

# École nationale de police du Québec

## 2017 POLICE SPAT-ENPQ Specific Training Plan for the Illuminated Target Station

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### Research and Strategic Development Centre

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## Introduction

Following observations made during the admission tests, it became apparent that some candidates had more difficulty at the SPAT-ENPQ illuminated target station. We must remember that this station assesses the ability of the candidate to perceive and react quickly in a reaction-shooting situation. All candidates must perform this station three times during the circuit (beginning, halfway, end) at various levels of fatigue. To support the candidates in their preparation for the SPAT-ENPQ, a specific training plan for this station has been developed. This plan complements the “2017 POLICE SPAT-ENPQ Preparatory Training Plan<sup>1</sup>”, which generally targets the physical qualities required by the SPAT-ENPQ.

## Description of the Illuminated Target Station

With a flashlight in his hand, the candidate stands in the start zone, surrounded by six targets arranged in a 180-degree arc (see Figure 1).



*Figure 1: Illuminated target station*

When the candidate starts the station, the targets light up in red one at a time randomly. When a target lights up in green, the candidate has 3 seconds to notice it, move to the corresponding

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<sup>1</sup> [http://www.enpq.qc.ca/fileadmin/Fichiers\\_client/centre\\_documentaire/Publications/ESAP-ENPQ\\_Police\\_2017\\_plan\\_entrainement.pdf](http://www.enpq.qc.ca/fileadmin/Fichiers_client/centre_documentaire/Publications/ESAP-ENPQ_Police_2017_plan_entrainement.pdf)

zone on the ground (e.g. black target, black mat), and aim at the (30 cm X 30 cm) square target with the flashlight for at least 1 second. The candidate must successfully complete this station and any other station in order to continue the course. The number of attempts for each station is unlimited and the test will be terminated only if the candidate exceeds the maximum time (322 s) allotted to complete the STAP-ENPQ.

## **Objectives of the Training Plan**

This specific training plan has been designed to increase the candidate's performance at the illuminated target station by working on the requested physical qualities. The provided exercises are suggestions to help improve the coordination, quick decision-making, reaction time, the ability to accomplish a double task, as well as peripheral vision. The training plan is designed in such a way that the level of difficulty increases gradually. When the exercises are mastered, it is recommended to perform them with an excess weight of 6.8 kg, which represents the weight of the bulletproof vest and the duty belt worn by the candidate during the SPAT-ENPQ.

The first part of the training plan includes learning exercises for the aiming task and the moving task toward the corresponding zone on the ground. Then, the various tasks of the station have been broken down into phases in order to improve every aspect separately. Finally, these phases are combined to form the complete task that must be accomplished in order to successfully complete the illuminated target station. The second part of the plan consists of exercises that target peripheral vision.

Some of these exercises can be integrated in a circuit-style training to accomplish the task at various levels of fatigue, thus representing the conditions in which the SPAT-ENPQ illuminated target station is performed.

## Part A: Exercises for the Illuminated Target Station

At the start of training, all exercises can be done without excess weight. However, it is recommended that, once you have mastered them without excess weight, you do the exercises below with a vest and a weighted belt.

### 1) Aiming phase

**Objective:** Aim as quickly as possible at the cardboard on the wall whose colour corresponds to the colour shown or called.

**Required material:** A blue hoop, a flashlight or a laser pointer, a 30 x 30 cm red cardboard and green cardboard, a 10 x 10 cm red cardboard and green cardboard.

#### Starting position



**Procedure:** Facing a wall, the candidate stands in the blue hoop with the flashlight in his hand. Two cardboards, one red and one green, are placed to the left and to the right in front of him (below eye level). The center of the hoop must be at 2.85 m from the wall. This is the same distance between the hoop of the aiming zone and the illuminated targets in the SPAT-ENPQ circuit.

**Exercise 1A)**



**Directives:** In a team of two, the teammate stands near the candidate and shows him a colour using the small cardboards. With the flashlight, the candidate must aim as quickly as possible at the cardboard on the wall, whose colour corresponds to the one shown by his teammate.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8567>

We can repeat the exercise by calling the colour "green" or "red" of the cardboard that must be pointed at.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8578>

To improve the reaction time, the PrepT-SPAT<sup>2</sup> test no. 4 on the motor reaction time can also be used as an exercise to prepare for the illuminated target station.

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<sup>2</sup> Poirier, S., & Gendron, A. (2017). *Développement et validation de l'évaluation préparatoire à l'ESAP-ENPQ*. Report prepared for the École nationale de police du Québec, 45 pages.

## 2) Stepping back phase

**Objective:** Move by taking a step back assertively without trampling and without looking back.

**Required material:** Three hoops (one red, one green and one blue).

### Starting position



**Procedure:** Arrange the hoops so that the candidate can stand in the blue hoop whose centre is at 2.85 m from the wall. Place the red hoop and the green hoop at 45° to the left and to the right behind it. The distance between the green, blue and red hoops must be 30.5 cm (from edge to edge). The colours of the hoops and the cardboards must be opposite (green hoop and red cardboard on the right, red hoop and green cardboard on the left).

**Exercise 2A)**



**Directives:** The candidate must step back in each hoop while **looking** back until the task is easily accomplished. Then, move to the next exercise.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8580>

**Exercise 2B)**

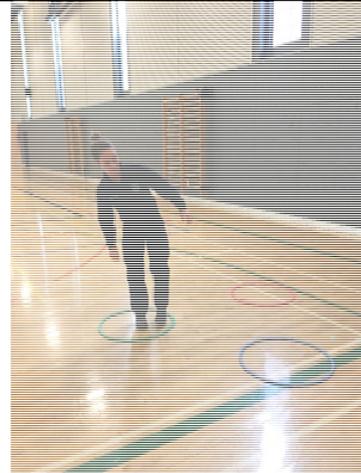


**Directives:** The candidate must step back in each hoop **without looking** back until the task is easily accomplished.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8582>

**Exercise 2C)**

Looking



Without  
looking

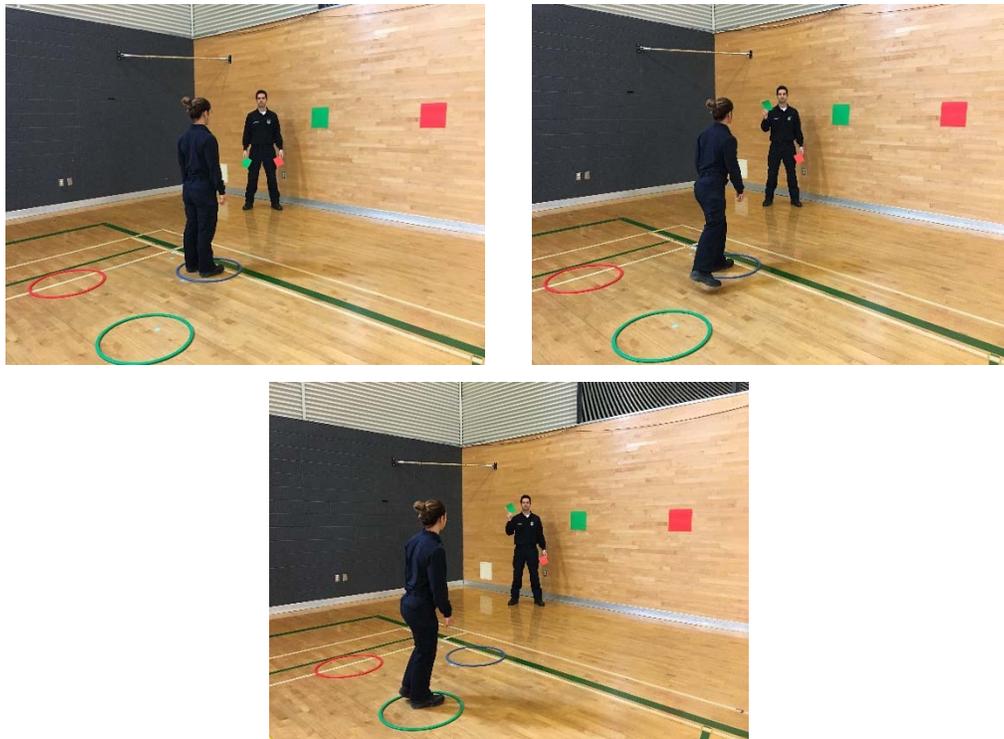


**Directives:** When the candidate performs exercises 2A and 2B easily, gradually move the red hoop and the green hoop away from the centre hoop up to a maximum distance of 61 cm. The candidate steps back in the hoops, first while **looking back**, and then **without looking**.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8584>

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8586>

**Exercise 2D)**



**Directives:** When all three previous exercises are performed with ease, a visual command can be added to the exercise. In a team of two, the teammate shows the colour to the candidate using the small cardboards. The candidate must move in the hoop corresponding to the colour shown.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8588>

The exercise can be repeated by calling the colour "green" or "red" and the candidate will have to step back in the hoop corresponding to the colour mentioned.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8589>

### 3) Combination of phases 1 and 2

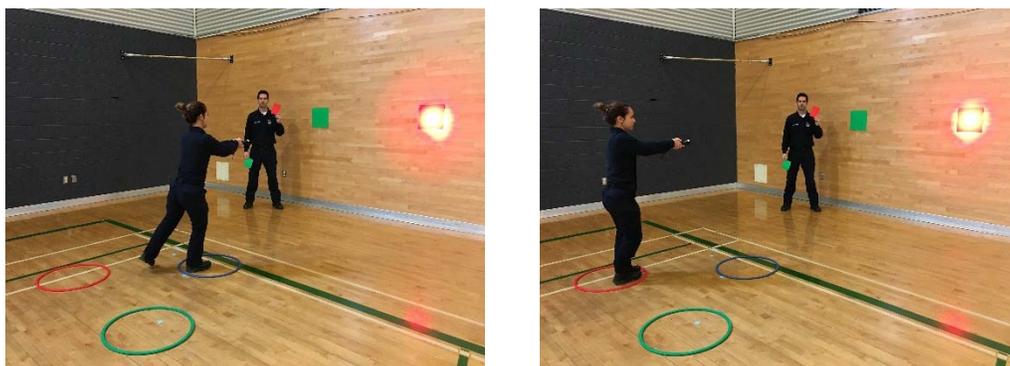
Combining the aiming phase with the stepping back phase in a practice exercise allows simulating the task that must be accomplished at the illuminated target station during the SPAT-ENPQ.

#### Starting Position



**Procedure:** In a team of two, the candidate stands in the blue hoop and his teammate is close by.

#### Exercise 3A)



**Directives:** The teammate shows a small “green” or “red” cardboard. The candidate must aim as quickly as possible at the same coloured target on the wall and **then** step back in the same coloured hoop located on the opposite side. When the task is done properly, the candidate can attempt to aim at the target on the wall while stepping back **at the same time** in the corresponding coloured hoop. As suggested earlier, this exercise should be done with an excess weight to recreate the conditions of the SPAT-ENPQ as closely as possible.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8592>

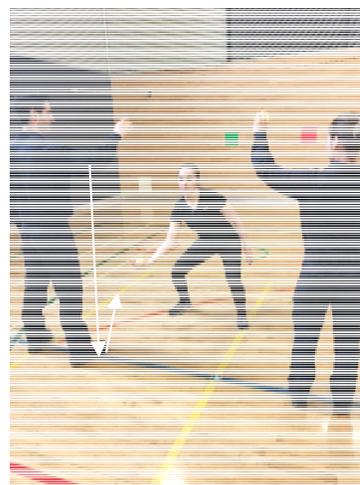
## Part B: Peripheral Vision Exercises

At the start of training, all exercises can be done without excess weight. However, it is recommended that, once you have mastered them without excess weight, you do the exercises below with a vest and a weighted belt.

### Exercise 4A)

**Objective:** Catch a ball dropped on the ground to the left or to the right of the candidate as quickly as possible before it touches the ground. Minimize the distance between the candidate and his teammates.

**Required material:** Tennis balls or small balls.



**Directives:** In a team of three, the candidate stands straight in front of his teammates looking far ahead while his teammates position themselves to his left and to his right, at an approximate 45-degree angle, each holding a ball in their hands. One of the two teammates drops, at random, his ball and the candidate must catch it before the second bounce.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8594>

Do the exercise by bringing the candidate as close as possible to his teammates.

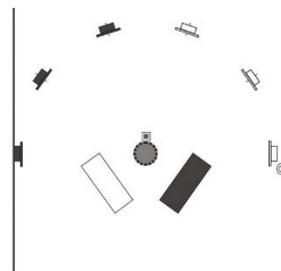
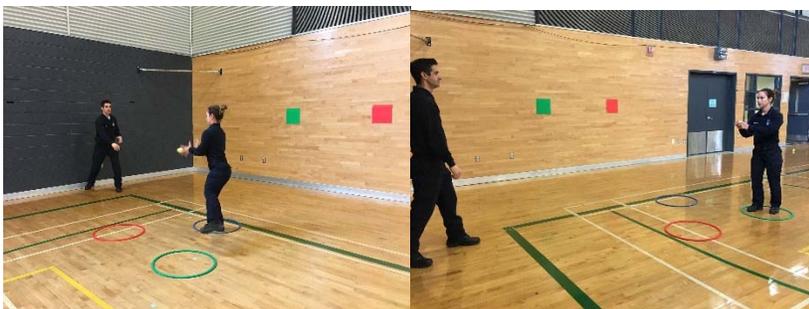


To increase the level of difficulty of this exercise, we can ask the candidate to catch the ball before it bounces for the first time or yet ask the teammates to get as close as possible to the candidate until they are standing side by side.

#### **Exercise 4B)**

**Objective:** Catch the ball and step back in the corresponding hoop.

**Required material:** Six tennis balls, a red hoop, a blue hoop and a green hoop.



**Directives:** In a team of 7 persons, the 6 teammates, all holding a ball, position themselves in semi-circle around the candidate, simulating the 6 silhouettes of the illuminated target station, as shown in the diagram above. Each of the teammates drop randomly their ball so that it bounces once toward the candidate who must catch it before it bounces a second time.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8596>

To increase the level of difficulty of this exercise, the teammates follow the same procedure but by throwing the ball at the candidate with no rebound.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8597>

We can also place hoops behind the candidate as shown in the previous exercises. The candidate will have to catch the ball, and then step back in the hoop on the opposite side of the teammate who has thrown the ball.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8598>

**Exercise 4C)**

**Objective:** Walking backwards while dribbling or bouncing a tennis ball on the ground.

**Required material:** A basketball and a tennis ball.



**Directives:** The candidate must dribble a basketball alone with one hand while looking ahead.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8602>

While dribbling a basketball, the candidate takes a tennis ball in the other hand, throws it on the ground and catches it.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8604>

To increase the level of difficulty of this exercise, the candidate is asked to perform these tasks while looking ahead and/or walking in a straight line.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8607>

To further increase the level of difficulty, this exercise could also be done by walking backwards.

<http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8608>

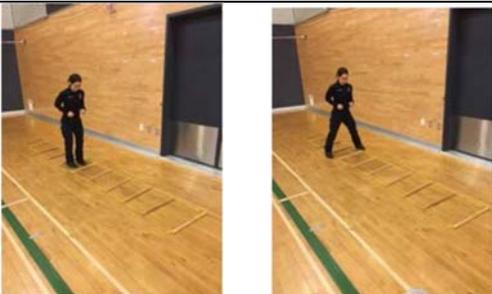
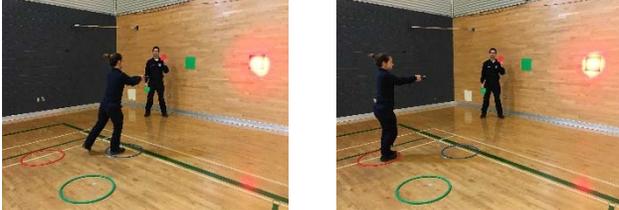
## Part C: Training Circuit

**Objective:** Integrate the exercises for the illuminated target station in a circuit that increases the heart rate in order to do these exercises at different levels of fatigue.

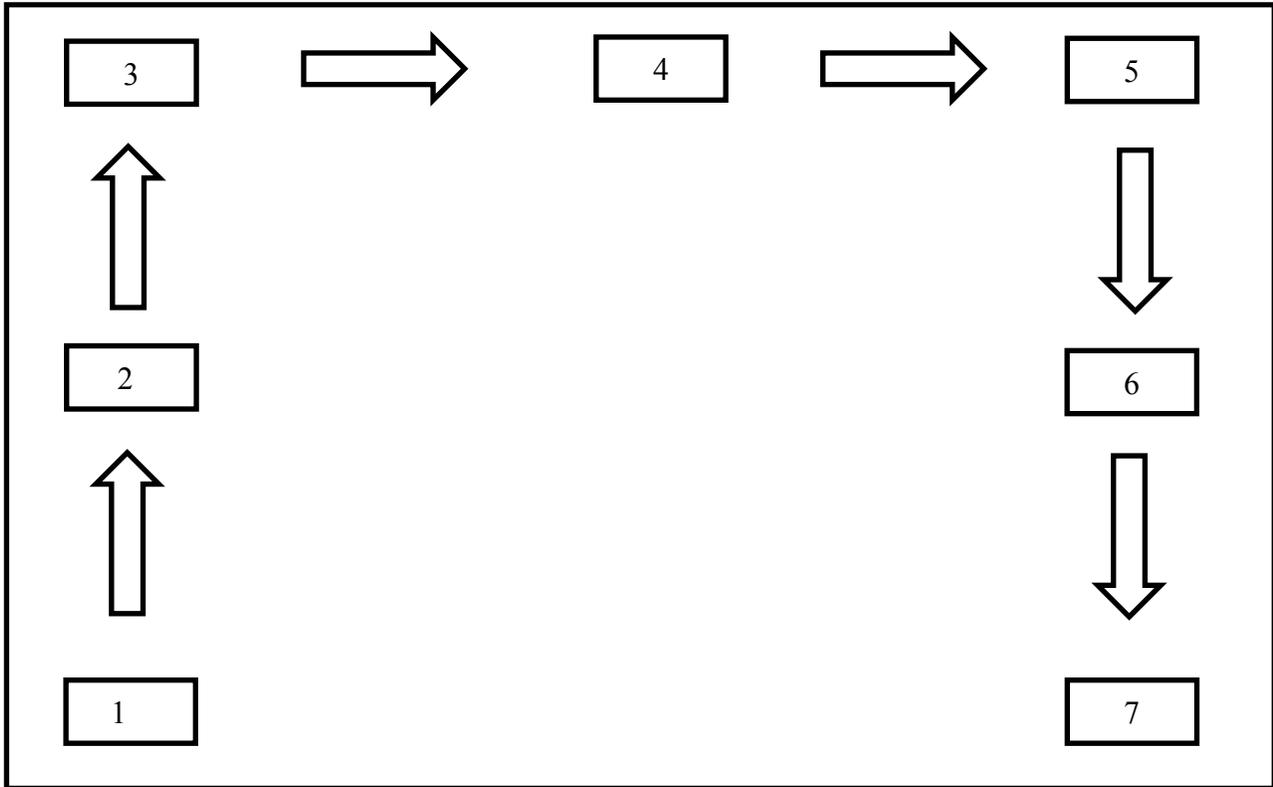
**Required material:** A red hoop, a green hoop and a blue hoop, a flashlight, a small red cardboard, a small green cardboard, a 30 x 30 cm red cardboard, a 30 x 30 cm green cardboard, and an agility ladder.

**Directives:** Do three laps of a circuit made up of seven stations, taking a 2-minute rest between each lap. Each station requires 30 to 45 seconds of effort. It is recommended to do the exercises of the circuit in a team of two. Thus, when the candidate performs the various exercises, his teammate will be taking a break or, in the case of stations 2 and 6, will play the role of the person nearby showing the cardboards.

Exercises:	Images:
<p>Station 1: Burpees</p> <p><a href="http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8610">http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8610</a></p>	
<p>Station 2: Exercise 1a</p> <p><a href="http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8612">http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8612</a></p>	

<p>Station 3: Agility ladder drills (high intensity)</p> <p><a href="http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8614">http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8614</a></p>	
<p>Station 4: Exercise 2c</p> <p>(Choice of looking or without looking)</p> <p><a href="http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8616">http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8616</a></p> <p><a href="http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8622">http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8622</a></p>	
<p>Station 5: Quick Mountain Climber</p> <p><a href="http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8617">http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8617</a></p>	
<p>Station 6: Exercise 3a</p> <p><a href="http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8618">http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8618</a></p>	
<p>Station 7: Jumping lunges</p> <p><a href="http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8619">http://www.enpq.qc.ca/futur-policier/etapes-dadmission/esap-cibles-lumieres.html#c8619</a></p>	

**Example of the layout of the circuit and the stations in a gymnasium:**



## **Conclusion**

The specific training plan for the illuminated target station enables the candidates to improve the physical skills involved in this station. It is important to remember that this specific plan must be part of a complete training program since the plan alone cannot guarantee the successful completion of the SPAT-ENPQ. A SPAT-ENPQ preparatory training plan is available on the ENPQ website to facilitate the candidate's physical preparation. The preparatory test (PrepT-SPAT) is another tool the candidates have to assess their risk of failing the test. A video presenting the 2017 POLICE SPAT-ENPQ is also available on the ENPQ website.





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