



MEDICAL CLEARANCE FOR BASIC PEACE OFFICER TRAINING PROGRAM

Note: Medical Clearance must be completed within 6 months of the Academy start date

Student Information

STUDENT: _____ Date of Birth _____

I have read the attached list of physical activities required of Police Academy-Recruits. I certify that, to the best of my knowledge and belief, I am able to do all the activities listed. I further certify that 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

During the Basic Peace Officer Academy, recruits 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

LICENSED MEDICAL PHYSICIAN APPROVAL

After thoroughly examining the above-named individual, please sign below. Your signature acknowledges that in your professional opinion, this person is in good health and is clear to participate in all training activities of the College of the Desert Basic Peace Officer Training program that requires physical activity.

I certify that the candidate is medically suitable to perform the training tasks as defined and provided by the College of the Desert Basic Peace Officer Training, without any accommodations, or provided that the specified training restrictions, limitation, or reasonable accommodations can be implemented. This includes the wearing a full-face respiratory mask, or when exposed to Chemical Agents. *(Describe any training restrictions, limitations, or reasonable accommodation requirements on page 2)*

I cannot certify that the candidate is medically suitable to perform the duties and responsibilities as defined and provided by College of the Desert Basic Peace Officer Training.

SIGNATURE OF EXAMINING LICENSED PHYSICIAN	PRINT PHYSICIAN'S NAME	DATE

Licensed Medical Physician Certification

NAME: _____

LICENSED MEDICAL PHYSICIAN - PLEASE PRINT

ADDRESS: _____

PHONE: _____

SUPPLEMENTAL INFORMATION

Important Instructions to the Physician:

Provide any additional information to College of the Desert's Basic Peace Officer Training program regarding the individuals training-relevant functional limitations, reasonable accommodations requirements, work restriction, and/or a description of the nature and degree of potential risk posed by the detected medical conditions.

Include that information, which is necessary and appropriate for College of the Desert's Basic Peace Officer Training program to make a decision to allow the individual to participate in the training program.

ACTIVITIES DESCRIPTION SHEET FOR TRAINING PROGRAM

The individual you are examining is required to obtain a medical clearance to participate in the Basic Peace Officer Training program. The training program includes a physical conditioning component, a chemical agents and an arrest/control/baton component that requires the individual to engage in strenuous and sustained physical activities requiring aerobic and muscular strength and endurance.

During the Basic Peace Officer Training, Recruits perform the physical and cognitive activities listed below throughout training days lasting up to 10 hours.

I. FORMATION EXERCISES

- Cardiovascular and strength endurance training to include (but not limited to): a variety of pushups, sit ups, up-downs (burpees), sustained planks, leg-lifts, knee bends/squats, jumping jacks, jogging, stairs, pull-ups, dips; all requiring repetitions
- Military type marching and drill movements requiring precise movements and marching from one place location to another location, and facing movements requiring lifting the toes of one foot while turning on the opposite heel.

II. FIREARMS TRAINING

- **Safely draw, shoot, and re-holster a handgun within a given time limit**
- Fire handgun courses from various positions (standing, kneeling, prone)
- Fireshotgun/riflescources at fixed targets from various positions (standing, kneeling, prone)
- Establish and maintain stable footing/balance while moving to different targets and during shooting positions while transitioning quickly from one position to the other (e.g., standing to kneeling, kneeling to standing, and standing to prone)
- Run or sprint 25 yards and/or perform calisthenics and then fire handgun from various positions (standing, kneeling, prone)
- Follow instructions to safely load and unload a semi-automatic handgun all training weapons.
- Follow instructions to safely load and unload a shotgun
- Follow instructions to safely load and unload a rifle
- Follow instructions to draw a loaded handgun from the holster and shoot at a target
- Obey immediately all auditory and visual commands, including immediately stopping firing when given the command "Cease Fire" or "Stop Training"
- Remember and follow all range safety rules

III. ARREST AND CONTROL TACTICS

- Warm-up exercises to include pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton strike maneuvers techniques
- Arrest pain compliance holds to include wrist locks, arm bars, handcuffing, take downs, and carotid restraint
- Take down maneuvers techniques repetitive knee bends, lunges, ground fighting exercises, limb twisting, and repetitive body rotation maneuvers
- Support body weight of another person while demonstrating take down, handcuffing, and ground fighting techniques
- Obey immediately all auditory and visual commands, including immediately stopping training when given the command "Stop Training" or "Recover"
- Remember and follow all Arrest and Control safety rules

ACTIVITIES INFORMATION SHEET FOR TRAINING PROGRAM

IV. GENERAL ACADEMY TRAINING

- Handwrite multiple reports and memos
- Type multiple reports and essays
- Take handwritten and computerized written tests
- Participate in classroom discussions and required learning activities
- Sit and/or stand throughout the training day
- Participate in simulated law-enforcement situations (i.e., foot pursuits, arrests, building searches)
- Read handouts, statute books, and workbooks
- Remember and follow all Academy safety rules
- Follow written and/or verbal instructions from Academy staff and instructors

V. DRIVING

- Slow speed driving course (braking, emergency braking, body twisting, and neck rotation)
- Remember and follow all Driver Training safety rules
- High speed driving course - Safely engage in high speed driving on a closed training course and under the direct supervision of driving instructors.
- (emergency braking, neck rotation, shuffle steering)
 - Maintain throttle/accelerator control at variable speeds (0-50 mph)
 - Perform intense acceleration and abrupt braking with the right foot
 - Move right foot quickly from accelerator to brake with precision and control
 - Safely manipulate accelerator and brake while engaging in high speed driving exercises
 - Does not require an apparatus that could interfere with accelerator and/or braking movements

VI. 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 Recruit and instructor)
- Interval running-run/walk training such as run 220 yards then walk 110 yards (repeat 10 times)
- Agility circuit training 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
- 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

ACTIVITIES INFORMATION SHEET FOR TRAINING PROGRAM

VII. PHYSICAL ASSESSMENT TEST

- **Body drag:** run backwards 32 feet while dragging a 165-pound dummy for time
- **Solid fence climb:** run/sprint 5 yards, scale 6' chain-link fence, land on ground with both feet, and run/sprint 25 yards for time
- **Chain-link fence climb:** run/sprint 5 yards, scale 6' chain-link fence, land on ground with both feet, and run/sprint 25 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 34" saw horse for time
- **500 yard run:** run/sprint 500 yards for time
- **1.5 mile run:** run 1.5 miles for time
- **Bent knee sit-ups:** perform as many bent knee sit-ups as possible in 2 minutes.
- **Pushups:** perform as many continuous motion pushups as possible in 1 minute as an indicator of arm, upper body, and core strength and endurance.

VIII. CHEMICAL AGENTS TRAINING

- Brief skin, eye, and respiratory exposure to a non-lethal, aerosol chemical agent such as OC (oleoresin capsicum), commonly used in law enforcement
- Brief skin, eye, and respiratory exposure to a non-lethal, riot control chemical agent such as CN (chloroacetophenone) or CS (ortho-chlorobenzylidene-molonitrile)

IX. SCENARIO TRAINING AND TESTING

- Apply control holds to, arrest techniques and searches single and/or multiple suspects
- Repetitive standing, walking, and jogging on various terrain/surfaces (i.e., paved, grass, dirt, gravel, hillsides)
- Perform various location 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)
- Stand, walk, and/or run unassisted with weapon in either hand in a safe manner
- Obey immediately all auditory and visual commands, including immediately stopping training when given the command "Stop Training" or "End Scenario"

**** Recruits 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.**