

SACRAMENTO REGIONAL PUBLIC SAFETY TRAINING CENTER
Basic Law Enforcement Academy
2409 Dean Street
McClellan, CA 95652
Phone: 916.570.5030
www.arc.losrios.edu/safety



Dear Physician:

The individual you are examining has been requested to obtain a Medical Clearance to participate in the Physical Conditioning Program at the **Sacramento Regional Public Safety Training Center Basic Law Enforcement 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 a week, for at least 12 weeks. Listed below are descriptions of both the physical performance tests and the content of the physical conditioning program.

The SRPSTC Medical Clearance forms will be provided by your patient. We ask that you use these forms to complete your assessment of our candidate. If you are unable to use these forms, please make sure to address and answer the questions and assessment areas of the SRPSTC forms.

Below are the physical conditioning requirements for the Basic Academy.

PHYSICAL PERFORMANCE TESTS

99-yard Obstacle Course: The Recruit is required to run the 99-yard obstacle course making multiple turns and jumping over a saw horse. Simulates a police work task.

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

Solid & Chain Link Fence Climb: The individual runs 5 yards, climbs a 6-foot wood and chain link fence, and then continues running 25 yards in the least amount of time possible. Simulates a police work task.

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), strength, power, speed and flexibility. The intensity of the various exercises is individualized to the extent possible and is gradually increased throughout the course of the physical conditioning program. Each exercise session lasts 60 minutes and consists of an 8-minute warm-up period, a 30–45-minute conditioning bout focusing on a primary training objective, and a 7-minute cool-down period. A description of the conditioning objectives and activities appear below.

OVERVIEW OF CONDITIONING ACTIVITIES

CONDITIONING OBJECTIVE	FORMATS	TYPE OF ACTIVITIES
Flexibility	Walk/Jog, Floor Calisthenics	Begin with walk/jog to warm muscles and is followed by slow stretching 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 specified period of time requiring a specific number of repetitions.
Cardiovascular Endurance	Continuous Running	Conventional jog-run for distance and pace (15–45-minute duration).



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BASIC COURSE – MODULAR FORMAT TRAINING PROGRAM
MEDICAL CLEARANCE FORM

Student Certification

Student Name: Student ID #
Class #

I have read the attached list of physical and cognitive activities required of students attending a POST-certified basic course training program. I certify that, to the best of my knowledge and belief, I can 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

Medical Professional Certification

NAME:
ADDRESS:
PHONE:
MEDICAL PROFESSIONAL - PLEASE PRINT

During the basic course training program, students perform the physical and cognitive 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 and cognitively acceptable for full and unrestricted participation in a basic course training Program. YES NO

Comments [Please note if student needs an inhaler, Epipen, etc.]:

MEDICAL PROFESSIONAL'S SIGNATURE DATE OFFICIAL STAMP



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MEDICAL CLEARANCE FORM

During the basic course training program, Recruits perform the physical and cognitive activities listed below throughout training days lasting up to 10 hours.

I. GENERAL TRAINING (*Modules III, II, and I*)

- Handwrite multiple reports and memos
- Type multiple reports and essays
- Take handwritten and computerized 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 course safety rules
- Follow written and/or verbal instructions from staff and instructors

II. FIREARMS TRAINING (*Modules III, II, and I*)

- Draw, shoot, and re-holster a handgun within a given time limit
- Fire handgun courses from various positions (standing, kneeling, prone)
- Fire shotgun courses 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
- 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”

III. ARREST AND CONTROL TECHNIQUES (*Modules III, II, and I*)

- Warm-up exercises include pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton strike maneuvers
- Pain compliance holds to include wrist locks, arm bars, handcuffing, and take downs
- Take down maneuvers, 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 “Break”
- Remember and follow all Arrest and Control safety rules



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- Students will participate in a high intensity learning activity that includes a foot pursuit, tactical movement, engaging with one or more aggressors, hand strikes, impact weapons, ground control, weapons retention, handcuffing, and searching.

IV. DRIVER TRAINING (*Modules III and I*)

- Slow speed driving course (braking, emergency braking, body twisting, and neck rotation)
- Remember and follow all Driver Training safety rules
- High speed driving course (emergency braking, neck rotation, shuffle steering) – *Module I Only*
 - 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

V. PHYSICAL TRAINING/TESTING (*Modules III, II, and I*)

- 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 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
- 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
- **Body drag:** run backwards 32 feet while dragging a 165-pound dummy for time
- **Solid fence climb:** run/sprint 5 yards, scale 6' solid wall, 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 3' sawhorse 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 in 1 minute as an indicator of arm, upper body, and core strength and endurance



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VI. CHEMICAL AGENTS TRAINING (*Module II*)

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

VII. SCENARIO TRAINING AND TESTING (*Module I*)

- 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)
- Stand, walk, and/or run unassisted with weapon in either hand
- Obey immediately all auditory and visual commands, including immediately stopping training when given the command “Stop Training” or “End Scenario”

**** Students 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.**