4	

I am attending workshops in the following area(s):

Academic	<u>PVO</u>	Firearms	<u>DT</u>	PT	Swimming
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Details: SECOND ATTEMPT AT NIGHT PERMIT (ON 19-NOV-08) WAS UNSUCCESSFUL. USE OF FORCE TRAINING W. DT - SUCCESSFUL

I have received Extra documentation in the following area(s):

Academic	PVO	Firearms	DT	PT	Swimming
----------	-----	----------	----	----	----------

Details: \_\_\_\_\_

What are you doing to assist other students to be successful? Be Specific. Who did you help and in what way? \_\_\_\_\_

**Absences**

Date	Class(es)	Reason	Approved By:	Form Submitted

**Injuries / Illness**

Nature of illness/injury	Doctor care Yes/No	What are your limitations?	Expected Recovery Date

Do you require an interview with your supervisor? Yes \_\_\_\_\_ No \_\_\_\_\_

Date and time of interview \_\_\_\_\_ Completed \_\_\_\_\_

By \_\_\_\_\_  
 Name Rank Badge

**For Supervisor Use only**

Reviewed by:

Print Name Signature Rank Date

Comments

\_\_\_\_\_

**Defensive Tactics Workshop Notification Form**

Student's Name: JACK, MICHAEL Class: 0828  
Surname GI

Police Service: OPP Date: 11-NOV-08

**It has been suggested that you attend an after-hours workshop for:**

<input type="checkbox"/> Handcuffing and Search	<input type="checkbox"/> Mid-Term Assessment
<input type="checkbox"/> Grounding	<input type="checkbox"/> Search
<input type="checkbox"/> Gun Point Arrest	<input type="checkbox"/> Grounding
<input type="checkbox"/> Arm Strikes	<input type="checkbox"/> Gun Point Arrest
<input type="checkbox"/> Leg Strikes	<input type="checkbox"/> Impact Weapon
<input type="checkbox"/> OC Phase II	<input type="checkbox"/> Handgun Retention
<input type="checkbox"/> Physical Skills Evaluation	<input type="checkbox"/> Intervention Options
	<input type="checkbox"/> Ground Defenses
	<input type="checkbox"/> Edged Weapon Awareness
	<input checked="" type="checkbox"/> Fluid Skills Training

DETAILS: \_\_\_\_\_

Reason for Workshop:  Absent  Injured  Skills Improvement

Your workshop session will be on Thursday 20-NOV-08 at 1645 hours in the Defensive Tactics Training Area. *You are required to bring a buddy to train with.*

I acknowledge receipt of this offer: \_\_\_\_\_  
Student's Signature

Given to Class Leader for personal service to absent student

Instructor suggesting workshop: \_\_\_\_\_  
Instructor's Signature

R. GIBER  
Instructor's Name (Printed)

### Defensive Tactics Workshop Notification Form

Student's Name: JACK MICHAEL Class: 0828  
Surname GI

Police Service: OPP Date: 08-OCT-08

It has been suggested that you attend an after-hours workshop for:

<input type="checkbox"/> Handcuffing and Search	<input checked="" type="checkbox"/> Mid-Term Assessment
<input type="checkbox"/> Grounding	<input checked="" type="checkbox"/> Search <i>NOT TESTED</i>
<input type="checkbox"/> Gun Point Arrest	<input type="checkbox"/> Grounding
<input type="checkbox"/> Arm Strikes	<input checked="" type="checkbox"/> Gun Point Arrest <i>cuffs out open</i>
<input type="checkbox"/> Leg Strikes	<input type="checkbox"/> Impact Weapon
<input type="checkbox"/> OC Phase II	<input type="checkbox"/> Handgun Retention
<input type="checkbox"/> Physical Skills Evaluation	<input type="checkbox"/> Intervention Options
	<input type="checkbox"/> Ground Defenses
	<input type="checkbox"/> Edged Weapon Awareness
	<input type="checkbox"/> Fluid Skills Training

DETAILS: \_\_\_\_\_

Reason for Workshop:  Absent  Injured  Skills Improvement

Your workshop session will be on Thursday OCT 23/08 at 1645 hours in the Defensive Tactics Training Area. You are required to bring a buddy to train with.

I acknowledge receipt of this offer: \_\_\_\_\_  
Student's Signature

Given to Class Leader for personal service to absent student

Instructor suggesting workshop: \_\_\_\_\_  
Instructor's Signature

D. DUNN  
Instructor's Name (Printed)

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**ONTARIO POLICE COLLEGE**
***Physical Feedback Profile***


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**NAME: JACK, MICHAEL**
**CLASS: BC-0828 AGE: 35**
**GENDER: M**


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In the class testing periods, some basic measures of personal fitness were conducted. These tests and results are listed below. If you have any questions regarding these measures, please feel free to contact any physical staff member.

**A: 1.5 MILE RUN**

This test is a predictive test that measures the very important cardio-respiratory (heart-lung) fitness, as correlated with the time to cover 1.5 miles. Exercise involving continuous movement of large muscle groups (ie. swimming, cycling, jogging) will improve this type of fitness if carried out for 15 minutes a minimum of 3 times a week.

<u>1.5 MILE:</u>	<u>FITNESS LEVEL</u>	<u>SCORE (x/50)</u>
9.44	SUPERIOR	50

**B: MUSCULAR STRENGTH AND ENDURANCE**

The push-up and curl-up tests measure muscular endurance, the ability to repeatedly contract the body's major muscle groups. These areas are important components of fitness because they increase the body's tolerance to stress and fatigue.

<u>PUSH-UPS:</u>	<u>FITNESS LEVEL</u>	<u>SCORE (x/20)</u>
73	SUPERIOR	20

<u>CURL-UPS:</u>	<u>FITNESS LEVEL</u>	<u>SCORE (x/20)</u>
75	SUPERIOR	20

**C: FLEXIBILITY**

This is a measure of general flexibility. Flexibility is an important aspect of any training program because of the benefits to mobility, general muscle tone and the prevention of many chronic injuries and complaints. Flexibility is enhanced by stretching.

<u>FLEX:</u>	<u>DISTANCE (cm)</u>	<u>FITNESS LEVEL</u>	<u>SCORE (x/10)</u>
	48	SUPERIOR	10

**D: OVERALL ASSESSMENT**
**100 %**


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Ontario  
Police  
College

Ministry of  
Community  
Safety &  
Correctional  
Services

23

### DOCUMENTATION

This process is intended to note exceptional behaviour or to assist the candidate to improve. A copy may be forwarded to the respective police service for their information. Steps taken by the candidate to affect a remedy will also be noted.

Candidate Name: JACK, Michael		Class No.:0828
Police Service: OPP		
Date: 29 Sep 08	Time: 1635 hrs	Location: Rm. 2042
<p>Details: On the above date and time, you made a request for another swipe card to gain access to your room. This is the second time you have done this therefore, as per direction, you are being documented.</p> <p>(Use back of form if required)</p>		
Action plan of candidate: _____		
_____		
_____		

Candidate's Signature: M. Jack

Staff Name (print): J. Hutton

(Acknowledging receipt)

[Signature]  
(Signature)

Copy:  Protocol Officer  
 Candidate

Date Received 30 Sep 08.  
Date Presented 01 Oct 08