

MEDICAL RELEASE
FOR
ALL BASIC TRAINING APPLICANTS
(Self Sponsored and Department Sponsored)

NOTICE TO EXAMINING PHYSICIAN

PEACE OFFICER STANDARDS AND TRAINING
PHYSICAL AND DYNAMIC TRAINING REQUIREMENTS

Law Enforcement Officer (LEO), Special Function Officer and Correctional Officer training programs require participation in physical fitness and defensive tactics training. Law Enforcement Officer training also requires participation in handgun shooting. Basic training students will participate in a rigorous exercise program of six to fifteen weeks for at least one hour per session three times a week. Basic training students will also participate in a martial arts type defensive tactics program of six to fifteen weeks for at least one hour per session three times a week. Basic training students attending the LEO block of training will spend approximately forty six hours on the firing range shooting handguns.

Physical Assessment – A physical assessment test will be administered four times. Once at the beginning of the six week block, once at the end of the six week block, again in the middle of the second (LEO) block, and at the end of the fifteen weeks (LEO) block. The test will require maximum exertion. The assessment will consist of a standing high jump, sit-ups, push-ups and a one and one-half mile run.

- ❖ Please see appendix 1 through 3 for a list of essential tasks associated with this physical conditioning and dynamic training program.
-

Applicant:

I have read and understand the physical training requirements necessary for attendance at a basic law enforcement officer training program as contained on this page and on appendix 1 through 3 attached. I certify that I am physically and medically capable of participation in a rigorous program of physical conditioning and dynamic training as described above and on appendix 1 through 3.

Applicant Name (please print or type)

Applicant Signature

Date

Physician:

I have examined the applicant and find this person physically capable of participating in a rigorous program of physical conditioning and dynamic training as described above and on appendix 1 through 3 attached.

Physician Name (please print or type)

Physician Signature

Date

Physician Telephone Number

Physician Address

APPENDIX ONE – DEFENSIVE TACTICS TRAINING

Special Functions Defensive Tactics Requirements

- Roll forward and backwards from both a kneeling and a standing position.
- Participate in dynamic take-downs, be able to fall to the ground forward or backward, followed by a joint manipulation, ultimately ending on the stomach.
- Hold a padded bag to receive the open hand and knee strikes given by another student to different parts of the body. This is very dynamic; students practicing could accidentally strike unprotected areas of the bag holder.
- Students will be exposed to trunk rotations (turning from side to side) while being taken to the ground.
- Students will experience techniques that subject a joint to a full range of motion with stress.
- Repetitive handcuffing of both hands behind the back.
- Repetitive motion of standing up from a prone position on the mat potentially 15 to 20 times in a two hour block of training.

Law Enforcement Defensive Tactics Requirements

- Roll forward and backwards from both a kneeling and a standing position.
- Participate in dynamic take-downs, be able to fall to the ground forward or backward, followed by a joint manipulation, ultimately ending on the stomach.
- Hold a padded bag to receive open hand and knee strikes given by another student to different parts of the body. This is very dynamic; students practicing could accidentally strike unprotected areas of the bag holder.
- Swing an impact weapon in the air repetitively.
- Strike a padded bag with the impact weapon and hold the padded bag for other officers to practice their strikes.
- Participate in simulated physical altercations
 - very dynamic and physically demanding
 - head and groin protection is worn
 - potential of being struck full force in unprotected areas
 - training/fighting from a multitude of ground positions (student on top or bottom)
 - may include confined spaces
 - defend against multiple subjects simultaneously
 - defend against subjects of various body weight and size
- Students will be exposed to trunk rotations (turning from side to side) while being taken to the ground.

Appendix Two
Page 3 of 3

Walking Lunge	Legs	Feet are together. Step forward until the extended leg lowers to a 90 degree angle. The other knee is lowered until that knee nears the floor. Stand up, and bring the back leg to the starting position. Step forward with the other leg, and repeat the action.
Pull Ups	Back, Arms, Shoulders	Using a wide grip hold, pull the body up until the chin reaches the top of the bar. Lower the body and repeat. A spotter or machine assist is acceptable.
*Row	Back, Upper Body	Using a water rower, bend forward and draw a handle toward the body against resistance for a specific distance.
*Dumb Bell Bench	Chest, Arms	Use dumbbell weights of 25% of body weight per arm, and a flat bench. Start with the weight at chest level. Extend the arms until they reach "soft lock" position. Lower the weight in a controlled manner. Repeat.
*Wall Ball	Legs, Upper Body	Use an 8lb. ball for men and a 6lb. for women. From a squat position, stand up at the same time the ball is thrown like a basket ball to a point on a wall that is ten feet from the ground. Catch the ball as it falls, and lower back into a squat position. Repeat.

*Denotes exercises that are used in the Law Enforcement Officer Block only

Appendix Two
Page 2 of 3

Man Drag	Overall Body	Using a 175-185 lb. Person, drag the person a distance of about 50 feet.
Diamond Pushups	Arms, Chest, Back	Lie face down on the ground. Place the hands into a triangle shape. Center the triangle under the chest. Feet are together, with the back straight. Lower the body until the chest touches the floor. Push away from the floor until the arms come back to "soft lock."
*Thrusters	Legs, Shoulders	Using a dumb bell weight of about 15% of body weight held at shoulder height, lower the body into a squat position where the knees form a 90 degree angle. Stand up. As the body reaches full height, extend the weight above the head until the arms reach soft lock. Lower the arms to shoulder height and repeat.
Dips	Arms, Chest, Back	Body weight is supported by the arms from parallel bars. Lower the body until the elbows reach a 90 degree angle, and return to the start position. Body weight is supported by the arms completely. A spotter or machine assist is acceptable.
Jumping Jacks	Overall Body	Feet together, arms at your sides. Jump in the air, separating the feet. Raise the arms at the same time. Land at the time the arms reach the top. Jump again, and lower the arms, closing the feet. Arms meet the legs at the same time you land the jump.
Calf Raises	Calves	Using a slightly elevated stable object; place the ball of the foot on the object. Lower the heel, then raise the heel beyond level as high as possible. Pause at the top. Lower the heel and repeat.
Crunches	Abdominal	Lie on the back with the knees bent, feet off the ground and arms behind the ears. Crunch up with the elbows at the same time the knees are raised to meet the elbows. Lower to starting position. Repeat.
Flutter Kicks	Abdominal	Lie on the back with the hands under the lower buttocks. Raise the feet 2-3" from the floor. Raise and lower the feet in an alternating manner of about 6 inches.
*Bench Press	Chest, Arms	Use a flat bench and weights totaling body weight. Lower the weight until it touches the chest, then extend the arms to "soft lock" and repeat.
*Hang Cleans	Upper Body	Use weights totaling about 50% of body weight on a bench press bar. Squat down, and lift the weight to waist height using the legs. From the waist, raise the weight until the arms can drop under the bar at about chest level. Return the weight to waist height and repeat. A small step forward is recommended.
*Kettle Bell Swing	Upper Body	Using a kettle bell weight of 17, 26, 35, or 44 lbs. start in a squat position with the bell between the feet. Raise the bell up and over the head in a controlled fashion. Return the bell to the starting position and repeat.
*Kettle Bell Carry	Overall Body	Using a kettle bell with a weight of 17, 26, 35 or 44 lbs. Carry the kettle bell up 4 flights of 12-13 stairs.

APPENDIX TWO – PHYSICAL TRAINING OVERVIEW

PAGE 1 OF 3

The following exercises are incorporated into cross-training workout regimes with designated repetitions and cycles. Duration of the workouts will depend on the fitness level of the individual participant. Typical workout is from 30 to 60 minutes 3 times a week.

<u>Exercise</u>	<u>Body Parts Targeted</u>	<u>Movement</u>
Air Squats	Legs	Feet slightly wider than shoulder width apart keeping the body weight centered between the heel and the ball of the foot, lower the gluteus down and back until the knees are at a 90 degree angle-straighten the legs to the upright position.
Push Ups	Chest, Back	Lie face down with the hands under the shoulders, feet together. The arms should be extended to a “soft lock” or full extension position. Keeping the back rigid, and elbows at the body sides, lower the body until the chest touches the floor, or at least a 90 degree angle is formed by the elbows. Push up and away from the floor until the arms are at “soft lock” position.
Sit Ups	Abdominal	Lie on the back with the knees bent to about a 45 degree angle. With the hands behind the ears, not locked, but not touching, and the feet supported, curl the body up and away from the floor until the elbows break the plane at the top of the knees. Control the movement back to the starting position.
Lunges	Legs	Feet together, step forward with one leg until the foot is flat and the knee creates a 90 degree angle. The opposite knee is lowered until it nears the ground or touches the mat. Straighten the legs, and return to the starting position. Switch legs and repeat.
Stairs	Legs, Heart	Climb 4 flights of 12-13 stairs each, touch every stair on the way up and down.
Broad Jump	Legs	Feet together or slightly spread apart. Lower the body into a small squat and jump as far forward horizontally as possible-land on both feet. Repeat.
Box Jumps	Legs	Boxes that range in height from 24-48” are used. Jump onto the top of box with both feet. Hands may be used to aid in success.
Lunge Jumps	Legs	Feet together, step forward with one leg until the foot is flat and the knee creates a 90 degree angle. The opposite knee is lowered until it nears the ground or touches the mat. As the legs begin to straighten and return to the start position, jump in the air, and switch feet, lowering the body until the other knee nears or touches a mat. Repeat.
Burpees	Overall Body	Feet are together, drop the hands next to the feet on ground while lowering the body into a squat. Transfer the body weight to the hands, and jump backwards, keeping the feet together. Maintain a “soft lock” arm position, and perform a pushup. Jump forward with the feet until the feet reach the hands. Stand up with a small vertical jump. Repeat.

APPENDIX THREE-FIREARMS TRAINING

PAGE 1 OF 1

LAW ENFORCEMENT OFFICER BLOCK ONLY

- Students will be firing approximately 3000-4000 center fire hand gun rounds
- Students will be shooting while moving, standing, kneeling, and in the prone position
- Students will be shooting in both indoor and outdoor firearms ranges utilizing eye and ear protection