



Police Officer in Training: About the OPD Academy

The Oakland Police Department Academy is a paid 27-week course certified by the California Commission on Peace Officer Standards and Training (POST). The course is delivered in an intensive format (40+ hours of instruction per week) at the Police Administration Building and other venues throughout the City of Oakland. The course is physically and mentally challenging.

Police Officer Trainees receive instruction on a variety of topics including:

- Criminal Law
- Firearms
- Arrest and Control Techniques
- Community Relations
- Vehicle Operations
- Traffic Enforcement
- First Aid

Police Officer Trainees must complete a mandatory physical training program and successfully pass all POST mandated written, practical, and scenario (role-playing) exams administered during the course of the Academy.

Monetary Investment

Physical training begins the first day of the Academy. Be sure you have the following gym items before the Academy starts:

- Gray cotton exercise shorts
- Gray cotton sweat pants and sweat shirts
- Plain white crew neck short sleeve T-shirts
- Good quality running shoes

In the first week of the Academy, you will be required to purchase several items of clothing:

- Police Trainee uniforms
- Police uniforms
- Boots
- Police dress uniform shoes

You will receive a Uniform Allowance check from the Department to defray expenses (up to \$1,000), but because you are required to have this clothing in the very first week of the Academy, be prepared to pay for it out of your own pocket. It is likely that you will receive your Uniform Allowance check after the first week.

Do not purchase any uniforms until the Academy starts.

Dress and Grooming

All students are expected to meet OPD's General Order C-1 regarding grooming and dress code. This general order describes, in part, what constitutes acceptable grooming and dress standards.

Examples of proper dress and grooming standards are shown to the right.

Academic Training

Most of the practical exams and academic tests given during the Academy are POST-mandated and must be passed in order to complete the Academy.

Any trainee who fails a POST-mandated exam will be given additional training in that area and a make-up exam will be administered. If the make-up exam is failed, the trainee will be removed from the Academy.

Additionally, several quizzes will be given throughout the course. The results of these quizzes, as well as all POST-mandated exams, will determine a trainee's final Academy Class standing upon graduation. Class standing will affect Departmental seniority and assignment.

Physical Training

The Academy has time dedicated to physical conditioning and at times this training will be strenuous.

Physical training begins the first week of the Academy. POST mandates that every trainee complete a minimum number of physical training sessions and pass a battery of physical abilities tests. Failure to complete this minimum number of sessions will result in a trainee's removal from the Academy. Being physically fit prior to the start of the Academy will make this portion of the Academy less stressful. Additionally, it will reduce the likelihood of injuries which may occur as a result of unaccustomed strenuous exercise.

[Click this link to Expected Physical Fitness Performance Upon Academy Entry](#) to learn what the standards are for a trainee entering the Academy. In order to perform at a minimally acceptable level in the area of physical fitness at the Academy, a trainee should perform in the yellow highlighted ranges.

