

# TPDFIT

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Total Physical Development Fitness Incentive Training  
Presented by Sergeant Eric Sokoloski

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# TPDFIT

- Creation of TPDFIT – July 2013
  - Vision statement
  - Requirements and incentives
  - Training and certifications
  - JAG Grant – renovate police academy weight room – functional fitness model
  - Start indoctrination – apprentice police officers (APOs)
  - Purchase supplemental equipment for APOs
  - Update and renovate at the divisional-level facilities
  - Administrative and Fraternal Order of Police (FOP) support through education
  - Departmental education
  - Ground Zero Fitness Program
  - TPDFIT fitness classes
  - Tulsa Police Fitness Unit/Manual/Mission Statement
  - Health insurance trust and wellness
  - Future programs and incentives

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## Mission Statement

- Increase the mortality rate

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- The vision of the Tulsa Police Department's Physical Fitness Unit is to provide the most progressive, safe, job-applicable form of fitness to Tulsa police officers. This includes providing officers with the best equipment, time-tested training techniques, highly qualified trainers, 24-hour access to all police fitness facilities, technologies, and measurable quantitative benchmarks to aid in their progression

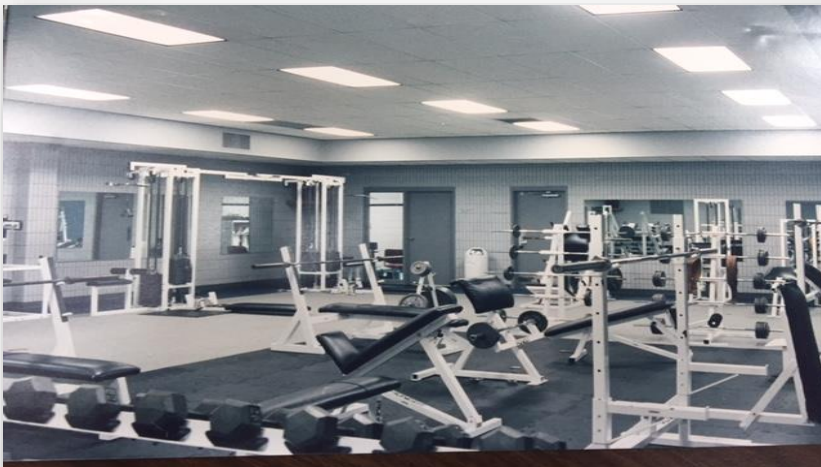


# TPDFIT

- Inception – 27-year-old academy weight room
- JAG Grant proposal approved for \$23,000
  - Setback - money used elsewhere
  - Chief of police - utilizes his seizer funds
- Complete renovation
- Completion of weight room renovation

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# Old Weight Room



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# Updated Weight Room



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# TPD Requirements

- Cooper Fitness Test – Vacation hours
  - 1.5-mile run
  - Max-effort push-ups
  - One-minute sit-ups
  - Flexibility test/body fat percentage
  - Vertical jump/300-meter sprint
- Physical Agility Test – Required 2009 to present
  - Required by FOP contract

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# Certifications

- Validity to TPDFIT Program
  - Cooper Institute for Law Enforcement Fitness
  - National Academy of Sports Medicine (NASM) – Certified Personal Trainer (CPT)
  - CrossFit Level I
  - 1907 CrossFit affiliation



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# Indoctrination

- Functional fitness into APO fitness training
  - Smaller class allows for training in weight room
  - Additional funding dedicated for purchase of equipment
  - TPDFIT expanded to accommodate 30 APOs
  - Limited space within weight room

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# TPDFIT

- Divisional gym renovations
- Five major divisions and three minor divisions
  - Divisional Commander inspired to update weight room
  - Detective Division assumes JAG Grant funding – SETBACK
  - Second Divisional Commander renovates gym
  - All old fitness equipment is utilized at minor divisions
    - Academy - Complete
    - South - Complete
    - North - Complete
    - Detective - Complete
    - East - in process of renovation and expansion

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## Support - Education



- Mandatory in-service training – Educate
  - Know your numbers and how exercise affects them
  - Nutrition basics
  - Documentaries
    - *Fed Up*
    - *Forks Over Knives*
  - Elective training
    - Nutrition: 8-hour course
    - Functional fitness: 8-hour course
    - Mobility and Endurance: 4-hour course
    - Divisional outreach
      - Deskbound – sitting in stand-up world
      - Nutrition

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# Support

- Chain of command
- Administrative
- City of Tulsa
- Fraternal Order of Police/contractual obligations
- FOP Trust – insurance provider
- The department

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# Support

- 10-80 Code
- Platinum Fitness Medal
- Recognized at awards banquet
- Police units to TPDFIT classes
- Fitness Unit
- Training
- Equipment

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# TPDFIT

- TPDFIT Classes – Original Schedule
  - CrossFit: 0800
  - TRX: 1100
- TPDFIT Class Schedule
  - Ground Zero: 0800 and 1300
  - CrossFit: 0830
  - Combatives: 1200
  - TRX: 1500
  - Warrior Yoga: 1200

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# Ground Zero

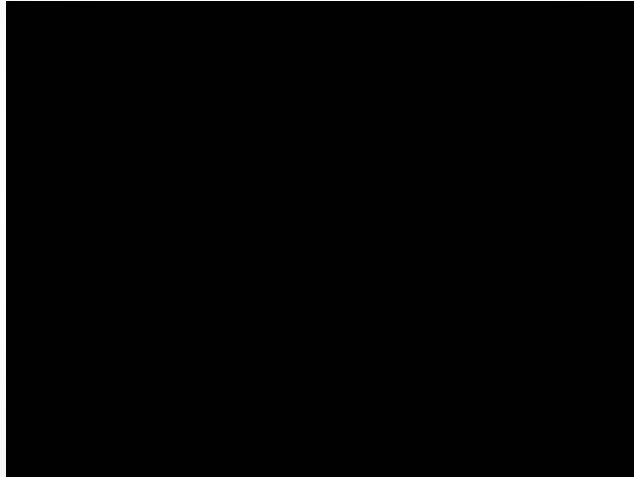
**“I wish I was in as good of shape as I was in the Academy”**

- Integration of APO fitness training with all officers in the department
- Opportunity for all officers to conduct physical training at the basic starting point as the APOs
- Resets with every APO class
- Allows existing members to continue
- All the workouts are scalable to meet the individuals' needs
- Continually reinforces all of the functional movements

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# TPDFIT Ground Zero



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# TPD Fitness Unit



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# TPD Fitness Unit

- The mission of the Tulsa Police Department's Physical Fitness Unit is to improve the physical performance of Tulsa police officers by increasing their cardiovascular endurance, stamina, strength, flexibility, coordination, agility, balance, accuracy, speed, and power through natural, universal, safe, and multijoint functional movements. The structure is a high-intensity and constantly varied work capacity across broad time and modal domains that incorporate quality mechanics to reduce injuries and increase performance while prolonging the quality of life

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# TPD Fitness Unit

- Seven-member unit
- Attended CrossFit Law Enforcement Seminar
- CPT/CrossFit Level I/TRX
- Fitness Unit manual
- Responsible for all fitness testing
- TPDFIT classes
- Mandatory in-service training and education
- Personal training of individual officers
- Divisional elective training
- Assist injured officers returning to duty
- 4-year to 25-year officers

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# TPD Fitness Unit



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# FOP Health and Wellness

- Self-insured
- Wellness Committee – three from the Fitness Unit
- Original one-tier system
  - 10% for participating in the Physical Health Assessment (PHA)
- Three-tier system – premium reductions
  - Tier 1 PHA = 5%
  - Tier 2 Nicotine Sensation = 5% (10%)
  - Tier 3 Height-to-Weight Ratio = 5% (15%) (starts January 2018)
    - BMI – outdated
    - Skin fold test – obtrusive
    - Electronic – inaccurate

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# Future TPDFIT Goals

- Mandatory PAT testing for all officers
  - Tier 4 FOP Trust = 5% (total of 20%)
- Assessing risk for hiring process
- Formal “return-to-duty” process
- Contract dietitian/nutritionals (FOP Trust)
- Monetary compensation for Cooper Test
  - \$200 Participation (no vacation)
  - \$400 Silver (4-hours vacation)
  - \$600 Gold (8-hours vacation)
  - \$800 Platinum (8-hours vacation)