CENTRAL VIRGINIA CRIMINAL JUSTICE ACADEMY
Training Announcement

TITLE: **First Responders & Wellness Instructor's Course (First Well)**

LOCATION: CVCJA
1200 Church Street
Lynchburg, VA

DATE/TIME: December 9-11, 2026
Class Begins 0830-1530 Each Day

DESCRIPTION: This course will prepare instructors to oversee the law enforcement work performance course.

REGISTRATION: Individuals wishing to reserve a slot in this course must submit a student enrollment form. This course has a $300.00 registration fee.

CONTACT: For additional information, contact Ron Staton at the Central Virginia Criminal Justice Academy (434) 455-6188.

CREDITS: 21 Hours CD

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First Responders and Wellness (First Well) Instructor course…….
Get prepared for these hands on 3-day instructor course. **What will be covered:**
The new DCJS fitness requirements with the law enforcement work performance course, and how to prepare our recruits **at the academy and throughout basic training** to improve their fitness level. Students will learn how to measure blood pressure and resting heart rate. (and understanding the numbers).
Students will develop skills to utilize proper safety protocols to include proper warmup and stretching guidelines.
Students will do a 1 and ½ mile run, a first responder challenge course, a flexibility test, a 1 rep max bench press, pull-ups, pushups, and sit ups. (and how to score the battery of tests).
Students will discuss, practice and demonstrate proper form when exercising.
Students will have scenarios where you will identify potential shortcoming(s) and helpfully coach the individual to achieve success.
Students will learn at least three exercises for each test to help students improve their performance while in training.
Students will discuss nutrition, food label education, and the importance of the food diary.
Students will discuss mental and emotional health as part of the wellness triad. Fitness/Wellness as a lifestyle.
Students will learn **Instructor Liability.** (Legal)
Students will learn how this information can be used to encourage incumbent staff to improve their fitness levels as well.
Note: The schedule includes no formal lunch break.
The class will be 0830-1530 with three properly spaced 20-minute breaks.
The FIRSTWELL certification is valid for three calendar years. A one-day recertification course will be required prior to the end of the third calendar year to maintain valid certification. Participants should be in GOOD physical condition, and the participant should possess the ability to perform the full battery of physical tests.
Appropriate dress/attire is required. A change of clothing is

recommended.
Certificates will be awarded to those that successfully complete the FIRSTWELL instructor course.
THE FIRSTWELL Instructor course is open to all First Responders