

MEDICAL EXAMINATION REPORT

(rev. 102710)

Dear Physician:

The individual you are examining has been requested to obtain a Medical Clearance to participate in the Physical Conditioning Program at the **South Bay Regional Public Safety Training Consortium** Basic Academy. The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning occurs a minimum of 1 hour per day, 3 days per week, for at least 12 weeks. Listed below are descriptions of both the physical performance tests, and the content of the physical conditioning program.

In order to successfully complete the police academy, and in addition to the Physical Conditioning Program, a police academy recruit must be able to **FULLY PARTICIPATE** in other physical demanding activities.

Please complete the attached Physician's Physical Clearance & Limitation Form by checking all activities the recruit is APPROVED to fully participate.

PHYSICAL PERFORMANCE TESTS

1.5 Mile Run:

The individual runs 1.5 miles as fast as possible. Measures cardio respiratory endurance (aerobic capacity).

Abdominal Curls (in 1 minute):

The individual performs as many abdominal curls as possible in 1 minute. Measure dynamic muscular endurance of the trunk.

Sit and Reach Test:

The individual performs a test that measures range of motion of the lower back and abdominal girth.

500-Yard Run:

The individual runs 500-yards in as little time as possible. Simulates a police work task.

Fence Climb:

The individual runs 5 yards, climbs a 6-foot wood and/or chain link fence, and then continues running 25 yards in the least amount of time possible. Simulates a police work task.

Push-Ups:

The individual performs as many push-ups as possible. Measure arm, upper body, and core strength/endurance.

Body Drag Test:

The individual partially lifts and drags a 165-lb. Life-like dummy 32 feet as quickly as possible. Simulates a police work task.

PHYSICAL CONDITIONING

The program of physical conditioning involves exercise focusing on cardio respiratory endurance (aerobics), flexibility, muscular strength and endurance. The intensity of the various exercises is individualized to the extent possible and is gradually increased throughout the course of the conditioning program. Each exercise session lasts 60 minutes and consists of an 8-10 minute warm-up period, a 30-45 minute conditioning bout focusing on a primary training objective, and a 3-5 minute cool-down period. A description of the conditioning objectives and activities appear below.

CONDITIONING OBJECTIVE	FORMATS	TYPE OF ACTIVITIES
Flexibility	Walk/Jog, Floor Calisthenics	Begins with walk/jog to warm muscles and is followed by slow stretching exercises for major muscle groups and joints.
Muscular Strength/ Cardiovascular Endurance	Circuit Training with Weights	A combination of conventional Universal Gym training exercises and jogging in place for a specified period of time.
Muscular Strength/ Cardiovascular Endurance	Circuit Training with Calisthenics	A combination of conventional Calisthenics and jogging and sprinting for a specific period of time requiring a specific number of repetitions
Cardiovascular Endurance	Continuous Running	Conventional jog/run for distance and pace (15-45 minute duration)



The **ACADEMY**

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PHYSICIAN'S PHYSICAL CLEARANCE & LIMITATION FORM

(Rev. 10-27-10)

Date: _____, 20_____

TO: Name: Dr. _____

PLEASE PRINT

Address: _____

Phone: _____

FROM: Police Academy Staff: _____

SUBJECT: **Recruit participation in police academy physical training and other physically demanding related activities.**

STUDENT: _____

Student ID# _____

South Bay Regional Public Safety Training Consortium is NOT responsible for any financial costs with this required medical exam and will NOT make payments to any health care provider, insurance company, student or others. All exam related expenses are the responsibility of the prospective student.

REPORTED INJURY OR CONDITION (if applicable):

Recruits, during the Basic Police Academy, perform the physical activities listed below. Please indicate by marking the event(s) the patient **CAN** participate in.

Physician: Please check APPROVED activity.

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 student 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:

- 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. FIREARMS TRAINING

- Run or sprint 25 yards, perform calisthenics, fire handgun from standing, kneeling, and prone positions (i.e. to simulated stress, student will run/calisthenics to increase heart rate, and then immediately shoot from several positions - standing, kneeling and/or prone).
- Fire handgun courses from various positions (i.e. standing, kneeling, prone)
- Fire shotgun/rifle courses from various positions (i.e. 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. DEFENSIVE TACTICS

- Warm-up exercises to include: pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton strike maneuvers.
- Pain compliance holds including: 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.

IV. DEFENSIVE DRIVING

- ❑ Slow speed driving course (braking, emergency braking, body twisting to include lower back, and neck rotation)
- ❑ High speed driving course (emergency braking, neck rotation, shuffle steering)
 - able to maintain throttle/accelerator control at variable speeds (0-50 mph)
 - requires intense acceleration and abrupt braking with the right foot
 - able to move right foot quickly from accelerator to brake with precision and control
 - injury apparatus does not interfere with accelerator and/or braking movements
 - ability to safely manipulate accelerator and brake while engaging in high speed driving exercises.

V. SCENARIO TRAINING AND TESTING

Can safely perform the following duties and tasks:

- ❑ Apply control holds, 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.

IV. PHYSICAL ASSESSMENT TEST

- ❑ Body drag-165 lb. Dummy 32 feet.
(run backwards 32' while dragging 165 pounds for time)
- ❑ Solid fence climb-run 25 yards, climb over fence, run 5 yards
run/sprint 25 yards, scale 6' wall, land on ground with both feet and run/sprint 5 yards (for time)
- ❑ Chain link fence climb-run 25 yards, climb over fence, run 5 yards
(run/sprint 25 yards, scale 6' wall, 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, several lateral movements, scale obstacles that include 3' saw horse for time)
- ❑ 500 yard run *(run/sprint 500 yards for time)*
- ❑ 1.5 mile run *(recruit runs 1.5 miles as fast as possible)*
- ❑ Abdominal curls *(recruit performs as many abdominal curls as possible in 1 minute)*
- ❑ Sit and reach *(a test to determine overall range of motion and flexibility)*
- ❑ Pushups *(recruit performs as many continuous motion pushups as possible as an indicator of arm, upper body, and core strength and endurance)*

DIAGNOSIS/ASSESSMENT (if applicable)

COMMENTS:

(Is the recruit cleared for full and unrestricted participation in the police academy?)

MEDICATIONS PRESCRIBED?

- NO
- YES—if yes, please answer the following questions:
 - Will **NOT** impair student during participating of above activities
 - WILL** impair student during participation of activities listed below:

REEXAMINATION DATE _____

RETURN TO FULL DUTY DATE _____

**PHYSICIAN
SIGNATURE** _____

Date _____