



MEDICAL CLEARANCE FOR ENTRANCE FORM

----- Student Certification -----

STUDENT: \_\_\_\_\_

Student ID # \_\_\_\_\_

Academy Class # \_\_\_\_\_

I have read the attached list of physical activities required of the Law Enforcement Training, **LET**, - Police Academy- students/cadets. I certify, to the best of my knowledge and belief, I am able to do all the activities listed. I further certify if I had any concerns about my ability to do certain activities, I discussed those concerns with the medical professional listed below.

\_\_\_\_\_  
**STUDENT'S SIGNATURE**

\_\_\_\_\_  
**DATE**

----- Medical Professional Certification -----

NAME: \_\_\_\_\_  
MEDICAL PROFESSIONAL - PLEASE PRINT

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_



**During LE Training, students/cadets may perform the physical activities listed on the attached pages.**

**Medications Prescribed?**

- NO  YES — if yes, please check the appropriate box:
- Will **NOT** impair student's participation in the listed activities
  - WILL** impair student's participation in the listed activities

**The client listed above has been examined and found physically acceptable for full and unrestricted participation in a Law Enforcement - Police Academy Training Program.**  YES  NO

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
**MEDICAL PROFESSIONAL'S SIGNATURE**

\_\_\_\_\_  
**DATE**

## MEDICAL CLEARANCE FOR ENTRANCE FORM

(Check box next to any activity you have a concern about.)

**During LET – Police Training- students/cadets perform the physical activities listed below.**

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### I. PHYSICAL CONDITIONING

- Flexibility Development using both dynamic (multiple joint and muscle movements) and static (resistance and hold) stretching exercises
- Partner-assisted strength-slow ballistic calisthenics
- Cardiovascular and Strength Endurance training to include (but not limited to): a variety of calisthenics, pushups, pull ups, dips, sit ups, up-downs (burpees), sustained planks, knee bends/squats, and jogging; all requiring repetitions
- Interval circuit weight training with free weights and/or resistance bands (weight/resistance to be determined by cadet and instructor)
- Interval running-run/walk such as run 220 yards then walk 110 yards (repeat 10 times)
- Agility circuit-series of full body, high speed agility-vaulting, skipping, body twists, etc.
- Cardiovascular Development using interval repetitions and/or endurance cycles (20-40 minutes at Target Heart Rate) accomplished primarily through sustained running/jogging

Please check any activity you have a concern about:

- Stationary or regular bicycle
- Stair climber
- Row machine
- Elliptical machine
- 20 to 40 minutes of sustained running/jogging
- Jogging up and down stairs and/or hills

### II. FIRERMS TRAINING

- Run or sprint 25 yards and/or perform calisthenics and then fire handgun from various positions (standing, kneeling, prone).
- Fire handgun courses from various positions (standing, kneeling, prone).
- Fire shotgun/rifle courses from various positions (standing, kneeling, prone).
- Establish and maintain stable footing/balance during shooting positions while transitioning quickly from one position to the other (e.g., standing to kneeling, kneeling to standing, and standing to prone).

### III. ARREST AND CONTROL

- Warm-up exercises to include pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton strike maneuvers.
- Pain compliance holds to include wrist locks, hand-cuffing, take downs, and carotid restraint.
- Take down maneuvers, repetitive knee bends, lunges, ground fighting exercises, and repetitive body rotation maneuvers.
- Ability to support body weight of another person while demonstrating take down and handcuffing techniques.

**\_\_\_\_\_ Student: Initial to signify that you have read the activities listed on this page and will discuss any concerns with the medical professional listed above.** (Check box next to any activity you have a concern about.)

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**IV. CHEMICAL AGENTS TRAINING**

- Brief exposure to a non-lethal, aerosol chemical agent such as OC (oleoresin capsicum).
- Brief exposure to a non-lethal, riot control chemical agent such as CN (chloroacetophenone) or CS (o-chlorobenzylidene-molononitrile).

**V. DRIVING**

- Slow speed driving course (braking, emergency braking, body twisting, and neck rotation)  
Please check:
  - Able to maintain throttle/accelerator control at variable speeds (0-50 mph)
  - Able to move right foot quickly from accelerator to brake with precision and control
  - Does not require an apparatus that could interfere with accelerator and/or braking movements

**VI. SCENARIO TRAINING AND TESTING**

- Apply control holds to, arrest, and search single and/or multiple suspects
- Repetitive standing, walking, and jogging on various terrain/surfaces (i.e., paved, grass, dirt, gravel, hillsides)
- Perform various searches (i.e., looking under and on top of suspected hiding places, repetitive standing, kneeling, squatting, and/or prone positions)
- Perform vehicle stops (i.e., repetitive standing and kneeling required)
- Ability to stand, walk, and/or run unassisted with weapon in either hand

**VII. PHYSICAL ASSESSMENT TEST**

- Body drag:** run backwards 32 feet while dragging a 165-pound dummy for time
- Solid fence climb:** run/sprint 25 yards, scale 6' solid wall, land on ground with both feet, and run/sprint 5 yards for time
- Chain-link fence climb:** run/sprint 25 yards, scale 6' chain-link fence, land on ground with both feet, and run/sprint 5 yards for time
- 99 yard obstacle course (simulated parking lot chase):** run/sprint 99 yards, make several lateral movements, and scale obstacles that include a 3' saw horse for time
- 500 yard run:** run/sprint 500 yards for time
- 1.5 mile run:** run 1.5 miles for time
- Abdominal curls:** perform as many abdominal curls as possible in 1 minute
- Sit and reach:** a test to determine overall range of motion and flexibility
- Pushups:** perform as many continuous motion pushups as possible as an indicator of arm, upper body, and core strength and endurance

**\*\* Cadets who are or may become pregnant are urged to discuss the possible health risks to the fetus from the physical activities required during training and from the inevitable loud noises and exposure to lead during firearms training.**

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