



THE ACADEMY

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PHYSICIAN'S PHYSICAL CLEARANCE & LIMITATION FORM

Date: _____

To: Dr.: _____

Address: _____

Phone: _____

From: South Bay Regional Police Academy Staff

Subject: **Recruit participation in Police Academy (physical training)**

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):

During the Basic Police Academy, recruits perform the physical activities listed on the following pages. Please assess the recruit's current health as it pertains to participation in these activities.

Physician: Please check all events in which the recruit IS CLEARED to participate.

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 be 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 simulate 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; e.g., standing, kneeling, prone
- Fire shotgun/rifle courses from various positions; e.g., 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, and take downs.
- 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 downs 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; e.g., 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 (if required) _____

RETURN TO FULL DUTY DATE _____

PHYSICIAN SIGNATURE _____ **Date** _____