CLOSE PROTECTION COURSE

INSTRUCTOR:
Chapter 1: Roles and Responsibilities of the Close Protection Operative
Chapter 2: Threat and Risk Assessment
Chapter 3: Surveillance Awareness
Chapter 4: Operational Planning
Chapter 5: Law and Legislation
Chapter 6: Interpersonal Skills
Chapter 7: Close Protection Teamwork and Briefing
Chapter 8: Conduct Reconnaissance
Chapter 9: Close Protection Foot Drills
Chapter 10: Route Selection
Chapter 11: Close Protection Journey Management
Chapter 12: Search Procedures
Chapter 13: Incident Management
Chapter 14: Venue Security.
Session One: Avoiding Conflict
Session Two: Defusing Conflict
Session Three: Resolving and Learning from Conflict
Session Four: Application of Communication Skills.
The course will satisfy and meet the requirements of cognitive, theorist, affective and reflective styles of learning ability.

The candidates will be involved in discussion and practical type scenarios which are useful for informative assessment and time will be utilised for revision and reflective summary.

The course will involve question and answer opportunities to ensure the candidates have gained a clear understanding of each subject and are refreshed in the relevant skills of a CPO and meet the requirements of the SIA.

The course content will be taught by designated subject matter experts (SME’s) with vast operational and instructional backgrounds in their field of expertise.
PCP 1: Assess level of threats and risks to Principals
PCP 2: Plan and prepare to minimise threat and risk to Principals
PCP 3: Liaise and communicate with Principals and others
PCP 4: Establish and maintain secure environments
PCP 6: Maintain the safety and security of Principals whilst on foot
PCP 7: Maintain the safety and security of Principals whilst in transit
PCP 8: Maintain protection whilst driving
PCP 9: Use control and restraint to support close protection
PCP 10: Use physical intervention to support close protection
PCP 11: Respond to trauma and medical crisis
PCP 12: Maintain personal security awareness

EMPLOYMENT NTO
SLP 2: Communicate effectively and efficiently in the workplace
SAS 8: Use IT to support own role
UNIT 3: Promote a healthy and safe workplace
UNIT 5: Give a positive image of your self
UNIT 6: Work effectively with other agencies.
CHAPTER 1
INTRODUCTION TO THE ROLES AND RESPONSIBILITIES OF A CLOSE PROTECTION OFFICER

Aim:

➢ To introduce and explain the roles and responsibilities of the Close Protection Operative

➢ To introduce and explain the roles and responsibilities of the Close Protection Team.
TEACHING METHODS USED:

➢ Visual presentations in the form of Power-Point will support the learning

➢ Theoretical information will be provided in relevance to subjects covered

➢ Practical scenarios will be undertaken by the trainee’s.
INTENDED LEARNING OUTCOMES:

By the end of this session students will be able to:

✓ Explain the purpose and diversity of the Close Protection sector

✓ Give examples of notable Close Protection incidents; successes and failures

✓ Explain the difference between a Client and a Principal within the role of Close Protection

✓ Explain the different roles within a Close Protection Team

✓ Explain the roles a Close Protection Operative may undertake whilst working alone

✓ State the professional attributes of an effective Close Protection Operative

✓ Explain the range of equipment available to the Close Protection Operative.
✓ Explain the purpose of Close Protection training and licensing.

✓ State why it is necessary for a Close Protection Operative to be responsible for their own Continual Professional Development (CPD).

✓ Give examples of the different types of people to whom Close Protection Operatives are required to provide personal protection and describe the different tasks involved.

✓ Explain the need for a Close Protection Operative to be flexible and act in a professional manner during an assignment.

✓ Explain how working alone affects how a Close Protection Operative carries out their role.
INTRODUCTION

“A bodyguard is a person who protects someone known as their Principal/Client/VIP/Customer. He or she will establish and maintain a safe working environment in which to protect the Principal from assassination, personal assault, kidnapping, loss of confidential information or other threats”.
Bodyguards have been around from the second century BC when household troops of the Cohorts praetorian were formed into the Praetorian Guard and used as personal bodyguards by Roman generals. In the late twentieth and early twenty-first centuries, most bodyguards were police officers or soldiers either retired or current. Former members of the Special Air service will, on leaving the regiment usually move into close protection, having gained training and experience in the role while serving soldiers.

Because of their reputation, training and experience former members of the SAS used to dominate “The Circuit” as the civilian Close Protection world is referred to, closely followed by former members of the Royal military Police and civilian police trained protection officers.
However a police or military background is not essential for employment but will certainly be an advantage. Most new protection operative’s entry into “The Circuit” is usually by recommendation. To be realistically employable your training must have been with a reputable company, up to date and relevant. Because close Protection Officers are self-employed and rely heavily on networking a good reputation and training history is important. Contracts are usually short-term and are generally offered through specialist operational CP companies.
Daily rates of pay vary according to the risks involved and range from £120 to £300 plus expenses per day. Salaries for Personal Protection Officers (Bodyguards) start around £40k per annum. Overseas assignments in particular can significantly increase your earnings but the risks in some countries increase substantially.

The first step to a new career in Close Protection is to research the companies offering training, paying particular attention to the credentials of the training team, is the course and company recognised by the SIA. Many will fail to make it on to “The Circuit” simply because they chose the wrong training provider.
It is essential that time is spent researching the market and a few questions asked of the training provider before parting with your hard earned cash such as, Is the company SIA approved?, Are the instructors credentials genuine?, Is the course content relevant?, After the course what career support will I get?. 
COURSE DURATION

The Royal Military Police Close Protection Unit and Royalty Close Protection team attend a basic course of at least 8 weeks, followed by 4 weeks pre-deployment training.

Even after removing firearms training, physical fitness and specific Military/Police elements, the minimum of entry-level training should be about four weeks. Ideally this training should be carried out on a continuous basis, to minimise skill fade and maximise effectiveness.
All CPOs wishing to conduct operations in the UK will require a licence issued by the SIA, for more information on this subject you can visit the SIA web site at [www.sia.homeoffice.gov.uk](http://www.sia.homeoffice.gov.uk) however during the course you will be updated on any changes in the SIA requirements.

You will be required to attend and successfully complete a First Aid at Work course or a suitable course indicated on the SIA web site. This is to maintain a high standard of Close Protection Officers, skilled in all subjects indicated by the SIA. It is also important to update your skills on a regular basis and work towards a degree in Close Protection.

Consideration should also be given to; a surveillance course, further medical qualifications, firearms, defensive driving, further education, etc.
✓ An SIA licence last for three years and cost £220.00 which is not refundable so ensure you have all the necessary documentation including a criminal background check.

**Essential Subjects are:**

1. CP Skills & Procedures
2. Personal safety (PS)
3. First Aid & Trauma Management
4. Tactical Driving
5. Surveillance and Counter Surveillance Planning and Risk Assessments

**NB:** For overseas High-risk work, a CPO will also be expected to be competent with firearms.
Companies that promise to provide jobs at the end of a course should be scrutinised and viewed with suspicion, especially if they do not have an operational division. Many people have been misled, completely let down or given inferior employment.

Reputable companies will maintain a database of trained personnel and will actively support their students by arranging Interviews with reputable Private Security Companies affiliated to their Training Organisation. Others simply take the money and leave the newly qualified CPO to struggle against the odds alone. Usually because the Instructors have limited experience and credible contacts on the Circuit!
Close Protection exists to provide security and reduce risks to public figures or anyone else who feel they are vulnerable for whatever reason. The purpose of this course is to provide the necessary information, guidelines and tactics that will enable you to perform the role of a Close Protection Officer. Some of the more advanced items are not included.

For example; Advanced Trauma First Aid training, Defensive Driving, these should be addressed separately. You are required to attend a First Aid course as part of your licensing process, (which you will do as part of the Horizon Close Protection Level 3 course).
Sometimes you will be working alone, (this is not best practice), maybe in a hostile environment, this is not an ideal scenario as you are limited to the protection you can give and is not advisable, however, remember your main role is the protection of the Principal.

When working alone you have to be a master of all skills; i.e. CPO, Driver, First Aider, Planner, Surveillance Expert, Bodyguard, Personal Assistant, Technical Surveillance Expert and Investigator.
It is important that you maintain your skills once trained to maintain a high standard of effectiveness, remember; it is your responsibility to maintain your professional development in close protection skills as a team and as an individual. You must also have good communication skills, both verbal and written.

In today’s terrorist environment many people require protection; Film stars, celebrities, CEOs of large companies, royalty, visiting dignitaries, corporate executives, their families, children and witness protection programmes. While the protection of life (ART 2 Human Rights) is the responsibility of the state, civilian companies can be called upon to work alongside State resources, i.e. Iraq.
QUALITIES OF A GOOD CLOSE PROTECTION OFFICER

- Reliability
- Honesty
- Integrity
- Confidence
- Manner
- Attitude
- Diligence
- Professional
- Enthusiasm
- Discretion
- Punctual
- Well turned out
- Loyalty
- Selflessness
- Team Player.
One of the techniques that you will learn is **FLEXIBILITY**. This means, with your own practice, on or off the field, and with your own experience, you can adapt this information to suit your needs, please feel free to do so, but **REMEMBER THE BASICS**

Close Protection Officers (CPO) may be deployed on foot, with vehicles or a mixture of both, and will need to adapt tactical skills to the constantly changing environment of the public domain. Correct responses will be determined by ongoing risk assessment and a flexible approach is vital to achieve this.

As an introduction to Close Protection (CP) there are some words and phrases that are used in most CP details throughout the world. Some countries like the USA have their own variations but these are the phrases most commonly used.
GLOSSARY OF TERMS:

CPO  Close Protection Officer or Close Protection Operative
CP   Close Protection
BG/PPO  Bodyguard or Principal Protection Officer Security
SAP  Advance Party
PES  Personal Escort Section Protective
RST  Residence Surveillance Teams
RST  Residential Security Team
OST  Operational Support Teams (Ops Room)
TL   Team Leader
2ic  Second in Command.
CPO - This is the phrase given to you at the end of this course (hopefully!). All members of a Close Protection team are called CPO’s.

BG/PPO - This is the CPO who protects the Principal directly.

SAP - This phrase refers to an advance security team who are trained in all aspects of CP and surveillance. Their task is to leave and secure venues at least 30 mins before your approximated time of arrival/departure.

PES - This phrase refers to the members of the team who will provide external cover to the Principal and BG whilst walking or mobile.
**PST** - This phrase refers to a team of CPO’s who are trained in all aspects of CP and surveillance. Their task is to conduct covert surveillance and report on any suspicious activity that might have an effect on your role of protecting the Principal. (NB; In hostile environments, a sniper team may be attached to the PST)

**RST** - This phrase refers to a team of CPO’s whose sole responsibility is to protect and secure the Principal place of residence.

**OST** - This phrase refers to a team running an Operations room in support of the security operation(s) led by an Operations Officer (OPSO).
**TL** - Is usually the most experienced member of the team who will have direct contact with the Principal and will command the protection team

**2IC** - Is responsible for overseeing aspects of the PES and will move up to the position of Team Leader when the TL is not available

**NB:** All of the above are used when there is a high threat. Basically the PST are CPO’s deployed in plain clothes, whose sole aim is to provide eyes and ears for anything untoward which may happen.
Other phrases that you will come across are **PRINCIPAL** and **CLIENT**

**Principal**

*(Chief in Importance)*. The person or individual you are to protect.

**Client**

The individual who has hired our service to protect the **Principal**; they may be the same person and can come from all walks of life from celebrities to business men.
All trained CPO’s must be able to conduct Risk and Threat Assessments on the Principal; this will include his residence and place of work and also his day-to-day routine, including venues.

The fact that an individual has felt the need to require your services means that there is always a risk to his or her life, whether it is from social / domestic issues or a terrorist threat that has been received.

By conducting a Threat Assessment you will find the area that the Principal is most vulnerable, or at ‘risk’, and be able to manage the risk by means of planning his day to day routine in a safe environment, utilising all means given, to protect the individual.
The Close Protection Team Security Ring
CONCENTRIC THEORY OF PROTECTION

PRINCIPAL

INNERMOST RING - BG / PES

SECONDARY RING - SAP / AGENCIES

OUTERMOST RING - PST (Sniper attachment).
YOUR OVERALL MISSION IS TO:

✓ Prevent the assassination or injury of the VIP
✓ Prevent kidnapping of the VIP
✓ Prevent the unintentional injury to the VIP (Accidents)
✓ Prevent medical injury from becoming serious or fatal
✓ Prevent embarrassment to the VIP...

...by implementing these three simple rules;
✓ DETER
✓ DETECT
✓ DELAY
Avoidance, De-escalation & Disengagement

You have no obligation to get into a confrontation with another person. In fact, you should do everything in your power to avoid confrontations.

And just because you’re armed doesn’t necessarily mean you must confront anybody at gunpoint. Develop your "situational awareness" skills so you can detect and avoid trouble altogether.
If, despite your best efforts to the contrary, it seems a confrontation is inevitable never mention, imply or expose your gun for the purpose of intimidation or one-upmanship. You should expect to be arrested by police at gunpoint, and be charged with a crime and confiscation of your firearm anytime you draw / display your handgun in public, regardless of how unintentional, innocent or justified the situation might seem.

Further, this publicity also now makes you a potential target for the other criminal elements to steal your gun – and they’re usually willing to kill you to get it. Before you deliberately expose your gun in public, ask yourself: "Is this worth going to jail or making me a possible target for theft and murder?"

**NB:** You will NOT be carrying a side arm in the UK unless you work for the Home Office.
Be careful not to escalate the aggression by issuing threats or insults. Instead try to calm everyone down. Try to diffuse the situation – apologize, cajole, plead. Make a joke about yourself or think about all the important people in your life.

Watch for any signs of escalating aggression or other persons goading the aggressors(s).

If you see this happening the best course of action is to leave the scene altogether. There is nothing that says you have to stay in a danger zone. Find a way to quickly and safely get away. Your life and those that depend on you are far too important.
If you successfully avoid a confrontation, the single negative consequence might be a bruised ego, and that will heal quickly. But if you force a confrontation you risk the possibility of any or all of the following things happening:

1. Being killed or suffering lifelong crippling/disfiguring physical injury
2. A family member being killed or suffering lifelong crippling/disfiguring physical injury
3. Criminal liability and prosecution up to murder
4. Financial ruin from civil lawsuit.
“DON'T LET HEATED EMOTIONS GET THE BEST OF YOU”.

You’ll simply make a bad situation worse for yourself and everyone else involved. Flee if you can!

**FIGHT ONLY AS A LAST RESORT.**
THE ROLL OF THE CPO

THE AIM OF PROTECTION TO OUR PRINCIPAL IS TO:

✓ Assess risks
✓ Minimise the effect of lethal attack
✓ Maintain personal qualities
✓ Brief and advise the principle
✓ Maintain protocol.
In order to achieve this you must:

✓ Complete a Threat Assessment
✓ Be aware of existing threats
✓ Gather Intelligence
✓ Avoid routine
✓ Up-date skills
✓ Expect the unexpected.
This has to be done while maintaining a professional image

What if the principal does not take advice, what should you do?

Simple answer......Be discretely assertive if you perceive the situation warrants it!
There are a number of ways we can assess risks and they are as follows:

- Intelligent reports
- Background checks
- Route selection
- Reconnaissance
- Deployment of teams.
MINIMISE THE RISK OF LETHAL ATTACK

✓ Manpower
✓ Searching
✓ Suitable venue or place
✓ Route selection
✓ Secondary route
✓ Safe houses.
MAINTAIN PERSONAL QUALITIES

✓ Professionalism
✓ Self-confident
✓ Good observation skills
✓ Good communication skills
✓ Smart appearance
✓ Level headedness
✓ Polite, neatly groomed appearance
✓ Direct with a professional demeanour.
BRIEFING THE PRINCIPAL

✓ Introduce yourself
✓ Explain embus and debus
✓ Explain seating
✓ Explain vehicle details
✓ Confirm itinerary/programme
✓ Ask of previous Close Protection
✓ Ask if a firearm is carried
✓ Any medical requirements
✓ Explain PES/SAP
✓ Explain if something happens
✓ Maintain a professional relationship.
MAINTAIN PROTOCOL

Protocol is:

“The RIGID observance of rules regarding diplomatic etiquette by both the principle and the CPO”

i.e. knowing how to address the principle, the family etc

**NB:** Confidentiality is very important between the principle and his BG/Protection detail. Whatever you hear or discuss while in the presence of the principle should not be repeated to anyone. If you do, it will result in you no longer being employed and could prevent you from gaining other employment in this field again.
THE ROLE OF THE CPO

IS NOT:

× Baggage carrier
× Agony aunt
× Lover
× Drinking buddy
× Caddy
× Decorator
× Tout
× Gardner
× Dog walker
× Taxi.....

.....However!..
In an ideal world this would be strictly adhered to, however as we have said close protection IS and MUST be Flexible. It may be advisable to carry a bag, or run an errand for the principle so as to not compromise his or her security or to simply blend in.

Covert protection is possibly the best protection that can be offered in most situations as it provides protection for the principle in an anonymous way, giving the principle the space to go about their daily routine. This will depend on the threat or risk to the principle, sometimes the protection may have to be more overt (the full Monty).
The CPO has a large amount of equipment at his or her disposal, from high powered vehicles to the most modern day communication equipment including satellite navigation, CCTV, transmitter detection equipment and advanced surveillance equipment. Given the right equipment you can give your principle the right protection. You must try and prepare for almost all eventualities and part of your pre-mission checks should be that you should also have the correct personal kit and equipment for your assignment. The list is inexhaustible, but as a minimum you should carry:

✓ Multi Tool
✓ Notebook and pencil
✓ Watch
✓ Mobile phone plus ancillaries and a spare battery!
✓ Cash
✓ Debit and Credit card (Minimum of 2k limit)
✓ Torch (spare batteries).
✓ Appropriate clothing and footwear (consider wearing a stab vest based upon the threat)
✓ Spare earpiece
✓ Personal med-pack
✓ Binoculars
✓ Dictaphone
✓ Camera
✓ Laptop with ancillaries
✓ Sunglasses
✓ Sun-block
✓ Umbrella
✓ Kip-mat (in case you need to lie on the ground to change tyres, check underside of vehicle, etc.)
✓ Gloves
✓ Grab-bag
✓ Portable SATNAV
✓ Contact list
✓ A-Z maps and appropriate pocket maps.
✓ Of course, if you are deploying to a war zone, you should pack accordingly which is covered in the chapter ‘Pre-Deployment Requirements for a Hostile Environment”

“PRIOR PLANNING & PREPARATION PREVENTS POOR PERFORMANCE”.
Example of a Close Protection Incident

Attempted Assassination of President Reagan

PPO pushes Reagan into the car as CPO lies wounded after hurling himself in front of the President

President Ronald Reagan was shot and wounded after a lone gunman opened fire in Washington. He underwent emergency surgery at George Washington University Hospital. Five to six shots were fired as he left the Washington Hilton Hotel where he had been addressing a union convention, about one mile from the White House.
Example of a Close Protection Incident
Attempted Assassination of President Reagan

A man, firing at close range, also wounded White House Press Secretary James Brady in the head. A Secret Service official and a Washington policeman were also injured before the gunman was pushed to the ground by police. The president had appeared from the hotel smiling and walked towards his limousine turning momentarily to acknowledge calls from the waiting press. A burst of gunfire was then heard before the president was bundled into a bullet proof limousine and whisked away. The attacker was John Hinckley, 25, the son of an affluent oil industry executive. He was pinned to the wall by secret service agents and was arrested. The assassination attempt sent shock waves around the country where memories of the murder of President John F Kennedy remain vivid.
Example of a Close Protection Incident
Attempted Assassination of President Reagan

President Reagan had only been in office for 69 days and the attack left the running of the country in some confusion as his vice-president George Bush was currently on his way back from Texas. Due to the constant training and planning of the Close Protection Team Regan was pushed into his vehicle and driven from the scene in a number of seconds suffering from a punctured lung. He was lucky to be alive; the round that struck him was a ricochet from the armoured vehicle he was in, however, some of the team were not so lucky.

“YOU ARE EXPECTED TO PUT YOURSELF BETWEEN THE ATTACKER AND THE PRINCIPAL THAT IS WHY SOME TIMES YOU ARE CALLED BULLET CATCHERS”.
In February 2005 at 09.23 hrs a CPO working for CRG in Baghdad was killed in his vehicle shortly after picking up his principle from the international zone in Baghdad, it is believed a device exploded under the vehicle as it travelled out of the international zone. The driver was also killed in the explosion.

This was a simple assassination, the terrorist knew by conducting surveillance that the driver, or another member of the team searched the vehicle in the morning and that there was no form of guard on the compound at night, they simply placed a under vehicle improvised explosive device under the vehicle with a timer, timed to go off at 09.23 hrs when they knew, also from surveillance, that they would have their target in the vehicle.
ATTACK STATISTICS

70 -80% of attacks are committed up close with a handgun

80% + are committed in and around the vehicle

50% + fatal gunshot wounds are prevented by use of a flak jacket

Most attacks usually happen around residence or place of work

“NEVER SET A ROUTINE. IT COULD COST YOU YOUR LIFE”.
THE PURPOSE OF CLOSE PROTECTION TRAINING AND LICENSING

Implications arising from the Private Security Industry Act 2001

Section 1 of the Private Security Industry Act 2001 specifies that the functions of the SIA include "to set or approve standards of training" and "to make recommendations and proposals for the maintenance and improvements of standards in the provision of security industry services and other services involving the activities of security operatives". The Act continues, in Section 7 to state that licensing criteria "may include such criteria as the Authority considers appropriate for securing that those persons have the training and skills necessary to engage in the conduct for which they are licensed" and later in Section 9, that the Authority may "prescribe or impose conditions as to training"

DEFINITION OF CLOSE PROTECTION

The definition of the purpose of Close Protection, as confirmed by the close protection industry, is:

“To establish and maintain a safe working environment in which a Principal can live and work whilst continually minimising risk”.
The SIA Approach to Licensing the Close Protection Operative

Following extensive consultation with the Close Protection industry (police, military and civilian) it was clear that the SIA should take into account a number of specific factors concerning the close protection industry in specifying training and qualifications for licensing. These are:

✓ The existing requirement for high standards in training of Close Protection Operatives and current best practice
✓ The length and content of current training programmes and the required level for a new qualification (to be set at Level 3 in the National Qualifications Framework)
✓ Despite high standards in training, the lack of any previous nationally recognised qualification or award in this sector and the difficulties involved in developing and delivering assessment strategies.
Criminality Checks:

An important part of reassuring the public of the Close Protection Operative’s integrity is by preventing criminals from working in the private security industry. Hence, apart from the identity check, in all cases there will also be a criminality check against a five-year period of verifiable, authoritative records. If the check reveals a record of convictions or cautions, applicants will be carefully considered based on:

- How relevant the offences were
- How serious the offences were
- How recent the offences were.
Particular attention will be paid to offences involving violence; weapons, drugs, criminal damage and sexual offences and anyone who has committed a relevant offence within 2 years before applying will not be given a license

Anyone who has committed a serious offence within 5 years prior to application is unlikely to get a license

In the United Kingdom you can apply for your Criminal Records Check online through the ‘Criminal Records Bureau’: Or through ‘Disclosure Scotland’:

http://www.crb.homeoffice.gov.uk/using_the_website/applicant.aspx

http://www.disclosurescotland.co.uk
That Close Protection is by and large a second career for most entrants to this Industry, the majority coming from the police, military or associated occupations e.g. paramedics, firemen etc.

The large numbers currently trained to work overseas who would require a license to work in this country. Overseas companies who train and deploy close protection operatives in this country to provide security for their own nationals

A workforce that is difficult to quantify.
PHYSICAL FITNESS:

I have included this subject in the first chapter of the course purely and simply because without it, you will never become a Close Protection Officer.

Physical fitness and more specifically; *Robust Physical Fitness* is a **MUST**. You must be robustly fit in order to react to worst case scenarios, such as contact with the enemy and Medivac. If not, you will be a hindrance to your team and the Client.
Many Bodyguard manuals don’t even mention physical fitness, which, to my mind borders on the criminal, and at best, grossly unprofessional.

An unfit Bodyguard is a liability – **FACT**: not only to himself, but also his team and ultimately, the Principal. It can be difficult to find the required amount of time needed to maintain your fitness when working long hours, especially in a stressful environment, with a demanding shift pattern.

Difficult as this may be it is certainly not impossible and you must include into your working day at least a 30 minute period for fitness training. This can take the form of a run, using the gym or even in your room doing circuit training. In short, you must improvise if necessary, but ensure that you do and maintain your robust all-round fitness levels.
WHY SHOULD YOU BE FIT?

A fit CPO will be much more able to deal with stressful situations than his unfit counterpart (or should I say counterfeit!). The effects of adrenalin on the unfit are catastrophic; they will be drained of energy very quickly, and just when a quick decision needs to be made, fatigue will hinder choosing the right course of action. Bodyguards need to be fit. Full stop!

WHAT TYPE OF TRAINING SHOULD YOU DO?

Many Bodyguards mistake big bulging muscles for fitness. **WRONG**! Although physical strength has its obvious advantages, you must maintain your cardiovascular fitness, first and foremost. No point in looking like Garth if you can’t even run for the bus!!

**THERE ARE THREE TYPES OF EXERCISE THAT A CPO MUST UNDERTAKE ON A REGULAR BASIS AS FOLLOWS:**
AEROBIC EXERCISE

Aerobic means ‘with oxygen’. Aerobic exercise is any large muscle activity that you can sustain for two to three minutes or longer, because exercising for prolonged periods of time requires a source of oxygen and its delivery to the muscles. Because aerobic exercise requires oxygen to get to your muscles, the exercise can continue only when a source of oxygen is available. You heart and lungs work in unison to supply oxygen to the tissues in your body. Aerobic exercise forces the lungs and heart to work harder and, in doing so, strengthens and conditions them.

Aerobic activities include running, walking, swimming and cycling. A typical session lasts 20-60 minutes, and you should aim for spending three hours per week doing some form of aerobic training. In doing so, you will increase the ability of your muscles to use oxygen and thus, help keep you more alert also.

Aerobic exercise must therefore form the base of your fitness training regime. It also has other positive effects on the body such as alleviating the effects of stress. So, pull on a ‘quality’ pair of running shoes and get to work!
ANAEROBIC EXERCISE

Anaerobic means ‘without oxygen’. An anaerobic exercise is any exercise that requires short burst of power, such as all out ‘EXPLOSIVE’ sprinting with your Principal on your back if he is injured, Fire & Movement wearing body armour carrying the med-pack, or very heavy weightlifting. The ability to perform this type of exercise is dependent on energy sources stored in your muscles and because this energy supply is very limited, anaerobic exercise can be sustained only for very short periods of time.

Take for example, an anaerobic exercise such as sprinting, or a hill carry. After about a minute, you begin gasping for air and feel a burning sensation in your lungs-your body is screaming for you to stop exercising. During this type of workout, the point at which your oxygen supply runs out and you slip into using stored energy is called your anaerobic threshold. If you’re not very fit, your body is not very efficient at taking in oxygen, and you hit your anaerobic threshold while exercising at very low levels of intensity. That means that any mismatch between oxygen demands and your ability to supply oxygen is met by anaerobic sources, but only until they run out! In our industry this may well be at a very crucial moment, and one on which lives may depend.

As you become more physically fit, you are able to go further faster and yet still supply oxygen to your muscles, with less need to use limited amounts of stored energy. So, you can see that we do need to train in our anaerobic threshold!
RESISTANCE / STRENGTH TRAINING

Resistance or strength training increases muscle strength and mass, bone strength and your body’s metabolism. You can carry out resistance exercise to such a degree that you are exercising aerobically or even anaerobically. It can also improve your body image and make you look the part when it comes to your appearance as a CPO.

Callisthenics, free weights and weight machines are the most common forms of resistance training. Callisthenics, such as push-ups, sit-ups and pull-ups, use your own bodyweight as the resistance force. When using free weights, bars and dumbbells stacked with plates, you are responsible for the lifting of the weight determining and controlling your body position throughout the range of motion.

If you use weight machines, the machines allow you to lift plates, but the machine dictates the movement that you perform. Most weight trainers will argue about the best way of training, by determining how much weight and how many repetitions. However, in general, the best way to build strength is to lift weights in three sets of eight to ten repetitions.
LIVING OUT OF A SUITCASE

It can sometimes be hard to find the time to train when you are on the road with the Principal as has already been mentioned. Living out of a suitcase is part and parcel of working on the ‘circuit’, that said, with a little planning you can keep up with your fitness regime.

Many hotels these days have a gym; some of these are large, airy affairs with a steam room and plenty of equipment, while others consist of a smelly basement room, and old Stairmaster and a couple of dumbbells. In between these two extremes there are plenty of hotels that are more than sufficient for what we need.

If there is no gym then we can make use of the road or the stairs for some aerobic exercise and our own bodyweight for some resistance and strength work, such as push-ups, squats and sit-ups. The truth is; you need only minimal equipment to keep your fitness ticking over and, additionally, it will only take up a small amount of space in your suitcase (enough room for some trainers, shorts, t-shirt, skipping rope, extendable chin-up bar).
REST AND A GOOD DIET IS GOOD FOR YOU

Rest is as important as exercising (within reason). It is while you are resting that your muscles recover so you should put aside at least one day per week as a day off training should you be afforded enough time to train 7 days a week, and then every few weeks, take a whole week off to prevent physical and mental fatigue affecting your performance.

A good diet is essential. Sometimes, again, through an unsociable work pattern, it can be sometimes difficult, if not impossible, to eat regular meals, so when you do get a chance to eat, you must ensure that you feed your body with good quality food. Also invest in a good multi vitamin and some essential fatty acids (EFA), which are called so for a very good reason – they are essential!

I always make sure I have some fruit and a few protein supplement bars at hand in case I miss meals. You can find some excellent supplement bars on the shelf today or you can order them over the internet as well.

“HEALTHY BODY = HEALTHY SWITCHED ON MIND”.
**Summary of the Roles & Responsibilities of a CPO**

The roles and responsibilities of the Close Protection Officer are as broad as they are diverse.

You must already possess the qualities of a CPO prior to the commencement of this course if you are to be successful in your aspirations of building a career in the Close Protection industry; those qualities being:

*Reliability, Honesty, Integrity, Confidence, Manner, Attitude, Diligence, Professional, Enthusiasm, Discretion, Punctual, Well turned out, Loyalty, Selflessness, Team Player and FITNESS!*

If you possess all of these qualities, you are already well on the road to achieving your goal. All that is required now is to use two other qualities – **LISTEN and LEARN** and remember that in this game you are only as good as your last assignment!

**NB** As a CPO, you will also be required to be trained in **BASIC FIRST AID**, and all students will receive training on this course from our subject matter expert.