

# Special Instructions

## Bag:

1. Duffle Bag or Backpack (any kind/color) to carry your supplies
2. Note taking materials: Notebook with lined paper, BLACK ink pens, miscellaneous stationary items (i.e. white-out, pencils, etc.)
3. Water bottle and/or electrolyte drink

## Running Attire:

1. Wear comfortable and appropriate running attire. If you wear shorts, please wear compression shorts underneath.
2. Wear comfortable running shoes. We recommend that you only wear running shoes; meaning no trail, cross training, or basketball shoes).
3. Hand towel

## Student Conduct:

1. Students will maintain a professional demeanor at all times
2. Students will address all staff members by using “Sir” or “Ma’am”
3. No food items shall be eaten in the classroom. Only water bottles and/or electrolyte drinks are allowed in the classrooms.

## Miscellaneous:

We recommend that you do not wear any expensive jewelry since you will be doing a lot of physical training exercises outside.

Be sure to complete the MVC on-line application at [www.cccapply.org](http://www.cccapply.org) for the **Winter ‘11** semester if you are not a current student already. The class registration and payment fee shall be completed via WebAdvisor prior to the first day.

The class will begin on Tuesday, **January 10, 2012** and end Saturday, **February 18, 2012**. It is scheduled for Tuesdays & Thursdays from 6pm-9pm and two Saturdays (02/11- 8am – 12pm & 02/18- 8am – 5pm) for a total of 6 weeks. Upon successful completion of the course, you will receive 1 unit. You are only allowed to miss a total of 6 hours of the class.

The course coordinator is Deputy Aaron Penning. If you have questions regarding the course, you may reach him at (951) 486-7506 or [apenning@riversidesheriff.org](mailto:apenning@riversidesheriff.org).